FYI

For Your Information

Western Health and Social Care Trust

CYPSP Children & Young People's Strategic Partnership

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November 2026 : Issue 36

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FYI For Your Information

CYPSP Children & Young People's Strategic Partnership

HSC Western Health and Social Care Trust

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



FYI For Your Information

CYPSP Children & Young People's Strategic Partnership | HSC Western Health and Social Care Trust

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 – 4th December, 2026, The ARC, Irvinestown.
Limavady LPG: 10.00am - 19th November 2026, Dungiven Library.
Omagh LPG: 2.00pm - 25th November, 2026, Omagh Library.
Cityside LPG: 2pm - 18th November 2026, The Gasyard
Waterside LPG: 12.00pm - 10th November 2026, Waterside Neighbourhood Partnership
Strabane LPG: 11.00am - 17th November 2026, Barnardos/Strabane SureStart Family Centre.

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Launch of Early Intervention Begins Best With You





This launch is the start of a campaign, not the end of one. Its message is simple: early intervention begins best with you. Supporting families and children earlier is a responsibility we all share, whatever our organisation or role, and the difference we can make grows when we act together and at the earliest opportunity.

That is where you come in. We are asking you to carry this message forward in your own schools and organisations, with your own teams, and to help make early support the first response, not the last resort.

Here are a two small things you could do:
Add the banner below to your email signature, so every message you send carries the campaign.
Share the animation at your next team meeting, assembly or training event and ask what early intervention means in your service, community or school.

We look forward to sharing the next steps with you soon.



FYI For Your Information

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Western Trust Launches New Animation to Champion Early Intervention









Section 1: Family Support Available Northern and Southern Sector

Cedar
Opportunity Choice Inclusion

ABI KIDs

Our children and young people's community inclusion services support individuals with Acquired Brain Injuries (ABI) to thrive, by developing social connections whilst providing support for parents and carers

The ABI KIDs service aims to enable children and young people with ABI to live full and meaningful lives post-injury



Individual goals may vary depending on individual strengths, interests, and needs. We have a family centred approach to ensure that everyone has the tools and practical assistance needed to achieve these goals

Support and activities include:

- Social and communication skills development
- Strategies to promote independence and self-care at home, school or in the community
- Exploring community-based social opportunities
- Building self-esteem, confidence, and peer friendships
- Increasing understanding of ABI among parents, siblings, and extended family

For more information, contact us:

Telephone: 02890 461834
Email: abi@cedar-foundation.org

Visit our website:
www.cedar-foundation.org

Cedar Foundation, 1 Ravenhill Reach Close, Belfast, BT6 8RB. A company limited by guarantee. Registered with The Charity Commission for Northern Ireland NIC101121. HMRC Charity No. XN47577
T. 02890 461834. E: communications@cedar-foundation.org

HSC Health and Social Care
INVESTORS IN PEOPLE® We invest in people Platinum

Section 1: Family Support Available Northern and Southern Sector



Section 1: Family Support Available Northern and Southern Sector



This project is supported by the European Union's PEACEPLUS programme, managed by the Special EU Programmes Body (SEUPB).

Section 1: Family Support Available Northern and Southern Sector

Learn how to sign up and log in to My Care here: My Care log-in tip sheet

Download this information

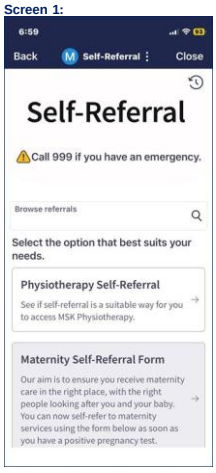


Maternity Self-Referral in My Care Available from 6th October 2026

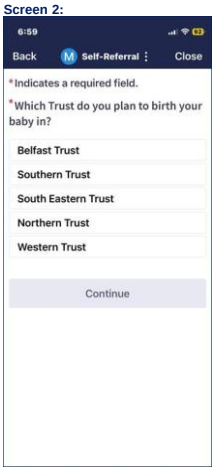
Women can now access maternity services by completing a self-referral through the My Care patient portal. This is a single, digital self-referral process across Trusts, replacing current self-referral methods.

In My Care, simply log in and select maternity self-referral.

Screen 1:



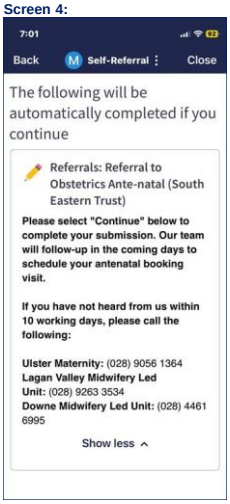
Screen 2:



Screen 3:



Screen 4:



Section 1: Family Support Available Northern Sector





Section 1: Family Support Available Northern Sector





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:

	Waterside Irish Street Community Association	Skeoge Skeoge Community Hub
Where?		
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

Foyle Network Foundation · Irish Street · SKEOGE COMMUNITY HUB · Waterside Neighbourhood Partnership

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.



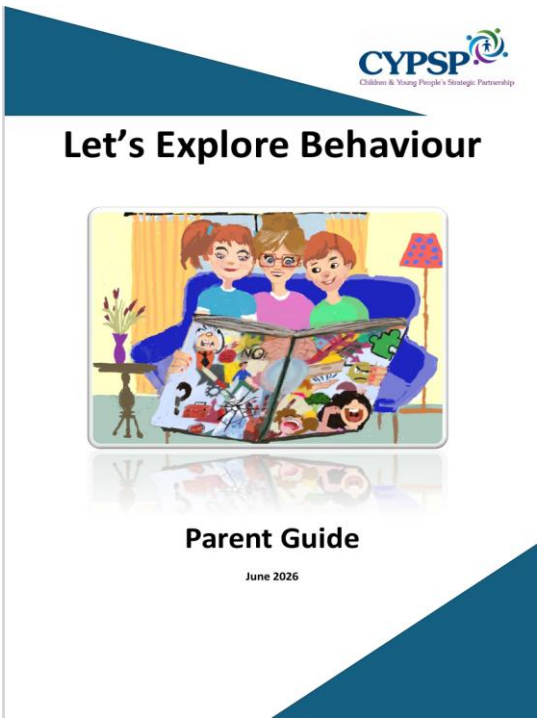
Parents will get the chance to socialise with each other and have a cuppa while their babies have developmentally appropriate play activities.

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

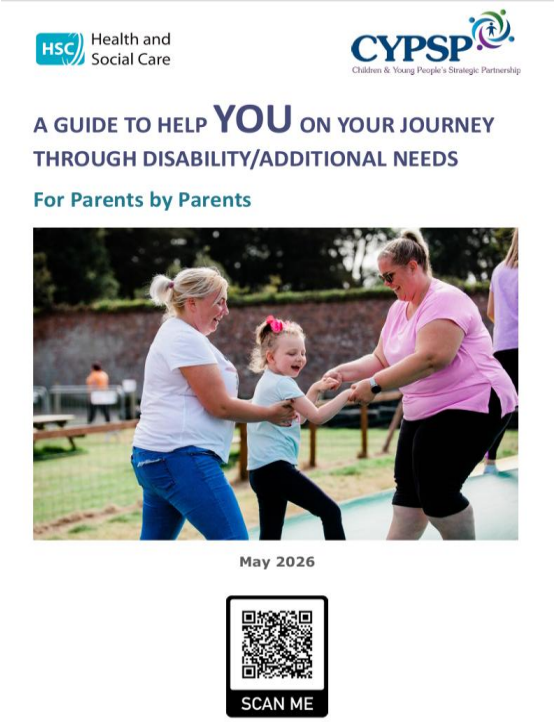
For more information contact
Joanna on 7135 6110

Section 1: Family Support

NAOG-Lets-Explore-Behaviour (1).pdf



Your-journey-disability-guide (8).pdf



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

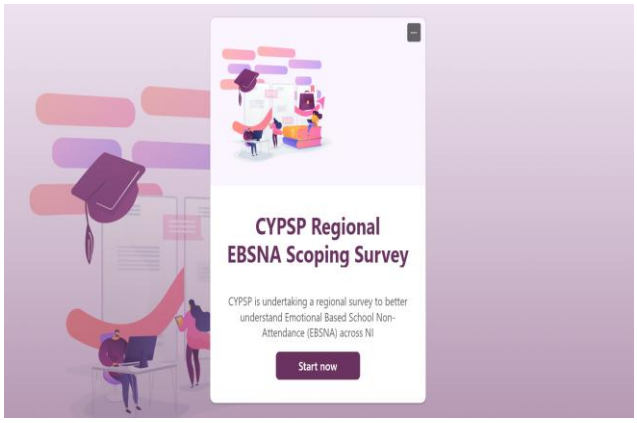
Mobile: 07386489364

Email: pmcbrien@scouts.ie

ADVENTURE. FRIENDSHIP. FUN. FOR LIFE.

