



Western Health
and Social Care Trust



For Your Information

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October 2026 : Issue 35

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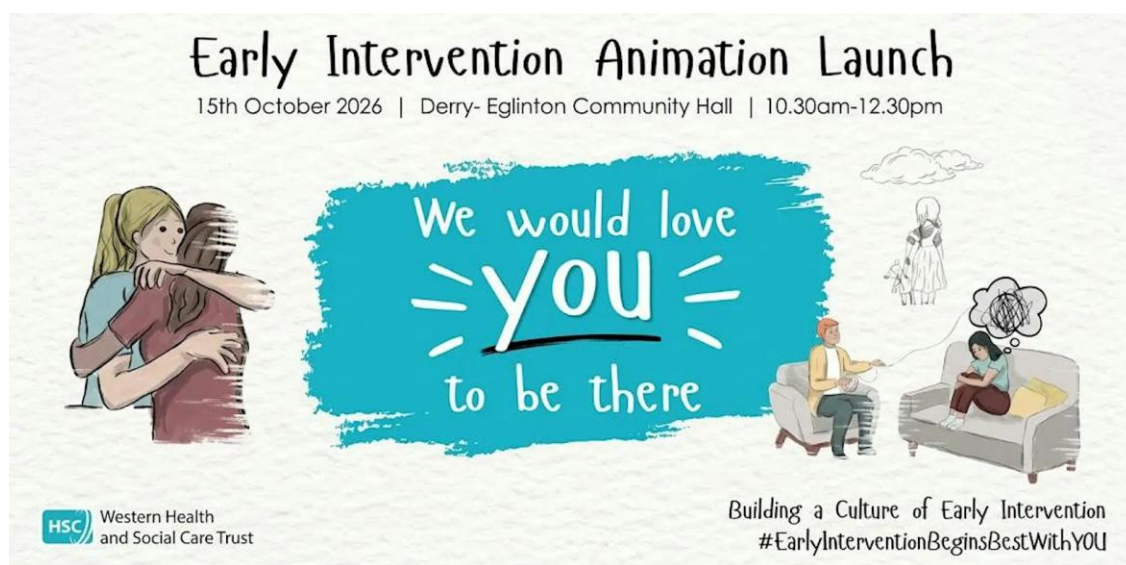
Section 12 : UNICEF Child Friendly Cities and Communities - Putting Children's Rights into Practice

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 – Contact: 07880723076
priscilla.magee@westerntrust.hscni.net

Marty Daly - Contact: 07387259117
martin.daly@westerntrust.hscni.net



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:

Southern Sector

Dr Priscilla Magee

07880723076

priscilla.magee@westerntrust.hscni.net

Northern Sector

Marty Daly

07387259117

martin.daly@westerntrust.hscni.net



LPG Meeting Schedule (Please Check with Coordinator for Changes).

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 Northern Sector

BABY HUBS

Foyle Network Foundation co-ordinate two baby hubs in the city offering baby essentials for families experiencing hardship

Waterside Baby Hub - based at Irish Street Community Centre
Skeoge Baby Hub - based in Skeoge Community Hub

Who can use the Baby Hub?

If you live in the Waterside or Ballyarnett areas, have a child aged 0-3 years, are struggling financially and need help with the essentials for your baby, you can ask your Midwife, Health Visitor, Surestart, Minding Mum, one of the Community Organisations or self-refer by contacting staff at Foyle Network Foundation.

The Baby Hubs run monthly:

Where?	Waterside Irish Street Community Association	Skeoge Skeoge Community Hub
When?	First Monday of the month 10.30am - 12noon	First Friday of the month 11am - 12.30pm

What is Provided?

- Nappies
- Nappy Sacks
- Wipes
- Baby Wash
- Baby Shampoo
- Toothpaste
- Family Toiletries:
- Period Products
- Shower Gel
- Shampoo
- Conditioner
- Deodorant

£5
per visit

For more information contact Foyle Network Foundation on:
✉ info@foyle.foodbank.org.uk ☎ 028 71 263699



Sure Start Shantallow



Bumps & Babies



Drop in
Every Monday
10.00 – 11.30



**Resource Centre,
Carnhill**



Information available on
topics such as weaning,
dental health, sleep routines,
immunisation etc.



Parents will get the chance
to socialise with each other
and have a cuppa while
their babies have
developmentally appropriate
play activities.



We also have a monthly
visit from a Health Visitor,
who can offer advice and
weigh the babies.



For more information contact
Joanna on 7135 6110

Section 1: Family Support Available Northern & Southern Sector

Parenting – Managing Big Emotions



With **Dr Sarah Meekin**



7 October 2026 at 7:00pm



Omagh Library

Dr Sarah Meekin is Head of Psychological Services in Belfast Health & Social Care Trust since 2010. She has an interest in promoting psychological knowledge, principles and practice across communities and services, believing that the better we understand ourselves and each other, the better we can build societies which promote growth and wellbeing.

Parenting is one of the biggest challenges any of us will probably face. The responsibility of helping our children learn how to manage all the big emotions and build their skills and resilience can feel overwhelming, especially on the days when we don't feel like we can even adult!

I hope to explore with you how understanding and managing our own emotions and psychobiology can help us to support our children compassionately. We will be looking at how to teach them about their emotional colours, and how this can help build brain and acquire skills for resilience and wellbeing – starting with ourselves!

BOOKING ESSENTIAL

Omagh Library

t: 028 8244 0733

e: omagh.library@librariesni.org.uk



the british
psychological society
northern ireland branch

libraries 

Section 1: Family Support Available Northern Sector



**Greater Shantallow
Area Partnership**



ESSENTIAL SKILLS LITERACY & NUMERACY

COMING SOON!

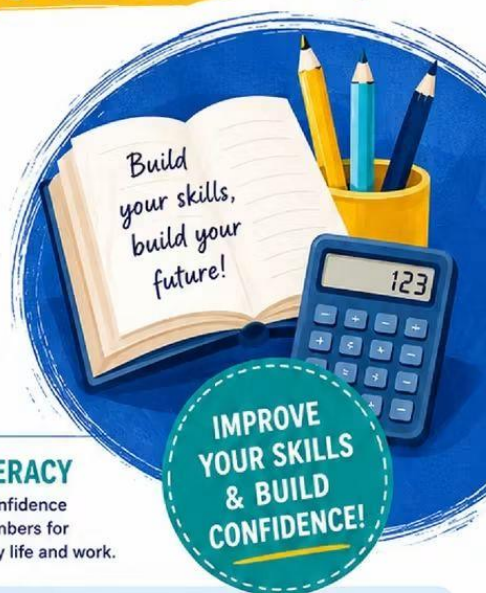
IN PARTNERSHIP WITH



**north west
regional college**

Derry-Londonderry • Limavady • Strabane

Whether you want to build **confidence**,
improve your **skills** or work towards
a qualification, this could be the
perfect **opportunity** for you.



LITERACY

Improve reading,
writing, spelling and
communication skills.



NUMERACY

Build confidence
with numbers for
everyday life and work.



**CALL IN TO OUR
COMMUNITY BUILDING
AT NORTHSIDE**



**CONTACT MICHELLE
FOR MORE INFORMATION
028 7135 8787**



michelle@shantallow.net

Take the next step today – a brighter future starts with you! ♥

Section 1: Family Support Available Southern Sector



LAST Sure Start

Bump, Baby & Beyond

Everything you need to know!

Pregnancy support & birth preparation
Breastfeeding & Bottlefeeding tips
Meet other parents in your community
Space to ask questions – judgement free
Feeding via breast, bottle or both? you are more than welcome!
Support from trained peer supporters

PLUS! Pamper treats for you!

- Hand Massage
- Reflexology taster
- Refreshments
- Baby bag for mothers in attendance

For both pregnant mums and children up to 6 months old

When? 13th October 2026 7–8.30PM
Where? Silverbirch Hotel, Omagh

For any queries regarding this event – please contact
call - 028 8225 2936 email - generaloffice@lastsurestart.com

NOTE: This event is for parents registered with Sure Start. If you are in our catchment area we can get you registered at the event!

Section 1: Family Support

Available Northern & Southern Sectors

Ubuntu Community Development | Barnardo's



BARNARDOS Changing childhoods. Changing lives.

[DONATE MONEY](#) [SHOP](#)

[Who we are](#) [Get support and advice](#) [Get involved](#) [Work with us](#) [News and blog](#)

Ubuntu Community Development

Partner with us to support families seeking sanctuary

[Home](#) > [Get support](#) > [Services](#) > [Ubuntu.ni](#)

[← Back to Ubuntu NI](#)

Are you a community group, school, statutory agency, organisation, or local initiative looking to create a more welcoming and inclusive environment for children and families seeking sanctuary?

We're here to support you in making it happen.

At Ubuntu, we support groups across Northern Ireland to welcome, include, and empower families seeking sanctuary through tailored project development, workshops, and the sharing of best practice.

Whether you're starting something new or strengthening what you already offer, we'll work alongside you to build programmes or enhance practice that promotes connection, wellbeing, and skill-building in your community.