Scouting Ireland – Be Prepared

Section 1: Family Support Available Northern & Southern Sectors



We are seeking views from professionals, practitioners, schools, voluntary and community organisations, parents and carers, children and young people to help improve our understanding of Emotionally Based School Non-Attendance (EBSNA) and the support available to children and young people and their families experiencing difficulties attending school across Northern Ireland.

We would appreciate it if you could take a few minutes to complete this survey and share it widely with colleagues, schools, teachers, parents and networks who may have relevant experience or perspectives.

Survey Link: https://forms.cloud.microsoft/e/bVPf80emgV

The survey will remain open until Friday 27th November 2026.

EBSNA is a growing area of concern across our communities, and we know that children, young people, families and professionals can face significant challenges in accessing the right support at the right time. Through this survey, we want to gather insights on current experiences, emerging issues, barriers to support, examples of effective practice, and priorities for future action.

Your feedback will help us:

- Better understand the factors contributing to EBSNA.
- Identify strengths and gaps in current support and services.
- Inform future planning, partnership working and service development.
- Ensure the voices of those supporting children and young people are reflected in future work.

Section 1: Family Support Available Northern & Southern Sectors

Defibrillator funding for your local community - BHF

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

Libraries NI

Department for Communities
www.communities-ni.gov.uk

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

Disability Action Drop In
Foyle JBO
Wednesday 4th and 25th November
11am-1pm

Maura McNeill from the Empower Programme at Disability Action will be in Foyle's Jobs & Benefits Office on Wednesday, 4th and 25th November, from 11am to 1pm.

The Empower Programme provides guidance, support and practical tools to help individuals take their first steps towards employment. It is available to individuals aged 16 and over who have not worked within the last four weeks due to a disability or health condition.

Disability Action believe everyone should have the opportunity to thrive in an inclusive work environment where their abilities and contributions are valued.

If you feel you could benefit from the Empower Programme, please speak to your Work Coach, who can arrange an appointment with Maura.

Rescheduled:
North West Cross Border Region Virtual Job Fair
Wednesday 11th November
10:00am to 2:00pm.

www.crossborderjobfair.com

This event will allow the chance for Jobseekers to view and apply for a range of vacancies

There will be several employers who will have their vacancies promoted on an electronic jobs board.

The North West Cross Border Region Virtual Job Fair provides a fantastic opportunity for graduates, jobseekers, and people looking to change careers to learn about the companies and see what vacancies are on offer.

Anyone wishing to apply for a vacancy will have the opportunity to upload their CV directly to employers on the day or simply complete an 'Expression of Interest' form.

To register for the event please visit the Cross Border Job fair website - www.crossborderjobfair.com

Diverse Communities Meet Business Opportunity; Enterprise Support for Ethnic Minority Entrepreneurs
by Derry City and Strabane District Council
Tue 17 November 2026
10:00AM - 12:00PM
Foyle Building (Student Zone) North West Regional College, Derry~Londonderry

Derry City and Strabane District Council, in collaboration with Enterprise North West and Go Succeed, invite you to attend Diverse Communities Meet Business Opportunities, a networking and information event designed to connect entrepreneurs and aspiring business owners from diverse communities with the support, advice, and opportunities available across the region.

For more information and to register visit the link below:

Diverse Communities Meet Business Opportunity; Enterprise Support for Ethnic Minority Entrepreneurs

STARTABILITY: EMPOWERING ENTREPRENEURSHIP, REMOVING BARRIERS
by Derry City and Strabane District Council
Fri 20 November 2026
10:00AM - 12:00PM
Destined Building/ Online

Derry City Strabane District Council in collaboration with Enterprise North West and Go Succeed, are hosting an event exploring best practice examples in inclusive entrepreneurship, with a particular focus on disability/long term health conditions in to order to help inform delivery enterprise supports.

To find out more and register please see link below:

STARTABILITY: EMPOWERING ENTREPRENEURSHIP, REMOVING BARRIERS

Section 1: Family Support Available Northern Sector

Foyle Network Foundation (Foyle Food Bank) Clinic
Thursday 12th November
Foyle Jobs & Benefits Office
10am-1:30pm
**Support Available – Foyle Network Foundation Visit Thursday 12th November
Representatives from Foyle Foundation Network / Foyle Foodbank will visit Foyle Jobs & Benefits Office on **Thursday 12th November between 10am and 1:30pm.**
They will be available to speak with you confidentially and can offer support with:
Access to emergency food support
Guidance on food vouchers
Advice on benefits, finances, and managing costs
Information on other local support services
If you would like to speak with them, we can arrange a **private appointment** for you.
To book an appointment or make an enquiry please contact your work coach on your journal
Please do not attend unless you have agreed an appointment with your work coach as you may not be seen.
You can also find out more here:
https://foyle.foodbank.org.uk/

First Housing Drop In
Foyle Jobs & Benefits Office
Tuesday 24th November
11am-1pm
First Housing Aid & Support can offer support to anyone facing housing issues.
They can help with:
- Homelessness assistance
- Accessing social housing/ private rental
- Issued with notice to quit
- Eviction support
- Maximising housing selection scheme points
- Housing repairs
- Rent/ mortgage arrears
- Tenant rights & responsibilities
- Landlord rights & responsibilities

If anyone would like to find out more, they are welcome to call in

GRASP Labour Activation Academy Drop In
Thursday 10th December
Foyle Jobs & Benefits Office
11am-1pm
Interested in construction, green skills, or learning something new?
The GRASP Labour Activation Academy is a free 8-week programme starting in January 2027 at NWRC Strand Road Campus. Delivered 2 days per week, participants will gain qualifications in employability, sustainability and retrofit skills, while also exploring modern construction technologies such as virtual reality, drone surveying and 3D printing. The programme is designed to build confidence, develop job-ready skills, and help people progress towards employment or further training.
To find out more or register your interest, please speak to your Work Coach or contact grasp@nwrc.ac.uk

Section 1: Family Support Available Northern Sector



Section 1: Family Support Available Northern & Southern Sectors

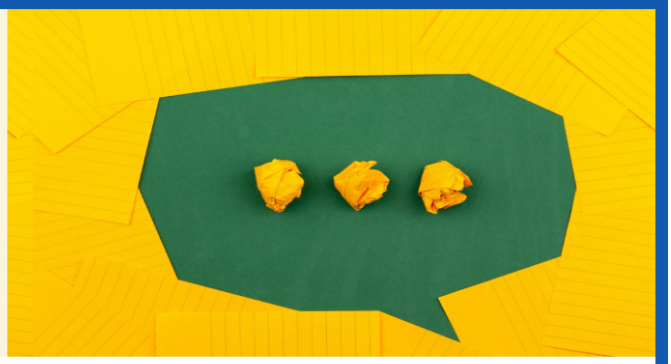
Nexus
Breaking the Cycle of Sexual Abuse and Abusive Relationships

028 9032 6803 Donate Fundraise DSA Helpline

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

Domestic & Sexual Abuse Helpline

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



#BreakTheCycle

Domestic and Sexual Abuse Helpline

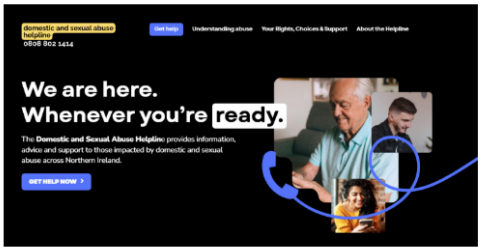
The Domestic and Sexual Abuse Helpline provides information, advice and support to those impacted by Domestic and Sexual Abuse across Northern Ireland. The Helpline is available to people with lived experience, those concerned about someone, those with concerns as to whether abuse is occurring, and to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

FYI For Your Information

CYPSP Children & Young People's Strategic Partnership | HSC Western Health and Social Care Trust

Section 1: Family Support Available Northern & Southern Sectors

HSC Public Health Agency
Project supported by the PHA

Steps to Change



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

What the Service Offers

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

How to Access Support

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



Who to Contact (by Trust Area)

Belfast & South Eastern Trusts
Inspire Addiction Services
Tel: 0800 987 4117
Email: addictionservices@inspirewellbeing.org
Website: www.inspirewellbeing.org

Northern & Southern Trusts
Links Counselling Service
Tel: 028 3834 2825
Email: office@linkscounselling.com
Website: www.linkscounselling.com/stepstochange
Referral: www.linkscounselling.com/get-counselling

Western Trust
ASCERT
Tel: 0800 2545 123
Email: steps2change@ascert.biz
Website: www.ascert.biz/project/steps-to-change/

iInspire | links | ASCERT | drugsand alcoholni
"Addressing drugs and alcohol together"

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

drugsand alcoholni
"Addressing drugs and alcohol together"

Who delivers the service

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

If you live in the Belfast Trust Area contact Inspire Addiction Services
Tel: 0800 987 4117
Email: addictionservices@inspirewellbeing.org
Website: www.inspirewellbeing.org

If you live in the Northern Trust Area contact Links Counselling Service
Tel: 028 3834 2825
Email: office@linkscounselling.com
Website: www.linkscounselling.com/stepstochange
Online Referral Form: www.linkscounselling.com/get-counselling

If you live in the Southern Trust Area contact Links Counselling Service
Tel: 028 3834 2825
Email: office@linkscounselling.com
Website: www.linkscounselling.com/stepstochange
Online Referral Form: www.linkscounselling.com/get-counselling

If you live in the South Eastern Trust Area contact Inspire Addiction Services
Tel: 0800 987 4117
Email: addictionservices@inspirewellbeing.org
Website: www.inspirewellbeing.org

If you live in the Western Trust Area contact ASCERT
Tel: 0800 2545 123
Email: steps2change@ascert.biz
Website: www.ascert.biz/project/steps-to-change/

HSC Public Health Agency
Project supported by the PHA



Steps to Change

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

iInspire | links | ASCERT

Section 1: Family Support Available Northern & Southern Sectors

CAREERS SERVICE

Department for the Economy
An Roinn Geilleagair
www.economy-ni.gov.uk

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.

matrix

July 2024

Section 1: Family Support Available Northern & Southern Sectors



Section 1: Family Support Available Northern & Southern Sectors



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
Männystrie O Poustie
www.health-ni.gov.uk

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

FYI For Your Information

CYPSP Children & Young People's Strategic Partnership | HSC Western Health and Social Care Trust

Section 1: Family Support Available Northern & Southern Sectors

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

Welcome to the Translation Hub

This page is best viewed with the ReachDeck (Browsealoud) application open, click on the icon in the top right corner and select the language of your choice by clicking on the toolbar above.



Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page click Here to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email cypsp@hscni.net

- Health
- Family Support
- SureStart
- Carers
- Cost of Living Crisis
- Education
- Housing
- Employment
- Safety / Community
- Youth Justice Agency
- Police/Crime
- Money/Grant Advice
- COVID-19
- Government Services
- Tetum Translated Information
- Ukraine Advice
- Sign Language
- How to remain in the UK after Brexit — EU Settlement/ Migration
- Youth Wellness Web
- Contacts

ReachDeck

Section 1: Family Support Available Northern & Southern Sectors



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

SENAC
Special Educational Needs Advice Centre

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

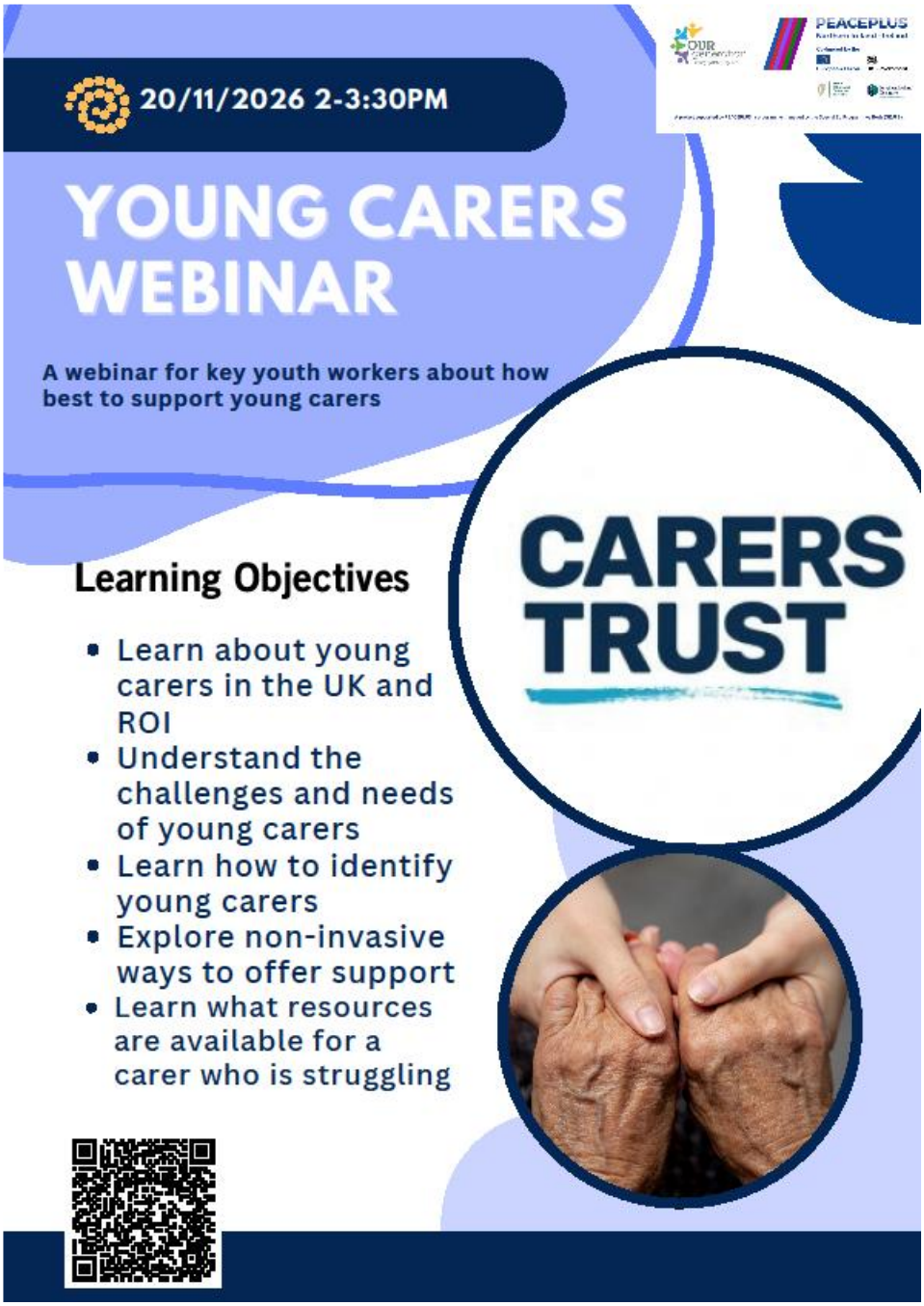
Workshops include information about Statutory Assessments, Statements of SEN, Learning Plans, appealing decisions & changes to the system

www.senac.co.uk

COMMUNITY FUND

Section 2: Youth Support Available Northern & Southern Sector

https://www.eventbrite.co.uk/e/young-carers-webinar-tickets-2003653137471?aff=oddtdtcreator&keep_tld=true



Section 2: Youth Support Available Northern Sector





Section 2: Youth Support

/

Home - Sexual Health NI

Sexual Health NI
Public Health Agency

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.




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 Donaghanie 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

linda@acet-ni.com



Post Quaran-teens!

NEW TRAINING DATES FOR AUTUMN 2026 !

Interactive Online Workshop

Suitable for: Professionals and volunteers working in the field of family/community/education, etc.

Content: Practical Skills for dealing with **Conflict**
Teenage **brain** development…what the science says
How a Parent can really **listen** to a Teenager
Useful resources……and everything else in between!!!

Cost? Free of charge.