What we offer

Programme development support

We can help you design and deliver initiatives tailored to the needs of your community, from first ideas to full programmes.

Workshops

We can deliver flexible, practical workshops and reflective sessions on myth busting, cultural consciousness and using our guides and tools effectively

We can also adapt sessions to meet your group's needs.

Parenting programmes

If your community identifies a need, we can provide bespoke parenting support programmes that are designed with and for families seeking sanctuary

This includes delivery of our Ubuntu Family Threads Programme, an evidence-based early intervention programme for families with children aged 0-5 who have arrived seeking sanctuary. We can also offer Safeguarding in Northern Ireland workshops, to support those newly arrived in the country.

Written guides and resources

We offer high-quality guides, workshops, and initial co-facilitation so you can confidently deliver programmes in a way that works best for your group.

Some of our guides include:

- Growing Together: supporting social and emotional development through play for young children seeking sanctuary.
- School Readiness: helping children prepare for formal education.
- Cultural Kitchen: using food, culture, and shared experiences to promote integration and wellbeing.

Why work with us?

By partnering with us, you'll join a growing network of groups committed to creating welcoming communities. Together, we can share knowledge, resources, and strategies that strengthen inclusion and build opportunities for children and families seeking sanctuary.

Our community development approach is always evolving and guided by the diverse needs of the communities we work with, your insight helps shape the future of this work. By exchanging ideas and best practice, we can learn from each other and keep growing together.

Ready to learn more or explore how we can work together?

If you're interested in talking about how we can work together, get in touch.

[Complete our enquiry form](#)

Section 1: Family Support Available Northern Sector



THE DRY ARCH
CHILDREN'S CENTRES

NEURODIVERSITY INFORMATION SESSIONS

THESE ARE PARENT/CARER INFORMATION SESSIONS
WITH 3 SEPERATE WORKSHOPS COVERING

SENSORY PROCESSING
Monday 21st of September

EXECUTIVE FUNCTIONING
Monday 5th October



VISUALS & TRANSITIONS
19th of October

 **AM or PM sessions available**

 **AM sessions in Dry Arch Centre, Roe Valley at 9:30am - 11:30am**
PM sessions in Dungiven Dry Arch Centre 6:30pm - 8:30pm

For More Information Email: colleen.odonnell@dryarchcentre.co.uk

Section 1: Family Support Available Northern Sector



THE DRY ARCH
CHILDREN'S CENTRES
SureStart

PARENTING APART

**WHEN PARENTS WORK TOGETHER,
CHILDREN DO BETTER**

Separation can be challenging for
parents and children alike

This programme offers
**PRACTICAL ADVICE, POSITIVE
PARENTING STRATEGIES, and
SUPPORT** to help **PARENTS**
REDUCE CONFLICT,
COMMUNICATE EFFECTIVELY,
and **PROMOTE** their
CHILDRENS WELLBEING.

To refer a family to this programme please scan
QR Code or email Claire.heaney@dryarchcentre.co.uk



THE DRY ARCH
CHILDREN'S CENTRES
Sure Start

Baby Loss Awareness Week
Remembering all babies, always

Treasured Keepsakes

CREATE A MEMORY BOX

Join us for a gentle, supportive evening of crafting
& light refreshments as we create a special memory
box in honour of Baby Loss Awareness Week.
A chance to reflect, remember & connect

WEDNESDAY, 14th
OCTOBER

6.00PM - 8.00PM

DRY ARCH CENTRE,
DUNGIVEN

BOOKING ESSENTIAL:
CAROLINE - 028 7744 6317

Section 1: Family Support Available Southern Sector

<https://forms.cloud.microsoft/e/STESUBtXf7>



Home-Start Omagh Outreach Project (HOOP)



Register now for the Home-Start Omagh Outreach Project (HOOP) Family Group
starting Autumn 2026, for families in the following areas:

- **Coolnagard:** Omagh Leisure Centre – Mondays, 10am–12pm – Starting 7th September 2026
- **Beragh/Sixmilecross:** Beragh Swifts, Fountain Lane – Wednesdays, 10am–12pm – Starting 2nd September 2026
- **Dromore/Trillick:** TBC – Thursdays, 10am–12pm – Starting 3rd September 2026

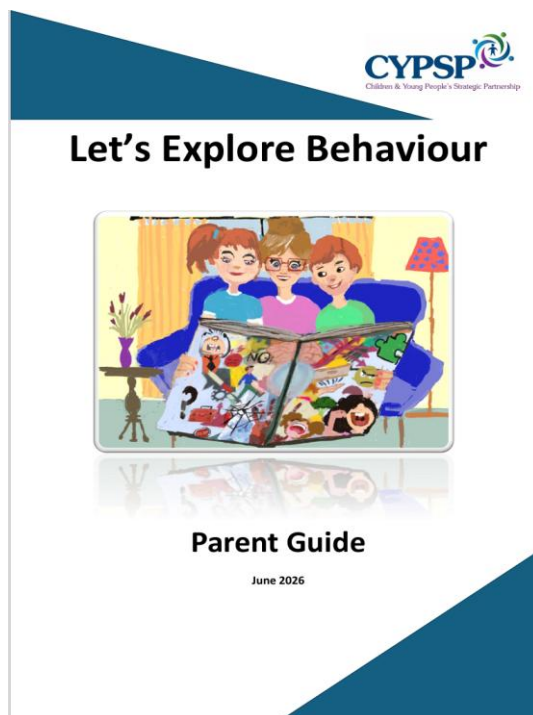
Sessions run during term-time and are for children aged 0–4 and their parent/carer.

To register to attend please click: <https://forms.cloud.microsoft/e/STESUBtXf7>

or scan the QR Code.

Section 1: Family Support

[NAOG-Lets-Explore-Behaviour \(1\).pdf](#)



[Your-journey-disability-guide \(8\).pdf](#)

A GUIDE TO HELP **YOU** ON YOUR JOURNEY
THROUGH DISABILITY/ADDITIONAL NEEDS

For Parents by Parents



May 2026



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 Northern & Southern Sectors

Defibrillator funding for your local community - BHF


Who we are Learn CPR Store finder

Information and support How you can help Shop What we do Donate

Search Sign in/Register

[How you can help](#) > [CPR and defibrillators: how to save a life](#) > [Defibrillators](#) > [Apply for a free defibrillator for your community](#)

Apply for a free defibrillator for your community

Find out if your community group is eligible for a free, BHF-funded defibrillator and see how you can apply.



On this page

- Who can apply
- Other conditions you must comply with
- How we review applications
- Who cannot apply
- What's included in the award package
- How we fund our defibrillators

Applications are open until February 2027

Applications for a BHF-funded defibrillator are now open. They are expected to close on 28th February 2027. This may change depending on the volume of applications we receive. Read on to check you are eligible before applying.

[Apply for a free defibrillator](#)

Who can apply

You must be applying on behalf of a non-profit community-focused group. We can only accept one application from each local branch of a community group.

Some examples of groups we accept are:

- faith organisations
- sports groups
- charities
- social clubs
- community centres
- parish councils
- local social enterprise organisations
- community interest companies
- resident associations and informal groups.

Other conditions you must comply with

To be eligible for a free, BHF-funded defibrillator, you must:

- ensure the defibrillator is 200 metres or more away from the nearest public access defibrillator
- ensure the defibrillator is available to the public 24/7 in the non-lockable and uncoded cabinet provided
- ensure the defibrillator is installed on an external wall that is not blocked by locked gates or opening times
- make sure that the cabinet has a constant electricity supply
- install the defibrillator within 4 weeks of receiving it
- have authorisation from the property owner to install the defibrillator
- register the defibrillator on The Circuit, the national defibrillator network
- commit to learning CPR with RevivR, our free online CPR training tool
- commit to leading Team RevivR sessions in your community, using the resources and instructions provided.

If you are not able to comply with these conditions, you are not eligible for a BHF-funded defibrillator.