DATES:

Course 1 **3/4 November 2026** Post-Quaranteens! Online OCNNI Level 2 Tickets, Tuesday, Nov 3, 2026 at 09:30 to Wednesday, Nov 4, 2026 at 12:30 GMT | Eventbrite

Course 2 **1 and 2 December 2026** Post-Quaranteens! Online OCNNI Level 2 Tickets, Tuesday 1 December-Wednesday 2 December • 9:30 AM-12:30 PM GMT | Eventbrite

All **training** and **accreditatio**n is funded by the PHA
Accredited at level 2 by the OCN.
Contact **Linda Allen** at:

linda@acet-ni.com for further information.

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

- **Monday 9th, Tuesday 10th, Monday 16th and Tuesday 17th November 2026 from 10.00-11.30am each day**

APPLY HERE:

- https://www.eventbrite.com/e/1997701742689?aff=oddtdtcreator

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



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/

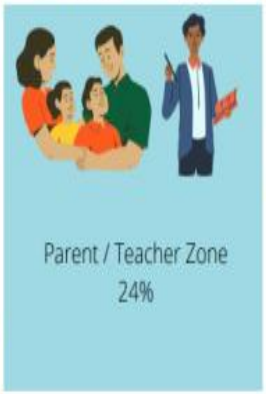




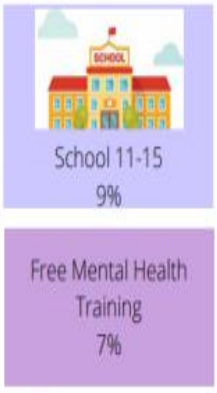




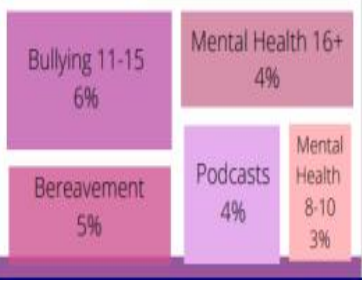
Top 10 most visited sections on Youth Wellness Web











Section 2: Youth Support Available Northern & Southern Sectors

action mental health

Mindset: Mental health awareness programme



mindset

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.

HSC Public Health Agency
Project supported by the PHA

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

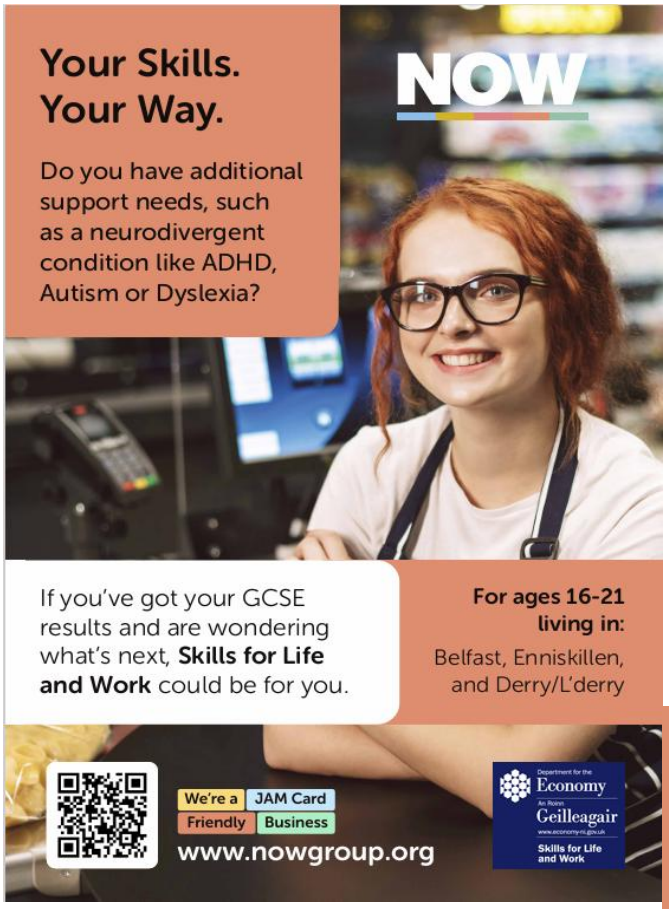
Schools & Community Wellbeing
Action Mental Health
4a Steeple Road Antrim
BT41 1AF

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

www.amh.org.uk

Registered with the Charity Commission for Northern Ireland NIC100753.

Section 2: Youth Support Available Northern & Southern Sectors



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

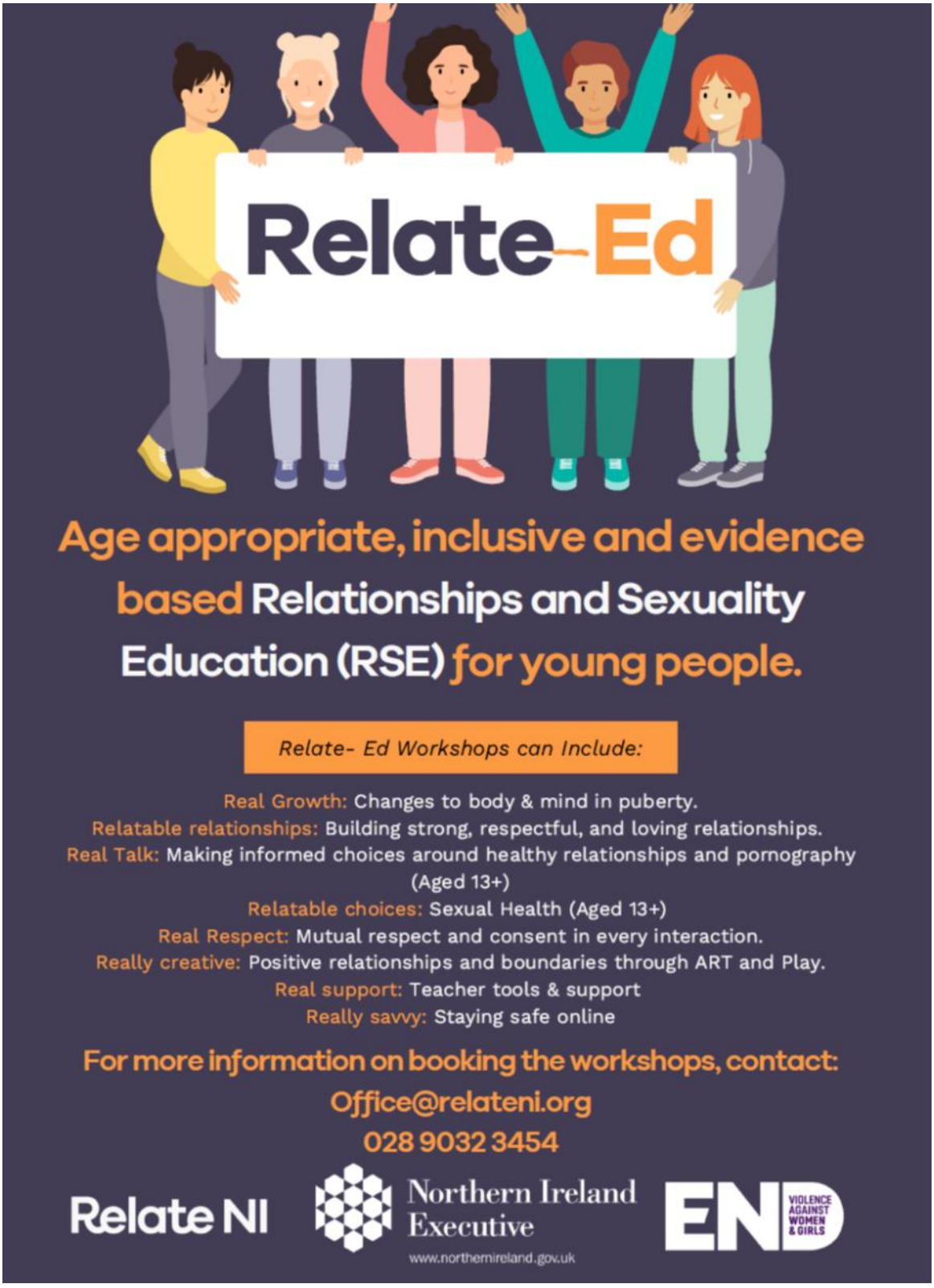
Scan the QR code or visit our website to start your journey

www.nowgroup.org

Registration subject to eligibility.

Section 2: Youth Support Available Northern & Southern Sectors

Relate- Ed | Relate NI Relationships and Sexuality Education NI

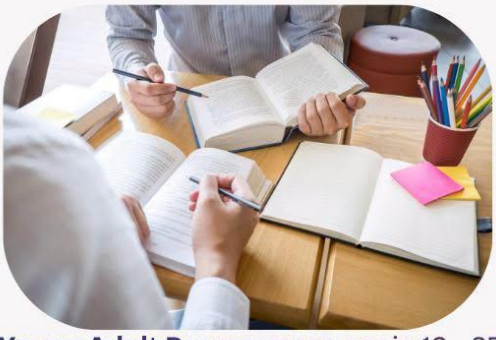


Section 3: Cost of Living
Available Northern Sector

https://forms.cloud.microsoft/r/iFAGnhNRnB

Make Money Make sense

Money Ready



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.

Whats covered

- Income
- Deductions
- Spending
- Budgeting
- Banking
- Borrowing

Interactive Sessions

Practical Real- world skills

Supportive & Engaging



We also cover

Housing Tenancies
Consumer Rights
Gambling Awareness

Work towards a level 1 Personal Money Management qualification

Tuesday 27th & Wednesday 28th October
10am - 3.30pm Each Day
Dry Arch Childrens Centre, Limavady

THE DRY ARCH CHILDREN'S CENTRES

Section 3: Cost of Living
Available Northern & Southern Sectors

How to protect your finances during uncertain times | MoneyHelper

How to protect your finances during uncertain times



Last updated:
07 April 2026

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

Petrol prices

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

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

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

Energy rates

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

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

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

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

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

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

Read more in our guide What to do if your energy bill is high

Heating oil, LPG and off-grid fuels

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

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

Read more about how to save money on heating oil and liquefied petroleum gas **(LPG)**

Section 3: Cost of Living
Available Northern & Southern Sectors

Family Fund – Grants That Make a Difference Tickets, Wednesday, November 25 • 11:30 AM - 12 PM GMT | Eventbrite



Family Fund – Grants That Make a Difference

by **Money Guiders Scotland**
68 followers • 33 events • 2y hosting • 1k total attendees

Follow

Online event

Free
Wed, Nov 25 • 11:30 AM GMT

Reserve a spot

Wed, Nov 25 • 11:30 AM GMT
Reserve a spot

The session will also introduce the BBC Children in Need Emergency Essentials Programme, which provides critical support for children and young people facing exceptionally difficult circumstances. You'll learn who the programme is designed for, how referrals work and when it may be appropriate to consider this support for the families you work with.

With demand for support often increasing after Christmas and into the New Year, now is an ideal time to build your awareness of the funding and practical assistance available. Understanding what Family Fund offers will help you identify opportunities for support, make timely referrals, and have more informed conversations with families when they need it most.

Who is this session for?

- Anyone who works with children, young people and families in need such as youth and family workers, healthcare providers, housing staff, community link workers, money and debt advice teams, to name but a few examples.

What to expect

By attending this session, practitioners will:

- The support available through Family Fund's grants programmes in Scotland and Northern Ireland.
- Eligibility criteria and how families can access support.
- Information on how to become an individual referrer to the BBC Children in Need Emergency Essentials Programmeso so you can make applications to help the

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
Or text ADVICE to:07984 405248

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

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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@dfcni.gov.uk
Text ADVICE to 07984 405 248
www.nidirect.gov.uk/make-call-service

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

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

Other Support

Fermanagh and Omagh District Council – Cost of Living Support
Information and guidance about local and regional services and supports
www.fermanaghomagh.com/costofliving
costoflivinghelp@fermanaghomagh.com

Northern Ireland Housing Executive
Information and support for housing, homelessness, National Energy Action and the NI Oil Savings Network
www.nihe.gov.uk

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

Action for Children Family Support Hubs
Signpost families & professionals to early intervention services within their community ensuring access to the right help at the right time
Fermanagh: 028 6632 4181
Omagh: 028 8225 9495
www.familysupportni.gov.uk

South West Age Partnership (SWAP)
A network for older people's groups and individual older people
aforbes@southwestagepartnership.co.uk
07955 787 456 | www.facebook.com/swapnetwork

Women's Aid
Information, support and accommodation for women, children and young people affected by domestic abuse
Fermanagh: 028 6632 8898
fermanaghwomensaid.com
Omagh: 028 8224 1414
www.omaghwomensaid.org

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

NI Consumer Council
Information on your consumer rights, ways to save money, and guidance on debt support services
www.consumercouncil.org.uk

Worrying About Money?

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

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



Supported by

Updated on 08/05/25

FYI For Your Information

CYPSP Children & Young People's Strategic Partnership | HSC Western Health and Social Care Trust

Section 3: Cost of Living Available Southern Sector

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Cost of living help – Fermanagh & Omagh District Council

Step 1: What's the problem?

I suddenly have no money

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

See options 1 2 5 6

I am waiting on a benefit payment/decision

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

See options 1 4

My money doesn't stretch far enough

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

See options 1 2

I have debt

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

See option 3

Step 2: What are some options?

1 Discretionary Support

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

2 Maximise Your Income

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

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

3 Debt Advice

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

4 Benefit Advance

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

5 Hardship Payment

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

6 Challenge a Decision

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

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

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

Section 4: Neurodiversity
Available Northern & Southern Sectors

You can register by clicking here.



Tips and Strategies for Professionals Working with Autism

Target Audience: For professionals working with children, young people and their families.

This session will equip professionals with practical tips and strategies to support families with children who present with features of autism, have a diagnosis of autism, or who are awaiting an autism assessment.

Thurs 12 Nov 2026

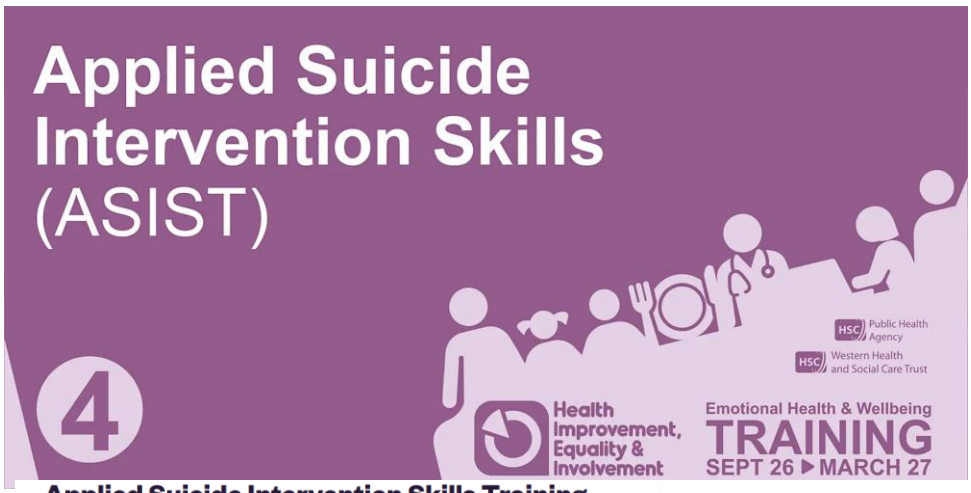
10:00 - 12:45

Online

Book on Eventbrite →

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

Section 4: Neurodiversity
Available Northern & Southern Sectors



Applied Suicide Intervention Skills Training (ASIST)

Free
Nov 10-11

Reserve a spot

by **Western Health and Social Care Trust**
969 followers • 445 events • 4y hosting • 12k total attendees

Follow

Omagh Enterprise Centre · Co.Tyrone, Tyrone
Tuesday, November 10-Wednesday, November 11 • 9:30 AM-5 PM

Overview

2 Day Course, Omagh Enterprise Centre

Target Audience: ASIST is suitable for anyone over the age of 16. It is strongly recommended that you should have already completed SafeTALK before attending ASIST.

As an ASIST trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide
- Understand how your beliefs and attitudes can affect suicide interventions
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living
- Review current risk and develop a plan to increase safety from suicidal behaviour for an agreed amount of time
- Follow up on all safety commitments, accessing further help as needed

You must attend the two full days of training.

Participants develop their skills through observation, supervised simulations experiences and role play in large and small groups and cover the following:

- Connecting – examines participants own attitudes towards suicide.
- Understanding – provides participants with the knowledge and skills to recognise risk and develop safe plans.
- Assisting – presents a model of effective suicide intervention.
- Networking – generates information about resources in the local community.

This course is not suitable for anyone recently bereaved by suicide.