Related links

-  CPR and defibrillators: how to save a life
-  Defibrillators
-  Getting a defibrillator: what you need to know
-  Understanding defibrillators: what they are and how to use them
-  The Circuit - the national defibrillator network

Section 1: Family Support Available Northern Sector



Foyle Jobs & Benefits office presents

Job Club Sessions

Held every Tuesday (morning or afternoon sessions)

Contact your Work Coach to book an appointment at one of the following:

Derry Central Library
Creggan Library
Shantallow Library

Please arrange appointment time with your Work Coach

Help is available with:

- CV's
- Job applications
- Job search
- Interview techniques



Section 1: Family Support Available Northern Sector



Henry Programme
6 week Programme
Starts Friday 6th
November
10am - 12pm

Creche Places Available

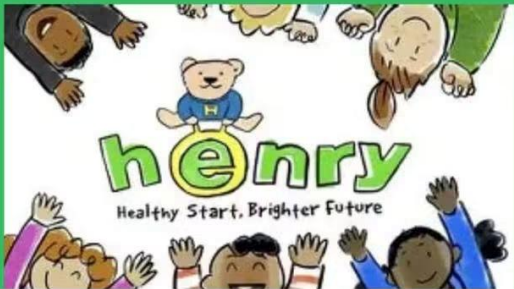
The Henry Programme is for parents/carers of children aged 0-5 years old. Each weekly session gives support and tips on;

- Parenting Confidence
- Physical Activity for Children
- What Children and Families Eat
- Family Lifestyle Habits
- Enjoying Life as a Family

Free HENRY Parent Toolkit for everyone completing the programme

Register Now

☎ 02871 276070
🌐 earlyyears@cpttderry.org
📍 13 Cromore Gardens, Derry

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

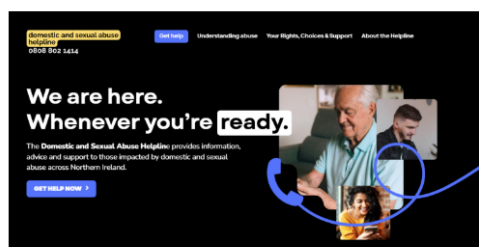
The Domestic and Sexual Abuse Helpline provides information, advice and support to those impacted by Domestic and Sexual Abuse across Northern Ireland. The Helpline is available to people with lived experience, those concerned about someone, those with concerns as to whether abuse is occurring, and to 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

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



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/



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 & 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



**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



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

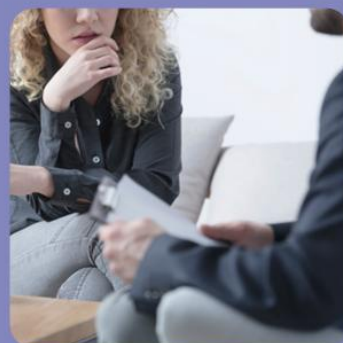


We are here to support you while you wait.

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)

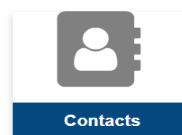
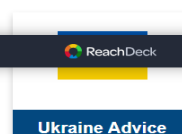
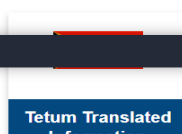
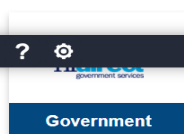
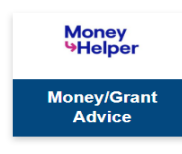
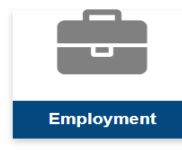
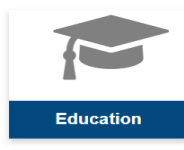
Welcome to the Translation Hub

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?

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

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

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 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).

SAVE THE DATE

Connected for Change Shared Learning
Event hosted by Include Youth

Join us for a shared learning event exploring
violence against women and girls.

The day will bring practitioners together for a programme of
learning and discussion featuring:

- Expert panel discussions
- A choice of workshops exploring key issues
- Practical learning
- Key note speakers

09:30-3.30 PM THURSDAY 8TH OCTOBER THE GASYARD DERRY

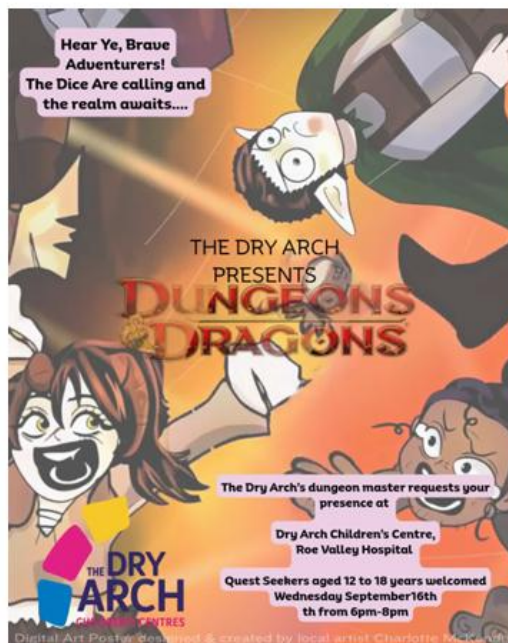
More information and registration details coming soon.

Come along to share learning, hear from experts and explore how we can better understand and respond to violence against women and girls.

Section 2: Youth Support Available Northern & Southern Sectors

www.dryarchcentre.org

Youth programmes at The Dry Arch Centre Limavady & Dungiven



Section 2: Youth Support Available Northern Sector



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



I need condoms



I need PrEP



I need to order a home STI
test kit



I need emergency
contraception

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

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

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



Section 2: Youth Support

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 Northern & Southern Sectors

<https://www.eventbrite.com/e/1997701259243?aff=oddtcreator>

ACET will be running their next PHA funded online **HIV STIs and Contraception OCN L2** Training course on:

- **Monday 12th, Tuesday 13th, Monday 19th and Tuesday 20th October 2026 from 10.00-11.30am each day**

APPLY HERE:

- <https://www.eventbrite.com/e/1997701259243?aff=oddtcreator>

The course will be delivered entirely online via **4 live Zoom sessions**. Please also forward this info on to any colleagues or contacts you think might be interested.

We will cover :

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

It will be suitable for anyone working or volunteering with either young people or adults in Northern Ireland who would like to improve their understanding of sexual health. The course is funded by the Public Health Agency so free of charge to participants, and is accredited with OCNNI at Level 2. *Places are limited to 15 per course, and allocated on a first-come-first served basis.*



Section 2: Youth Support Available Northern & Southern Sectors



**QUEEN'S
UNIVERSITY
BELFAST**

PATHWAY OPPORTUNITY PROGRAMME

2027





Are you a future Queen's University Belfast student?

Are you aged 16 - 19 and interested in pursuing Higher Education at Queen's University?

The Pathway Opportunity Programme provides you with a direct route to Queen's. By completing the programme and all academic elements, you can:

- ✓ Receive a guaranteed conditional offer or interview.*
- ✓ Earn up to a 2 grade reduction on your conditional offer.*
- ✓ Receive £1000 bursary on entry to Queen's.
- ✓ Experience student life on a week-long Summer School.

**Apply online
by 4
November
2026.**

 pop@qub.ac.uk

 028 9097 5020

 go.qub.ac.uk/QUBPathway

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	Johanna Doherty 07787 284 259
ENNISKILLEN Clare-Louise Doyle 07291 738 238	
DUNGANNON Paula McGrath 07818 510 192 Dushkita 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

PEACEPLUS
Northern Ireland - Ireland

SWC
South Western Community

TIDES
The Irish Development Education Service

Orange Youth Service
Health & Social Services

msleib
Mid Southern Local Enterprise Board

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 | TONIC 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

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 Sector

email@moneyready.org



Make money make sense

Our **Young Adult Programmes** equip 16-25-year-olds with the essential money management skills they need to navigate major life transitions, such as starting work or moving out for the first time.

What We Offer

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

Key Details

- **Format:** Flexible course structure (ranging from one day to five)
- **Who it's for:** Young adults in transitional life stages
- **Group size:** 6-15 participants

Accreditation Modules

The following core topics must be covered to get the Level 1 Personal Money Management qualification:

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



Our courses also cover:

- **Housing & Tenancies:** Managing rent, utilities, and tenancy agreements
- **Consumer Rights:** Understanding legal protections to avoid financial loss
- **Gambling Awareness:** The risks and impacts of gambling on finances

Customised Learning Options

In addition to the core topics, participants and organisers can select from a range of optional modules to tailor their learning experience:

- **Full Modules (45 min - 1 hour):** Saving & Investing, Public Spending, Debt, Keeping Safe, Saving for Retirement
- **Mini Modules (30 min):** Credit Scores, Household Costs, Loan Sharks, Savings Goals, Student Loans, Insurance

Money Ready delivers sessions on what I'm sure is an uncomfortable topic for our young people in a way that is engaging and straightforward. Our sessions have all been excellent

M Sloan

Youth Development
Lead,
King's Trust Belfast

Get Involved!

Want to help young adults get money ready?
Contact us today to find out how we can bring the language of finance to life.

email@moneyready.org
020 3581 9920
www.moneyready.org



Section 3: Cost of Living

Available Northern & Southern Sectors

How to protect your finances during uncertain times |

How to protect your finances during uncertain times



Last updated:
07 April 2026

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

Petrol prices

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

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

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

Energy rates

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

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

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

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

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

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

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

Heating oil, LPG and off-grid fuels

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

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

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

Section 3: Cost of Living **Available Northern & Southern Sector**

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

Money Guiders England Network Event

Economic Abuse & Financial Coercion



Wed 14 Oct
10:00 - 11:00



Online
MS Teams



**Money
Guiders**
England Network



**Money &
Pensions
Service**

**in partnership
with**



**Survivors'
Network**

Economic Abuse and Financial Coercion

Wednesday 12 Oct 10am-11am

Economic abuse and financial coercion can be difficult to recognise during a money conversation. They may sit behind debt, restricted access to income, coerced borrowing, damaged credit, housing insecurity, or fear about making financial decisions.