Section 4: Neurodiversity
Available Northern & Southern Sectors

Training - Middletown Centre For Autism (middletownautism.com)



Section 4: Neurodiversity
Available Northern & Southern Sectors

AutismNI
Northern Ireland's Autism Charity

Autistic Adults Support Officer

Aims to support autistic adults by providing:

- Support and advice, a listening ear and information on relevant services, autistic peer networks and other entitlements.
- A service tailored to your individual needs post diagnosis.



For further info please contact Family Support on
028 9040 1729 (opt 1) or email **info@autismni.org**

www.autismni.org

Autism NI is a company limited by guarantee (Company Number NI 058548).
Registered Charity Number: XR22944. NI Charity Commission Number: NIC100240.

Section 4: Neurodiversity
Available Northern & Southern Sectors

Autism Courses for Professionals: Autism NI Training | Autism NI

Autism NI
Northern Ireland's Autism Charity

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>

Free Parent/Carer Support Courses

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

Courses include:

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





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

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



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

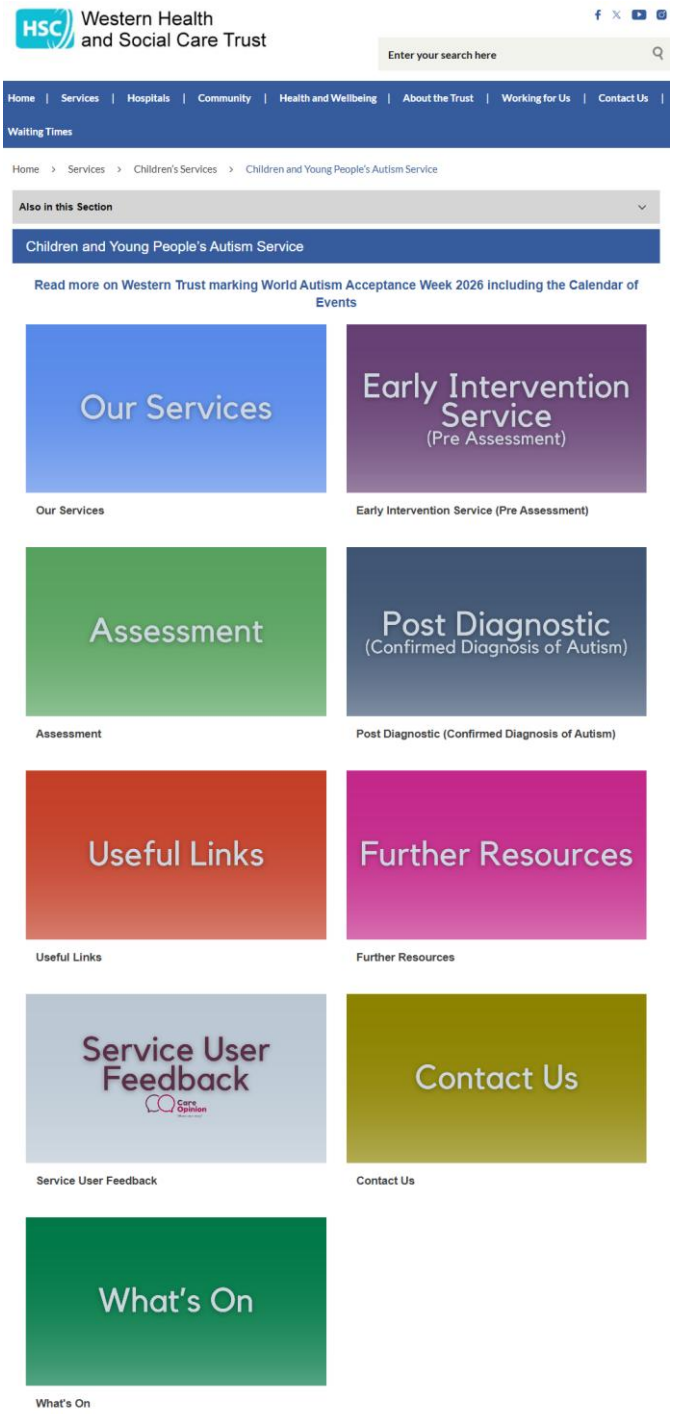
Find out more about the sessions by clicking the course names above, or view all our available courses below.

View all upcoming parent/carer courses

Section 4: Neurodiversity

Available Northern & Southern Sectors

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



FYI For Your Information

CYPSP Children & Young People's Strategic Partnership | HSC Western Health and Social Care Trust

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

Contacts Details:

Rivendell
Tyrone and Fermanagh Hospital
1 Donaghanie 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)

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

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

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:-

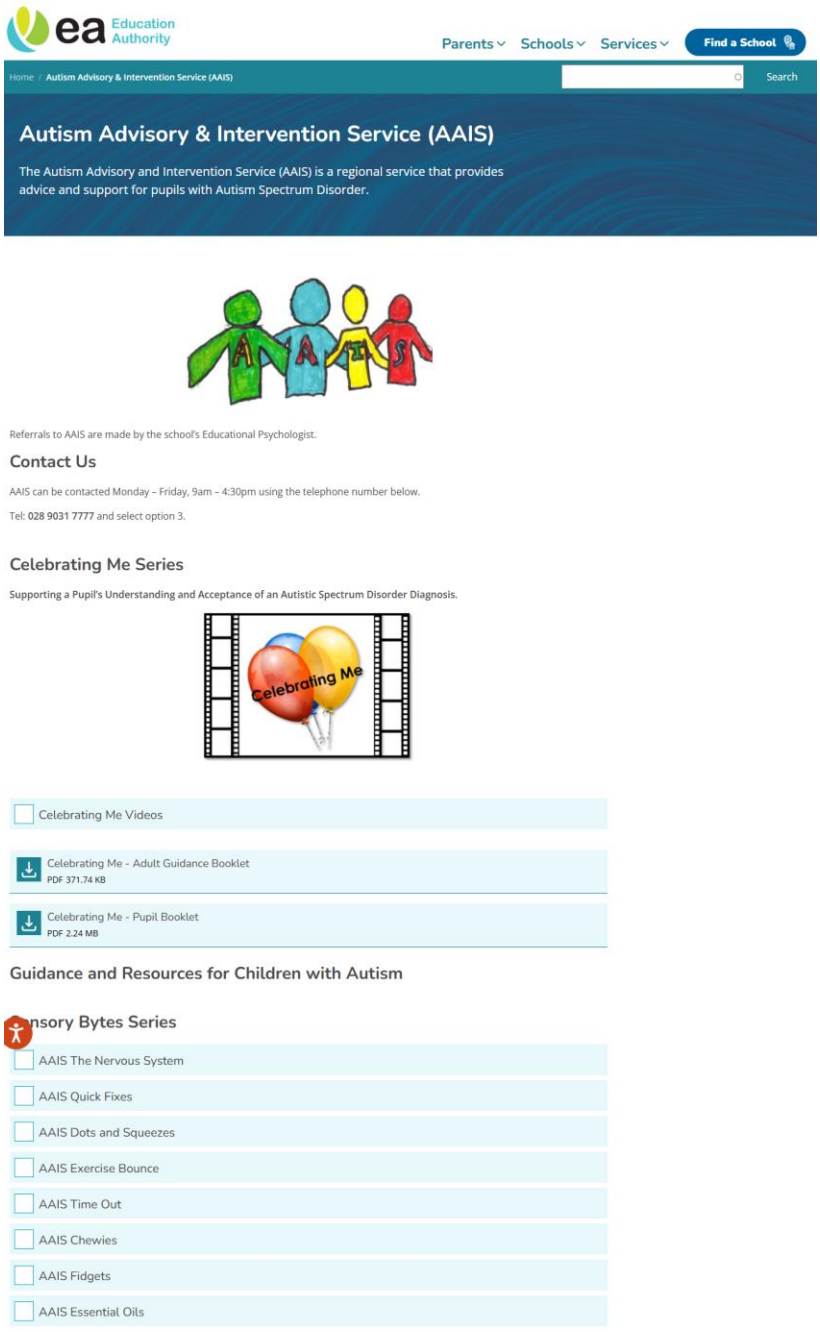
- Completion of a neuro-developmental history if this has not been provided by the referrer or by another service which your child is known to.
- Assessments with your child to observe their social interaction, communication and behaviour.
- Liaison with or referral to other professionals or agencies 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)]



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

Getting support when you breastfeed | Breastfed Babies

Breastfeeding Support



There are breastfeeding support groups available right across NI.