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 Sector

www.dryarchcentre.org

THE DRY ARCH
CHILDREN'S CENTRES

NEURODIVERSITY INFORMATION SESSIONS

THESE ARE PARENT/CARER INFORMATION SESSIONS WITH 3 SEPERATE WORKSHOPS COVERING

- SENSORY PROCESSING**
- EXECUTIVE FUNCTIONING**
- VISUALS & TRANSITIONS**

THESE SESSIONS RUN AT VARIOUS TIMES DURING THE YEAR AT BOTH DUNGIVEN & LIMAVDY CENTRES

For More Information
Contact
colleen.odonnell@dryarchcentre.co.uk

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

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 current location: Home > Services > Children's Services > Children and Young People's Autism Service. A section titled 'Also in this Section' lists the 'Children and Young People's Autism Service'. A link is provided to read more on Western Trust marking World Autism Acceptance Week 2026, including a calendar of events. The main content area features eight colored boxes with text and icons: '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). Each box has a corresponding title below it.

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

HSC 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.

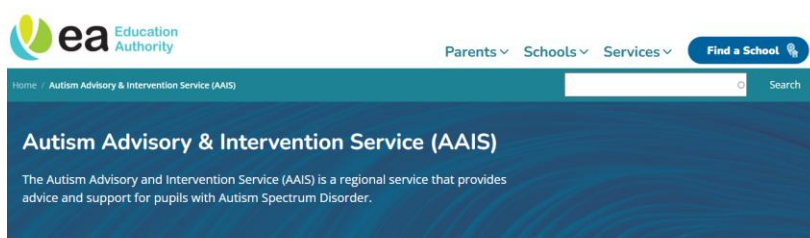


We all think differently

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



.gov.uk

Information on a wide range of family support services and registered childcare providers

Family Support

Childcare

ACCESS
SUPPORT GROUPS
NEAR YOU
TODAY

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 Sector

www.dryarchcentre.org



Section 6: Digital Safeguarding

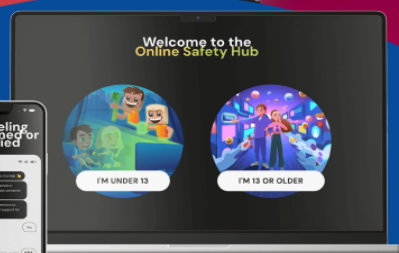
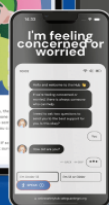
Online Safety Hub - Safeguarding Board for Northern Ireland

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](#)

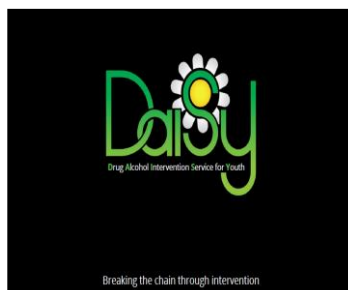


- practical tips you can use at home
- conversation starters to support everyday discussions
- clear explanations of key terms
- links to further support and guidance

Section 7: Addiction

Available Northern & Southern Sectors

www.start360.org



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 states that anyone can make a referral, including young people. A list of services provided is included, such as 1 to 1 support, parent/carer support, self-guided help tools, awareness sessions, and a participation group. The poster is decorated with orange and purple wavy borders and a dotted pattern at the bottom. 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

In Crisis? Call

Lifeline

FREE 24/7 HELPLINE
0808 808 8000



**drugsand
alcoholni**

"Addressing drugs and alcohol together"

For more detailed information on services available in your HSC area visit:
www.drugsandalcoholni.info

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**

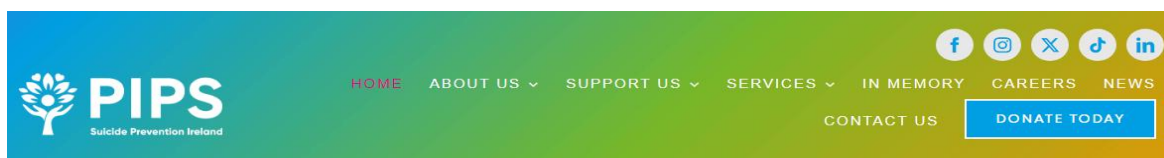


028 9080 5850

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

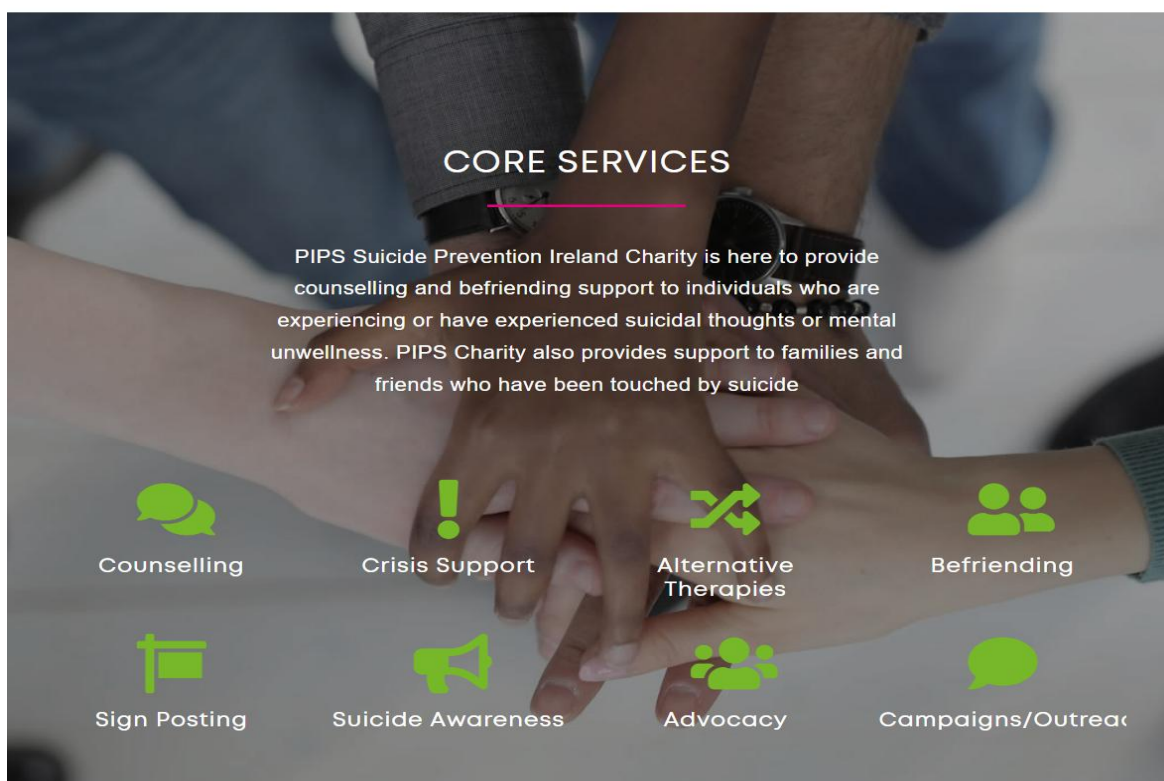

Home
Visits


Sign
Posting


Befriending
Service


Alternative
Therapies


Children & Young
People Services



Section 8: Emotional Wellbeing and Mental Health Support

Available Northern & Southern Sectors



Mental Health Ambassador

The **Mental Health Ambassador Programme** by Action Mental Health is a dynamic young leadership initiative designed for individuals aged 16-25 who are passionate about mental health, peer support and making a positive impact. This programme equips young people with the skills, knowledge, and confidence to become mental health ambassadors in their schools, colleges, universities, and communities.

The programme is delivered over the course of five sessions. Sessions one to four last for 1.5 hours. The fifth session is a full-day event, consisting of two parts: a morning intergroup workshop and an afternoon featuring the accredited **safeTALK** course.

The programme is delivered using diverse and engaging methods, including group discussions, real-life scenarios and interactive workshops, creative planning sessions, peer-led projects, mental health tool kits community mapping, vision-building and opportunities to collaborate with other youth groups.



PEACEPLUS
Northern Ireland - Ireland
Co-funded by the
European Union UK Government



OUR generation
Northern Ireland Executive
Department of Education



action
mental
health



safeTALK
suicide alertness for everyone

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

What the Programme Covers...

Ambassadors will:

- Understand mental health and its impact on daily life, relationships, and communities
- Learn how to be a positive peer and promote inclusive, respectful relationships
- Develop skills in communication, empathy, and active listening
- Explore the CBT model to build resilience and support others
- Gain knowledge of safeguarding, referral pathways, and peer support boundaries
- Create action plans for mental health events and inclusive support spaces
- Improve awareness of local and NI-wide support services and groups

- Use community mapping to build sustainable support networks
- Earn a SafeTALK qualification to help identify and assist those at risk of suicide

Participants will build:

- Confidence in mental health literacy, peer support, and emotional intelligence
- Skills in empathy, leadership, communication, and planning
- Ability to deliver inclusive, purposeful mental health activities
- Awareness of diverse identities and how to build community belonging

Completers receive:

- A Mental Health Ambassador badge
- A certificate of completion for the full programme/SafeTALK accreditation

To find out more, scan the QR code or contact us:
OUR Generation Project
Bloomfield House
395-405 Newtownards Road
Belfast BT4 1RH
E: ogteam@amh.org.uk
T: 02891828494



www.ourgeneration-cyp.com
www.amh.org.uk

Follow us on social media:

@OURGenCYP1
 @OURGenCYP1
 @OURGenCYP1

Section 9: Training / Conferences Available Northern & Southern Sector

October IMH Lunchtime Learning Tickets, Wednesday, October 28 • 12 PM - 1 PM GMT | Eventbrite



IMH Lunchtime Learning

**Why Relational Support Matters in the First 3 Years:
Findings from a qualitative study of EY Workforce &
Families in NI**

hosted by Dr Aisling Hylands, Stranmillis College

Wednesday 28th October 2026

12:00PM - 1:00PM, online



by **IMH Lunchtime Learning**

212 followers • 50 events • 4y hosting • 4.6k total attendees

Follow

📍 Online event

📅 Wednesday, October 28 • 12 PM - 1 PM GMT

Free

Wed, Oct 28 • 12 PM
GMT

Reserve a spot

Overview

Why Relational Support Matters in the First 3 Years: Findings from a qualitative study of EY Workforce & Families in NI

Dr Aisling Hylands, a Senior Lecturer from the Early Childhood Studies in Stranmillis College will speak through her PhD study regarding the critical need for improved early years support in Northern Ireland, specifically for families and children under 3 yrs old.

The study highlights how systemic barriers, such as inconsistent funding and fragmented services, prevent families from accessing vital care during a child's most formative years. Central to the findings is the Relational-Ecological Framework, which argues the quality of emotional bonds between caregivers and professionals is the primary driver of successful intervention. Workforce instability is identified as a major threat to this progress, as high staff turnover and low professional status disrupt the continuity of care.

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 & Strábane
Districc Cioncil

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

Section 9: Training / Conferences Northern & Southern Sectors

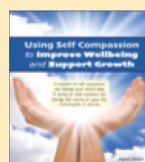


Your Wellbeing Tools

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.

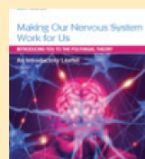
Self-Compassion to Improve Wellbeing and Support Growth.



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

Thriving Mind

Training and resources with Ed Sipler in the South Eastern Trust – Autumn 2026

The theme for this year's mental health campaign is anxiety

What can contribute to helping people with worry and anxiety?

The tools and resources on our Thriving Mind platform holds 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.

Thriving Mind is available at

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

Workshops, free and all using zoom, are planned for September to December 2026 to explore the four on-line resources people can use for their own well-being or with their service users.

All workshops run from 10 am to 1 pm. Sign up to any of the workshops is through the Western Trust's Training Brochure. On the page of the Training Brochure go to click here to register.

<https://westerntrust.pagetiger.com/training-brochure-septmarch-27/1>

It is strongly recommended that practitioners if they want to use the resources in practice, complete the on-line work for themselves to become familiar with the content. This is a suggestion, not a requirement. An evaluation link on the appropriate platform to will help gauge impact.

By attending any training, you are agreeing to provide a short evaluation after the training to give feedback of the impact of this training.

Training sessions include:

- Building emotional regulation in children with parents using *Building our Children's Developing Brain* – 22nd of September
- Making use of the Thriving Mind resources 23rd of September 2026
- Using low intensity CBT based tools to build resilience (revised Bend Don't Break) – 17th of November 2026
- Making Our Nervous System Work For Us- Using the Polyvagal Theory to Improve Well-Being – 19th of November 2026
- Using Self-compassion to improve well – 24th of November 2026
- Building emotional regulation in children with parents using *Building our Children's Developing Brain* – 2nd of December



Building emotional regulation in children through working with parents. This one-half day workshop will equip workers to use *Building our Children's Developing Brain* adapted from *The Whole-Brain Child* by Dan Siegel & Tina Bryson with practical parenting strategies to help the different parts of our children's brains work together. It is important to stress this is not infant mental health work, but the stage beyond this. The main booklet used can be seen on the Trust's website at [Building-Our-Childs-Developing-Brain-V4-1.pdf \(hscni.net\)](#)



The material can be used by those trained in 1-1 work or with groups of parents.

Date: 22nd of September **Time:** 10:AM to 1:00 PM on Zoom

Exploring the contents of Thriving Mind – resources for well being

Thriving Mind is the ASCERT, Health Improvement in the Western Trust, and Health Development in the South Eastern Trust, supported by the Public Health Agency working together to bring tools and resources to improve well-being.



The Thriving Mind Home Page is a page Tiger platform bringing a range of self-care and well-being resources to one place to increase accessibility.

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

Some of the tools are written resources. Some are visual media clips. Some are on-line interventions that are free to use at the user's pace. They were all developed with strong service user involvement.

What will get from attending this workshop is a good insight into and experience what resources brings to you, your team or family with a focus on the revised worry booklet.

Date and Time: 23rd of September 2026 -10 AM to 12:00 PM on Zoon

Using guided self-help to build resilience – Bend Don't Break

Good thinking skills, support and self-care are central to supporting well-being and resilience.

Low intensity work means the member of staff has the skills to coach people through the use of CBT-based self-help material. The training will build the confidence and skills of participants to use a low intensity resource, *Bend Don't Break* with their clients or for themselves which has been revised with a 2023 version.

Date: 17th of November 2026 **Time:** 10:AM to 1:00 PM on Zoom

Section 9: Training / Conferences

Northern & Southern Sectors

Thriving Mind

Making Our Nervous System Work For Us- Using the Polyvagal Theory to Improve Well-Being. In this workshop, participants will increase learning about our nervous system, the role of the Vagus nerve, and the Polyvagal Theory. With an on-line version of the workbook, it will enable using this material with exercises to help to improve self-regulation. This work is psycho-education to present information and introduce self-help that is up to the participants how they make use of it.

Date: - 19th of November 2026 10:AM to 1:00 PM on Zoom

Self-Compassion – Why the way we talk to ourselves matters

People in Northern Ireland tend to be their own worst critics. We tend to see our weaknesses, not our strengths and can be really hard on ourselves. There is good evidence that when someone practices self-compassion, it improves not only their physical health and well-being, it also helps them achieve goals and make changes in their lives that are important to them.

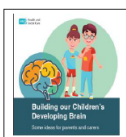
How to "teach" self-compassion? The first step is to being to practice it in our own lives and model it in our interactions with family and service users.

What you will get from attending the workshop: An introduction to self-compassion, what it is and the evidence behind it, how to make the most of it, experience some of the exercises, and explore a way forward to integrate self-compassion in your work.

Date: 24th of November 2026 10:AM to 1:00 PM on Zoom

Building emotional regulation in children through working with parents. This one-half day workshop will equip workers to use *Building our Children's Developing Brain* adapted from *The Whole-Brain Child* by Dan Siegel & Tina Bryson with practical parenting strategies to help the different parts of our children's brains work together. It is important to stress this is not infant mental health work, but the stage beyond this. The main booklet used can be seen on the Trust's website at

[Building-Our-Childs-Developing-Brain-V4-1.pdf \(hscni.net\)](#)



The material can be used by those trained in 1-1 work or with groups of parents.

Date 2nd of December 2026 10:AM to 1:00 PM on Zoom

As stated above, sign up to any of the workshops is through the Western Trust's Training brochure. Go to click here to register on the appropriate page to sign up

<https://westerntrust.pagetiger.com/training-brochure-septmarch-27/1>

For more information contact Ed Sipler - the facilitator of these workshops at ed.sipler@setrust.hscni.net

HSC South Eastern Health
and Social Care Trust

HSC Western Health
and Social Care Trust

ASCERT

If you are thriving, what are you doing to maintain your wellbeing? What if you are surviving or struggling? How do you focus on your well-being? These may help: Online work you can do at your own pace. Copy and paste the link.

Do you tend to overthink things and see the bad before the good?

Does your nervous system work against you rather than for you?

Do you over criticize yourself with mistakes and put yourself down?

As a parent, do meltdowns from your children exhaust you?

ASCERT, and the South Eastern Social Care Trust have created 4 on-line self-help resources with workbooks that can be downloaded with visual clips that guides the viewer through the workbooks at their own pace. They are all free and confidential.

Self-Compassion to Improve Wellbeing and Support Growth

<https://www.ascert.biz/self-compassion/>

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

Using the Polyvagal Theory to Support Well-being

[Making Our Nervous System Work For Us | ASCERT](#)

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

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



If you make any use of the written copies of the workbooks or 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. Thanks

Section 9: Training / Conferences Northern & Southern Sectors

nmctaggart@amh.org.uk

Trauma Informed Approach Training

Transform the way you support children and young people while building a trauma informed approach across your organisation.

Delivered regionally across Northern Ireland by **Action Mental Health's OUR Generation** team, this CPD accredited programme developed by the Safeguarding Board for Northern Ireland (SBNI) empowers professionals to understand trauma, respond with confidence, and strengthen trauma informed practice in their everyday work with children and young people aged 9–25.