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

Find Support Near You : Breastfedbabies.org website

Section 6: Digital Safeguarding

Online Safety Hub - Safeguarding Board for Northern



SBNI Online Safety Hub Highlights



Compiled by: Orla O'Hagan

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

The ReachDeck Toolbar

The ReachDeck toolbar makes the hub content more available to everyone. The button shown below is located on every page and it can help with speech, reading and translation support.



Recently Added Resources

Dangerous by Design: Evidence for Action on Online Violence Against Women and Girls
Source: Refuge and the End Violence Against Women Coalition

Refuge and the End Violence Against Women Coalition have published a new report examining the scale and impact of online violence against women and girls (VAWG) across the UK. Based on a survey of 2,000 women and girls, the report highlights high levels of online misogyny, harassment, sexual violence and image-based abuse, particularly among young women. The report also raises concerns about the role of emerging technologies, including AI, in facilitating harm and calls for stronger regulation, greater platform accountability and improved protections for women and girls online.

Find Out More

Public Consultation on Mobile Phone-Free Schools
Source: Department of Education

The Department of Education has launched a public consultation on measures to support mobile phone-free schools in Northern Ireland. The consultation seeks views on whether current guidance is sufficient or whether stronger measures, including potential legislation restricting pupil use of mobile phones during the school day, should be introduced. It also explores how any new approach could be implemented in practice, including possible exemptions, and considers the potential benefits, risks and unintended consequences of policy change. The consultation closes on 19 November 2026.

Find Out More

Power to Change Campaign: Online Words Have Offline Consequences
Source: Police Service of Northern Ireland

The latest phase of the Power to Change campaign focuses on the role that online attitudes and behaviours can play in contributing to violence against women and girls. Supported by the Department of Justice and The Executive Office, the campaign encourages men and boys to reflect on how content shared through social media, gaming platforms, group chats and online communities can normalise misogyny and harmful behaviours. It promotes positive action, encouraging young people to challenge harmful content, support those targeted by abuse and think critically about what they see and share online. A range of resources are available for schools, youth services, parents, carers and professionals to help start conversations about respect, relationships and online behaviour.

Find Out More

Online Harm Groups: New Professional Guidance
Source: NCA CEOP Education

CEOP Education has published new guidance for professionals working with children and young people on the threat posed by online harm groups, sometimes known as 'Com' groups. The guidance focuses on harm-focused groups involved in extortion and child sexual abuse offending and aims to help professionals build understanding of the threat, recognise signs that a child or young person may be at risk, respond appropriately to concerns, and strengthen preventative safeguarding activity. Additional resources are also available for parents, carers and young people.

Find out More

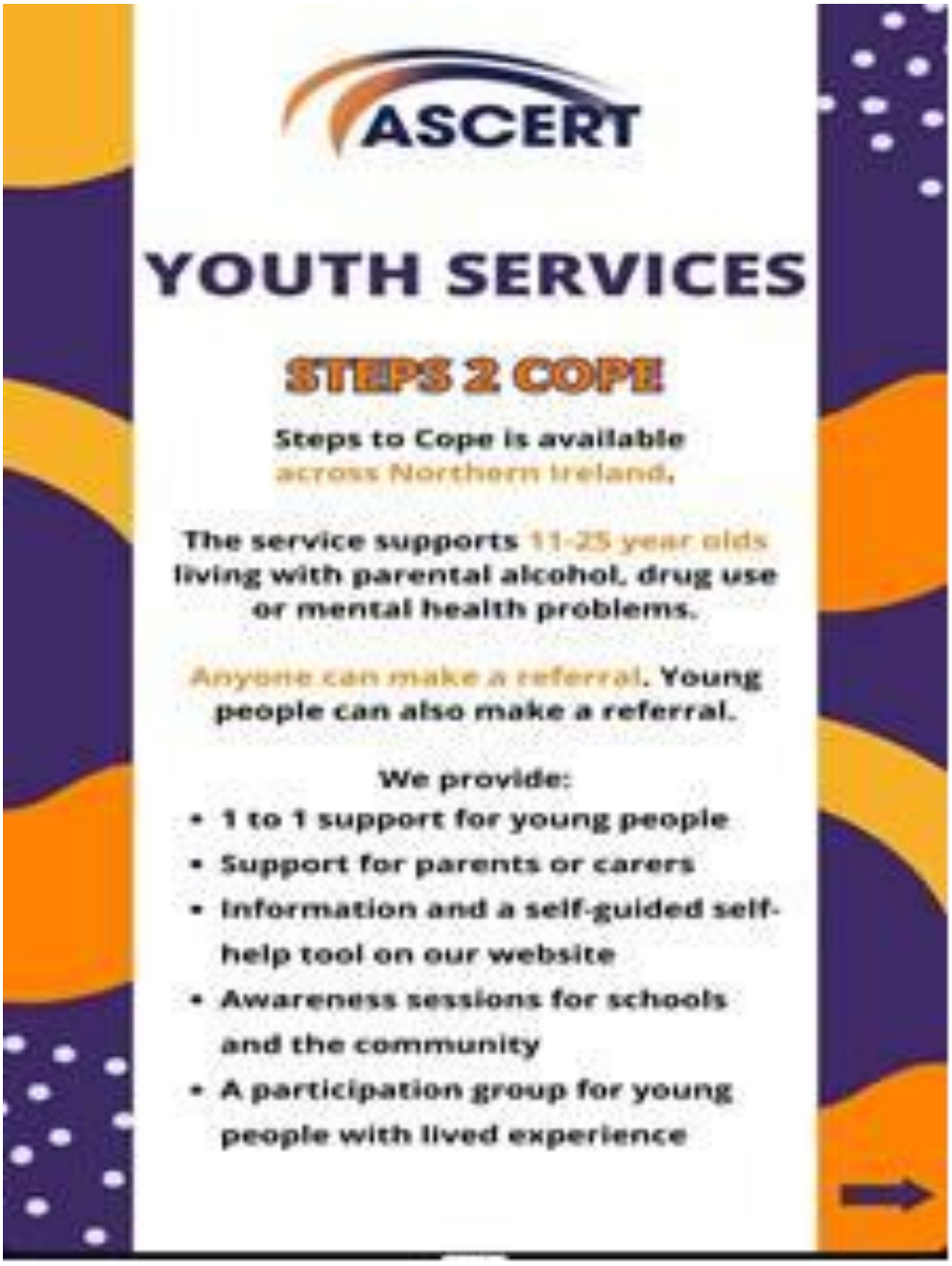
Media Literacy Resources
Source: Nerve Centre

Nerve Centre, in partnership with Ofcom, has launched a range of free resources to support media literacy education in primary and post-primary schools. The resources help children and young people develop critical thinking skills and explore topics including misinformation, disinformation, AI-generated content and online information risks. A free webinar for parents, carers and professionals is also available.

Find Out More

Section 7: Addiction
Available Northern & Southern Sectors

marketing@ascert.biz



Section 7: Addiction
Available Northern & Southern Sectors

DRUG AND ALCOHOL SUPPORT SERVICES
WESTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022
Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory at time of print, we do not accept any responsibility or liability for any errors. It is recommended that you always check directly with providers that their service or organisation meets your requirements. Where any specific organisation or service is mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by NIDACTs or PHA of that organisation or service.