About the Training

Our trauma-informed programme supports individuals and organisations to better understand:

- ⊙ Adversity and trauma
- ⊙ The impact on development and behaviour
- ⊙ Building resilience and supporting recovery



It is a key step towards becoming a trauma-informed workplace, improving outcomes for children, young people, and the staff who support them.



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

Training Structure

Module 1: Adversity, Trauma & Resilience Awareness (3 CPD credits)

Module 2: Developing a Trauma Informed Approach in Practice (3 CPD credits)

Duration: 3.5 hours per module.

Delivery can be split into two workshops, 1x2hr and 1x 1.5hr

Who is it for?

Anyone working with children or young people aged 9–25 years:

Senior Leadership Teams | Teaching Staff | Lecturers & Tutors | Youth Workers & Volunteers | Support Workers & Key Workers | Social Workers | Community Workers

Why this training?

- ⊙ Supports your journey to becoming a trauma-informed organisation
- ⊙ Builds staff confidence in responding to trauma
- ⊙ Increases awareness of how adversity impacts behaviour
- ⊙ Promotes resilience and recovery-focused practice



Flexible delivery, tailored and adapted to meet the needs of your team.

- ⊙ Interactive and engaging workshops
- ⊙ Real-life application to your setting
- ⊙ Space for discussion, reflection, and shared learning
- ⊙ Practical tools you can use immediately



Interested?

Get in touch to discuss how we can support your team in becoming trauma-informed.



Contact: ogteam@amh.org.uk



@OURGenCYP1



@OURGenCYP1



@OURGenCYP1



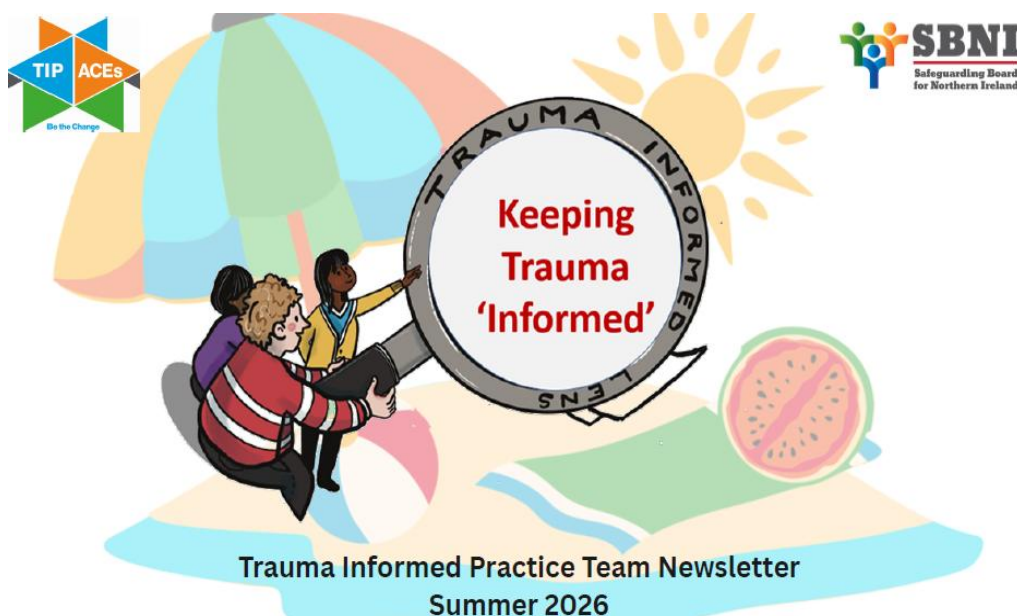
our-generation-project



ourgeneration-cyp.com

Section 9: Training / Conferences Northern & Southern Sectors

TIP Summer Newsletter



More Than a Process:

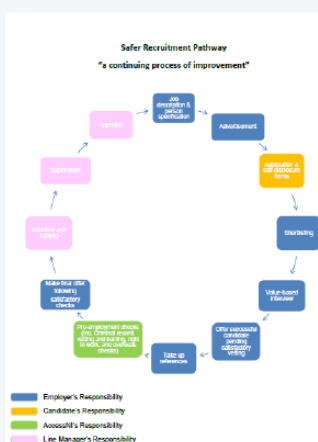
Safer Recruitment as a Foundation of Trauma-Informed Organisations

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

Funded Courses - CiNI



[About](#) [Parentline](#) [Training and services](#) [Policy](#) [Parent Participation](#) [Membership](#) [Contact](#) [Donations](#) [Q](#)

SCHEDULED COURSES

Check out our scheduled training events below. We can also deliver tailored training for your organisation.

[TAILORED COURSES](#)



Children in Northern Ireland supports both individuals and organisations working within the community and voluntary sector to develop their skills and knowledge through our high quality and positively evaluated Children's Services Training Programme.

Our funding restrictions are such that our free training is only available to those who work/volunteer in a voluntary, charitable, faith or community-based organisation. Please ensure that you meet these criteria before booking free courses. Organisations can book 2 places per training session (unless otherwise stipulated).

Courses with a fee attached are open to all.



28 SEP GOOD PRACTICE IN RECORDING AND REPORTING VIRTUAL COURSE	28 SEP YOUTH PARTICIPATION: GIVING YOUNG PEOPLE A VOICE IN YOUR ORGANISATION VIRTUAL COURSE	29 SEP UNDERSTANDING EMOTIONS AND BEHAVIOURS IN MIDDLE CHILDHOOD (4-12 YEARS) VIRTUAL COURSE	30 SEP UNDERSTANDING ADHD: A STRENGTHS-BASED, NEUROAFFIRMING APPROACH VIRTUAL COURSE
01 OCT SAFER BY DESIGN: DELIVERING ORGANISED ACTIVITIES WITH CONFIDENCE VIRTUAL COURSE	01 02 OCT BABY YOGA INSTRUCTOR TRAINING VIRTUAL COURSE	05 OCT CHILD PROTECTION PRACTICE VIRTUAL COURSE	06 OCT DESIGNATED OFFICER VIRTUAL COURSE
07 OCT CHILD SEXUAL EXPLOITATION VIRTUAL COURSE	12 OCT CHILD PROTECTION PRACTICE VIRTUAL COURSE	13 OCT THE BENEFITS OF OUTDOORS FOR CHILDREN (TRAUMA INFORMED PERSPECTIVE) VIRTUAL COURSE	14 OCT MENTAL HEALTH AWARENESS VIRTUAL COURSE
19 OCT CHILD PROTECTION PRACTICE VIRTUAL COURSE	20 OCT DESIGNATED OFFICER VIRTUAL COURSE	20 OCT ODYSSEY PARENTING YOUR TEEN - OCTOBER 2026 - SOUTHERN HEALTH & SOCIAL CARE TRUST VIRTUAL COURSE	21 OCT WALKING ON EGGSHELLS (DAYTIME WORKSHOP) - OCTOBER 2026 - BHSC & SHSCT VIRTUAL COURSE
22 OCT WALKING ON EGGSHELLS (EVENING WORKSHOP) - OCTOBER 2026 - BHSC & SHSCT VIRTUAL COURSE	02 NOV CHILD PROTECTION PRACTICE VIRTUAL COURSE	03 NOV DESIGNATED OFFICER VIRTUAL COURSE	03 NOV UNDERSTANDING & SUPPORTING THOSE WHO SELF-HARM VIRTUAL COURSE

Section 9: Training / Conferences Northern & Southern Sectors



Help Shape Our New **Regional Mother & Baby Unit**

We are developing **Northern Ireland's first dedicated Mother & Baby Unit**, enabling mothers experiencing severe perinatal mental health challenges to receive specialist inpatient care alongside their babies.

Share your views

Your feedback will help shape the design, facilities and support mothers and babies need most.

🕒 Survey duration: 5 minutes

📅 Survey closes: 21st October

Scan the QR code to take the survey now or visit
<https://s.surveylegend.com/s/6bjp>



Every voice matters



Section 9: Training / Conferences

Available Northern & Southern Sectors

health.improvement@westerntrust.hscni.net



Introduction to Positive Intelligence

Learn how Positive Intelligence can help improve your own mental fitness and wellbeing. This half-day workshop will teach you how Positive Intelligence Training works and why it is so effective in creating lasting positive changes. Developed by a Stanford University Lecturer, it has a solid scientific foundation and is proven to reduce stress and improve confidence, positivity, productivity and relationships.

Fri 02 Oct
Derry/L'Derry
[Register →](#)

The Importance of Cardiovascular Health & Anxiety

To celebrate the regional Mental Health Campaign 2026 'Feeling Anxious?' Consultant Cardiologist Monica Monaghan will share her knowledge and expertise on the importance of cardiovascular health and how it may be affected by anxiety.

Wed 07 Oct
Online
[Register →](#)

The Power of Humour: Mental Wellbeing's Secret Weapon

This half-day workshop will transform your understanding of humour and how it can be used to support and promote good mental health. You will learn about the many physical, emotional, and social benefits to be enjoyed, the different types of humour that exist, theories that underpin it as well as the 'Four Secrets' of Humour.

Tues 13 Oct
Derry/L'Derry
[Register →](#)

Cook It! Tutor Training

Cook it! Tutor Training is open to community and voluntary sector organisations and Trust staff with access to kitchen facilities. Applicants must have completed the Food and Health Essentials course before enrolling. The training provides the knowledge, skills and confidence to deliver the practical 6-week 'Cook it!' programme in a group setting. It covers healthy eating messages, budget-friendly cooking, practical food preparation and programme delivery.

Tues 21 Oct
Omagh
[Register →](#)

Any questions? email health.improvement@westerntrust.hscni.net or call 028 7

Would you like to receive information on future training courses directly to your inbox along with Improvement, Equality and Involvement information please join our mailing

Section 9: Training / Conferences

Available Northern & Southern Sectors

health.improvement@westerntrust.hscni.net

Health Improvement, Equality and Involvement Training Brochure

The Health Improvement, Equality and Involvement (HIEI) 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.

Training Brochure | September 2026 – March 2027

The Health Improvement Equality & Involvement (HIEI) Department has released their second edition Training Brochure which is offering free training courses across the Trust from 1st September 2026 to 31st March 2027.

In this edition, the training courses are found under the headings of Children & Families, Emotional Health & Wellbeing, Nutrition, Physical Activity, Sexual Health, Smoking Cessation and the Traveller Health and Wellbeing Programme.



The Emotional Health & Wellbeing and Nutrition courses are each categorised into a tiered learning and skills framework. These frameworks will help to inform you which courses are suited to your Personal and Professional Development. Emotional Health & Wellbeing is divided into Tiers 1 to 4 and aligns to the [PHA Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework](#). Nutrition is divided into Early Years Nutrition and Levels 1 and 2.

The Department is introducing two new Emotional Health & Wellbeing courses; 'Technology Assisted Child Sexual Abuse' and 'The Mixed Blessings of a Digital Life Online'.

The courses in the brochure will be delivered either online or face to face in a range of locations across the Western Trust.

[View the Health Improvement, Equality and Involvement Training Brochure | September 2026 – March 2027](#)

How to register

For course details including times and course content and to book a place, please click the 'Square Key' icon beside each course which takes you to the Eventbrite registration page.

For further information and any queries in relation to the Training Brochure or if you would like to be added to the HIEI mailing list, please contact the department on the details below:

Address: WHSCT Health Improvement, Equality and Involvement Department, Maple Villa B, Gransha Park, Clooney Road, L'Derry BT47 6WJ

Email: health.improvement@westerntrust.hscni.net

Phone: 02871 865 127

If you would like to be added to our mailing list, please [fill out the registration form](#).

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

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

Section 9: Training / Conferences Available Northern & Southern Sectors

https://www.eventbrite.co.uk/e/rural-isolation-webinar-tickets2001870287920?aff=oddttdtcreator&_gl=1*34003x*_up*MQ.*_ga*NTA1OTY5ODMuMTc4OTk4MzQzMzQ.*_ga_TQVES5V6SH*cze3ODk5ODM0MjkkbzEkZzAkdDE3ODk5ODM0MjkkajYwJGwwJGgw



The poster features a central image of a person in a plaid shirt holding a tablet in a field. A yellow flower is overlaid on the left. In the top left corner, there are logos for 'OUR Community', 'PEACEPLUS Northern Ireland - as and', and 'HSC'. A QR code is in the top right. The title 'Rural Isolation' is in large green font, with 'With Rural Action' in a yellow box below it. A descriptive paragraph follows. At the bottom, there is a table with event details and a 'Learn More' button with a link.

Rural Isolation
With Rural Action

A training Webinar on Isolation in Rural Communities and how best to support those affected by it.

Date:	Time:	Location:
21/10/2026	14:00-16:00	Online

[Learn More](#) • <https://ruralaction.co/>

Section 9: Training / Conferences Available Northern & Southern Sectors

OPEN CONSULTATION

Public Consultation on Stronger Futures: A Northern Ireland Youth Work Policy Statement

Topics: [Children and Young People](#)

Consultation closes

30 October 2026, 11.59 pm

Summary

The Department of Education (DE) invites you to take part in the public consultation for Stronger Futures: A Northern Ireland Youth Work Policy Statement.

Documents



[Stronger Futures - A Northern Ireland Youth Work Policy Statement - Consultation Document](#)

Adobe PDF (2 MB)



[Consultation Response Template for Stronger Futures - A Northern Ireland Youth Work Policy Statement](#)

Adobe PDF (97 KB)



[Stronger Futures - Equality and Human Rights Screening Document - June 2026](#)

Adobe PDF (422 KB)



[Stronger Futures - Child Rights Impact Assessment \(CRIA\) - June 2026](#)

Adobe PDF (230 KB)



[Stronger Futures - Rural Needs Impact Assessment - June 2026](#)

Adobe PDF (438 KB)



[Stronger Futures – A Northern Ireland Youth Work Policy Statement - Irish version](#)

Adobe PDF (4 MB)



[Consultation Response Template for Stronger Futures - A Northern Ireland Youth Work Policy Statement - Irish version](#)

Adobe PDF (129 KB)

[Help viewing documents](#)

Consultation description

We welcome contributions from everyone who attends, works and has an interest in youth provision in your community. Share your views and help us to continue to champion and support youth work in Northern and what it means to you.

Have your say online via Citizen Space, click "Respond Online" below.

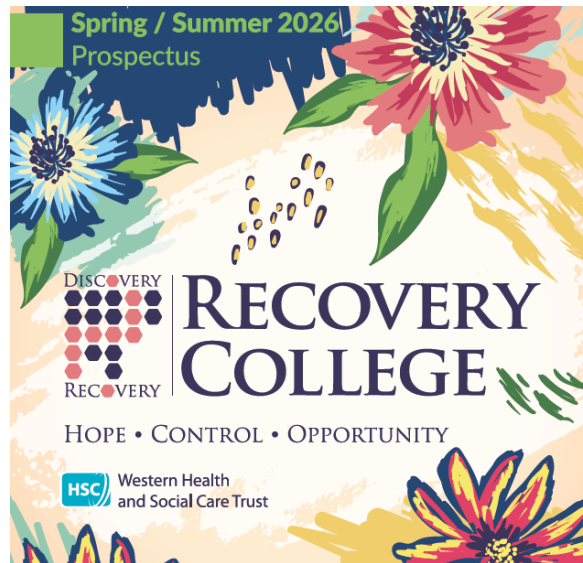
The consultation is now open until 30 October 2026 at 23:59 – don't miss your chance to make a difference.

Ways to respond

Respond online 

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

November IMH Lunchtime Learning Tickets,
Wednesday, November 25 • 12 PM - 1 PM GMT |
Eventbrite

IMH Lunchtime Learning

Alarm Baby Distress Pilot
hosted by Claire Green (NHSCT)

Wednesday 25th November 2026
12:00PM - 1:00PM, online

Public Health Agency
Project supported by the PHA

NATIONAL CHILDREN'S BUREAU

Free
Wed, Nov 25 • 12 PM GMT

Reserve a spot

Wednesday, November 25 • 12 PM - 1 PM GMT

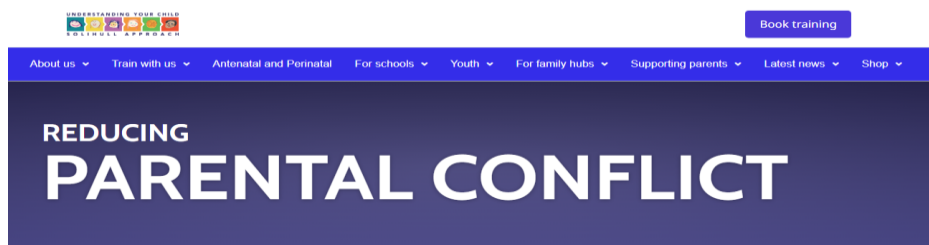
Overview

Discussion on the Alarm Baby Distress Pilot, hosted by Claire Green from the NHSCT

Claire Green from the Northern Health and Social Care Trust will present this hour long presentation on the recent Alarm Baby Distress Pilot in Northern Ireland.

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

Module titles

Measuring impact and outcomes

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

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

Section 9: Training / Conferences



VOLUNTEER NOW
Promoting · Building · Advancing

Safeguarding Adults in Sport



(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.

Sport
Northern Ireland

Keeping Safe

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)

Dunluce Family Centre

15 Shaw Court
Ballymagroarty
BT48 0PW
02871269883



Old Library Trust

Central Drive
Creggan
BT48 9QG
02871 373870



Dry Arch Centre

Glenshane Business Park
50 Legavallon Road
BT474QL
02877742904



Barnardo's Strabane Family Centre

2 Melmount Road
Strabane
BT82 9BT
028 7138 2658



Western Trust Family Support Hubs Contact Details

Action for Children

Building 83, Ledwidge
Avenue, Ebrington, Derry
BT47 6GZ
02871 347186



Action for Children

2a Holmview Terrace,
Omagh
BT79 0AH
028 8225 9495



Greater Shantallow Area Partnership

Northside Village
Glengallagh Road
BT48 8NN
02871358787



Action For Children

14 Darling Street
Enniskillen
BT74 7EW
02871 373870



Section 11: Useful Links and Informative Media Resources

Children and Young People's Strategic Partnership (CYPSP)



Essential reading for anyone supporting young people in NI!

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

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

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

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

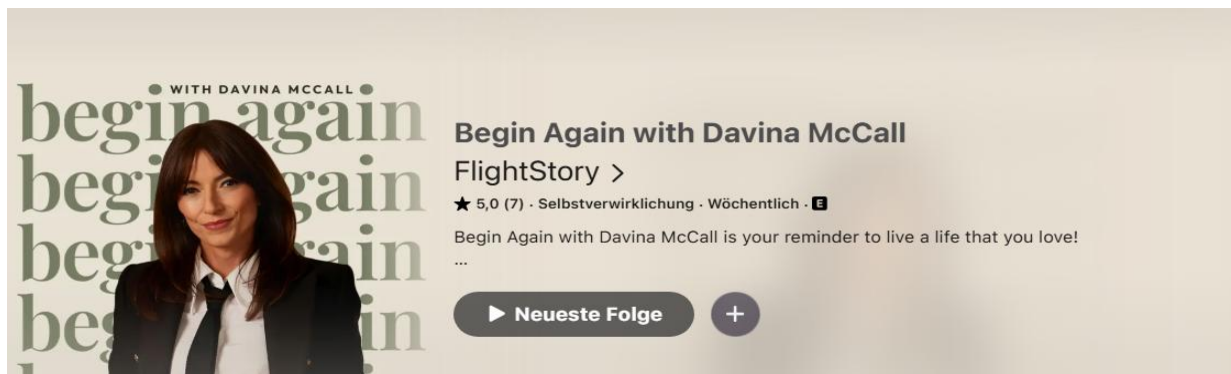
These tools can offer timely evidence to inform your day-to-day work, whether in schools, health services, youth provision, social care, or community initiatives

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

Please share widely with your teams and across your networks

Section 11: Useful Links and Informative Media Resources

Caitlin Moran: "I Thought My Brain Had Broken" – Begin Again with Davina McCall – Apple Podcasts



10. September ·

Caitlin Moran: "I Thought My Brain Had Broken" Becoming Hopeful After A Life Of Anxiety



Begin Again with Davina McCall >

▶ 1 Std. 16 Min.

In this episode of Begin Again, Caitlin Moran joins Davina McCall for a funny, moving and hopeful conversation about love, anxiety, feminism, loneliness and finding your way back to joy.

Caitlin opens up about experiencing her first panic attack at 13, after revealing her family were living on benefits, and how anxiety became the fuel that drove her extraordinary career.

Decades later, she reached breaking point and realised: "I can't be this scared anymore." She shares how she finally broke up with anxiety and why she wishes she had done it 30 years earlier.

She and Davina also explore the growing crisis facing men, why loneliness and social media are leaving us disconnected, and the simple changes Caitlin believes can help us feel hopeful again, from putting down our phones to reconnecting with our communities.

Caitlin also reflects on growing up poor, writing her first novel as a teenager, her 33-year relationship with husband Pete, and the extraordinary night she went clubbing with Lady Gaga.

🌟 Like, comment and subscribe for more honest conversations about purpose, resilience, love, loss and beginning again.

Follow us here:

www.instagram.com/beginagain

<https://www.tiktok.com/@beginagainpod>

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 116 123
365 Days a Year.

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

UNICEF Child Friendly Cities and Communities - Putting Children's Rights into Practice

WHAT IS THE CFC PROGRAMME?



Child Friendly Cities & Communities (CFC) is a programme run by UNICEF UK. It works with local councils and other organisations to help make sure children's rights are part of everyday life until June 2026.



The aim is to build places in the UK where all children - whether they are in care, visiting a library, or going to a children's centre - can have their voices heard and benefit from local services, spaces and decisions that affect them.



This programme is part of a global Unicef project called Child Friendly Cities, which supports nearly 30 million children in 40 countries around the world. Right now, Derry City and Strabane District Council (DCSDC) is the only area in Northern Ireland that is part of the CFC programme.

IN A CHILD FRIENDLY CITY AND COMMUNITY EVERY CHILD CAN:



Have a say about decisions that affect them

Access good health, education, transport and other services

Express their views freely and be supported to do that

Feel safe and protected from discrimination and harm

Enjoy a clean and safe environment

Enjoy public areas and meet other children freely



Section 12

UNICEF Child Friendly Cities and Communities - Putting Children's Rights into Practice

WHO IS INVOLVED IN CHILD FRIENDLY DERRY CITY & STRABANE ?

In Derry City and Strabane there are four lead partners from four different organisations. These four organisations are working hard to make Derry City and Strabane a child friendly city.



WHAT DOES RECOGNITION MEAN FOR DERRY AND STRABANE?

Derry City and Strabane District Council is the first region in Northern Ireland and second in the UK to receive international recognition as a UNICEF Child Friendly Community.

Child Friendly Cities & Communities (CFC) is a UK Committee for UNICEF (UNICEF UK) programme that works with councils to put children's rights into practice.

The programme aims to support councils and their partners to embed a child rights-based approach across local strategy, policy, service delivery and public spaces.

Child Friendly Cities & Communities is part of UNICEF's global Child Friendly Cities Initiative, which reaches over 30 million children in close to 50 countries.

CFC Recognition means we want our area to be a place where children and young people are respected, listened to, and included in decisions that affect them.

We're working with adults, organisations, and schools to make sure children's voices are heard and acted on. We see children as important citizens who help shape the future.

WHAT ARE CHILDREN'S RIGHTS?

The United Nations Convention on the Rights of the Child (UNCRC) is an important agreement by countries who have promised to protect children's rights.

The Convention explains who children are, all their rights, and what governments need to do to protect them.

All the rights are connected, they are all equally important and they cannot be taken away from children.

There are 42 rights in total, they are called 'Articles'.



Section 12

UNICEF Child Friendly Cities and Communities - Putting Children's Rights into Practice

What to do when you (really) can do nothing at all and how to do better in children's participation. – QPOL



Section 12

UNICEF Child Friendly Cities and Communities - Putting Children's Rights into Practice

What to do when you (really) can do nothing at all and how to do better in children's participation. – QPOL

What to do when you (really) can do nothing at all and how to do better in children's participation.

Jan 31, 2025 — by Professor Laura Lundy in Children and Young People

'All models are wrong but some are useful'. This [quotation from George Box](#) about statistics is sometimes cited when people are discussing models of child participation. As the author of one of the most widely used of these, I have often wondered if this in fact holds true in this space. My take on the various child participation 'models' that I have read is that none are wrong (in their own terms) and all are useful (in their own way). What none of them can do – or, in fact, try to do – is to capture the full complexity of child participation. So when someone says that they 'use' Hart instead of Shier or Lundy etc., it suggests to me that they may not understand that these three and others all do different things, i.e. none are 'wrong' and all are useful in their own way.

My attention turned to this recently, not because the existing models were being misused but because they were not being used at all. I harnessed my frustration at a high profile child rights initiative that had failed to engage with children's views into [developing an infographic](#) which tried to capture what people who are making decisions that affect children as a group should do when they *really* cannot involve children. Using a flowchart, the infographic also set out what meaningful participation could and should look like drawing on the Lundy model and [Gerison Lansdown's 3 Cs](#) classification for types of participation. This combination is my personal go-to, because they do different but complementary things and have a simplicity that belies their complexity. However, as I said, there are many others – all useful.

What began as a keyboard protest generated a lot of interest and a flurry of requests to reproduce and translate. While I am delighted in the interest (channel your anger productively, people!), I have a concern that the infographic could be lifted and used without a full understanding of the law (particularly its child rights roots) and research that lies behind the questions in the flowchart. So this blog is an attempt to capture the complexity of child participation processes as an accompaniment to the much requested fully downloadable flowchart below. The focus is on collective participation – decisions such as laws or policies that affect children as a group – and, as with all my work, the framework that guides it is the [UN Convention on the Rights of the Child](#).

The very first decision is whether to involve children at all and that's not even really a 'decision' as opposed to a 'duty' if it is a matter that affects them. Children have a right to be included in all matters affecting them and the best way to find out whether that is the case is to ask them: a seemingly obvious but frequently ignored first step. The reality is that there are few decisions that do not affect children at all so the trajectory should usually then proceed to seeking their views. However, there are some exceptions which I note – the children do not want to be involved (e.g. no interest, no time); there has been recent engagement on the same issue; and, in rare instances, it is not safe for children to be involved. However, all too often the reality is that children are often not involved because it does not suit adults, who sometimes use the excuse of 'tokenism' as an excuse for what is, in effect, a denial of a human right (see [Lundy, 2018](#)).