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

HSC Public Health Agency
Western Drug & Alcohol

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
WHSCT
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
WHSCT
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
WHSCT
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 DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.
Tel: 0800 254 5123 (ASCERT)
www.drugsandalcoholni.info
connections@wdact.info

Workforce Development Training Programmes
A range of drug and alcohol training courses for those working with adults, children and young people.
ASCERT
Tel: 0800 254 5123

Regional Service Users Network
Tel: 028 7136 6363

For more detailed information on services available in your HSCT area visit:
www.drugsandalcoholni.info
drugsandalcoholni
"Addressing drugs and alcohol together"

In Crisis? Call Lifeline FREE 24/7 HELPLINE 0808 808 8000

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

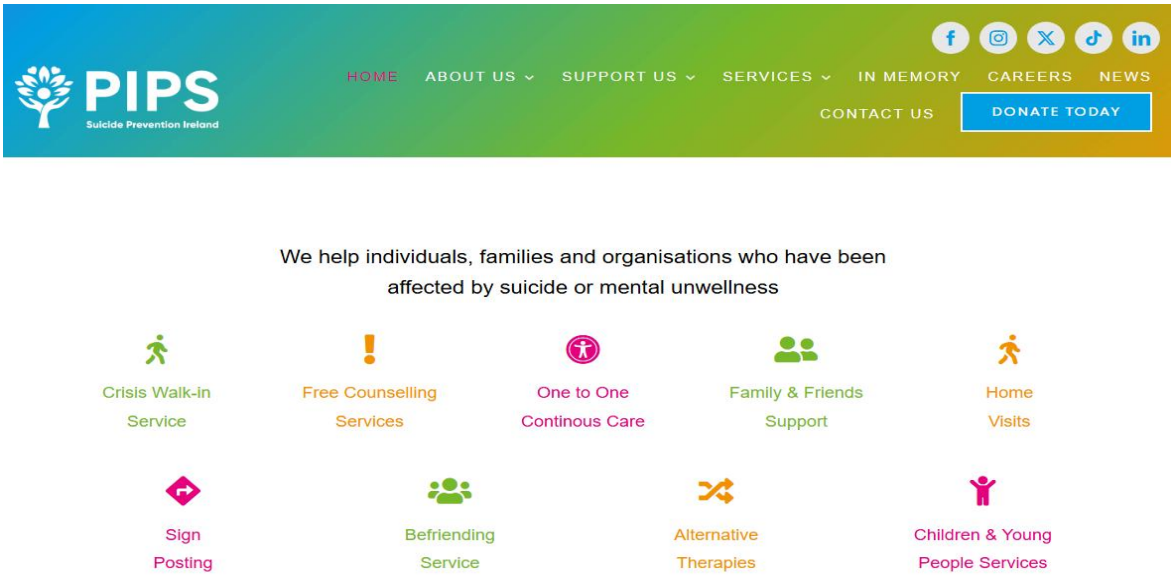


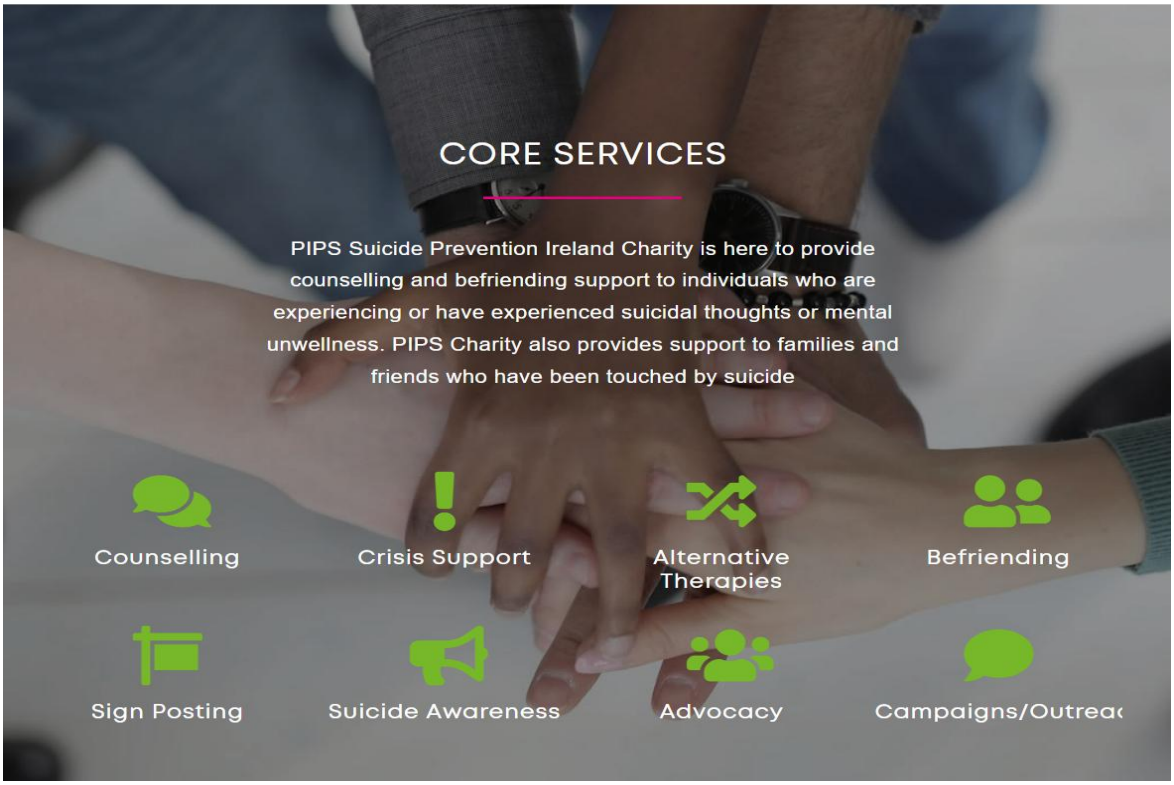


Section 8: Emotional Wellbeing and Mental Health Support
Available Northern & Southern Sectors



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





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 n 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
action mental health
Northern Ireland Executive
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

SCAN ME

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

Follow us on social media:
@OURGenCYP1
@OURGenCYP1
@OURgenCYP1

Section 9: Training / Conferences
Northern & Southern Sectors

Thriving • Mind •
RESOURCES FOR WELLBEING

ASCERT

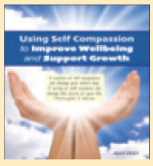
HSC Health and Social Care

Your Wellbeing Tools

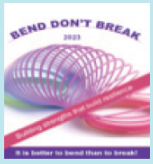
Thriving Mind is a source of well-being tools to support anyone looking after their well-being. They include short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, and four online interventions including Self-compassion and Bend Don't 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.

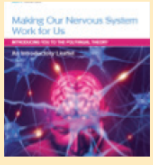
Self-Compassion to Improve Wellbeing and Support Growth.



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 EasternH&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

Autumn 2026 Newsletter



TIP Alerts and Updates





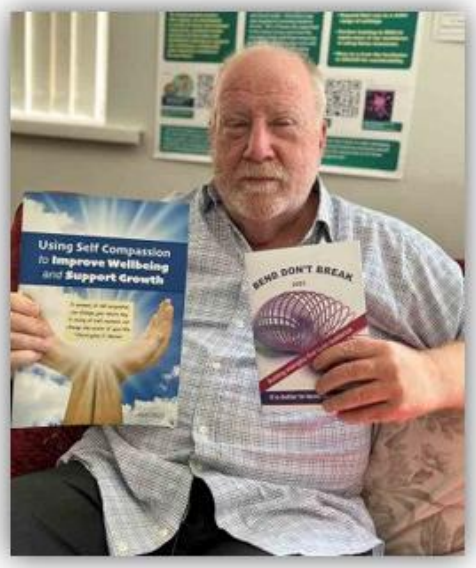
Following the positive feedback and learning from our pilot Leadership programme, we are pleased to launch ***An Introduction to Leading with a Trauma-Informed Lens*** webinar. This introductory session has been developed to help meet the needs of leaders at all levels who want to better understand how trauma-informed principles can strengthen leadership practice and shape workplace culture. Participants will be introduced to key concepts including psychological safety, self reflection and the influence leaders have in creating environments where people feel safe, valued and supported.

Taking place on **9 December**, this webinar is ideal for anyone with responsibility for influencing others, regardless of role or seniority, and who is interested in developing a more trauma-informed approach to leading people and teams. **To register please scan the QR code at the top of the page.**



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 Nevous System Work For Us- Using the Polyvagal Therory 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.

Date22nd of September 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 10:AM to 1:00 PM on Zoom

Section 9: Training / Conferences
Northern & Southern Sectors

Thriving Mind

Making Our Nevous System Work For Us- Using the Polyvagal Therory to Improve Well-Being. In this workshop, particiapants 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-eduction to present information and introduce self help that is up to the particapants 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

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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.

action mental health | SBNI Safeguarding Board for Northern Ireland | OUR generation Growing Up Better, Together | PEACEPLUS Northern Ireland - Ireland Co-funded by the European Union & UK Government

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 adpated 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

Accredited by SBNI

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 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 contac 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
Northern & Southern Sectors

[HIV Awareness Session Tickets, Tuesday, December 1 • 10:30 AM - 11:30 AM GMT | Eventbrite]



HIV Awareness Session

In celebration of World AIDS Day 2026, join us for a session that aims to raise awareness about HIV, reduce stigma and highlight services available and how to access them.

Target audience: Anyone who is curious to find out more about HIV and support services and those who are in a position to signpost to services through their professional roles.

Tuesday 01 Dec 2026

10:30 - 11:30

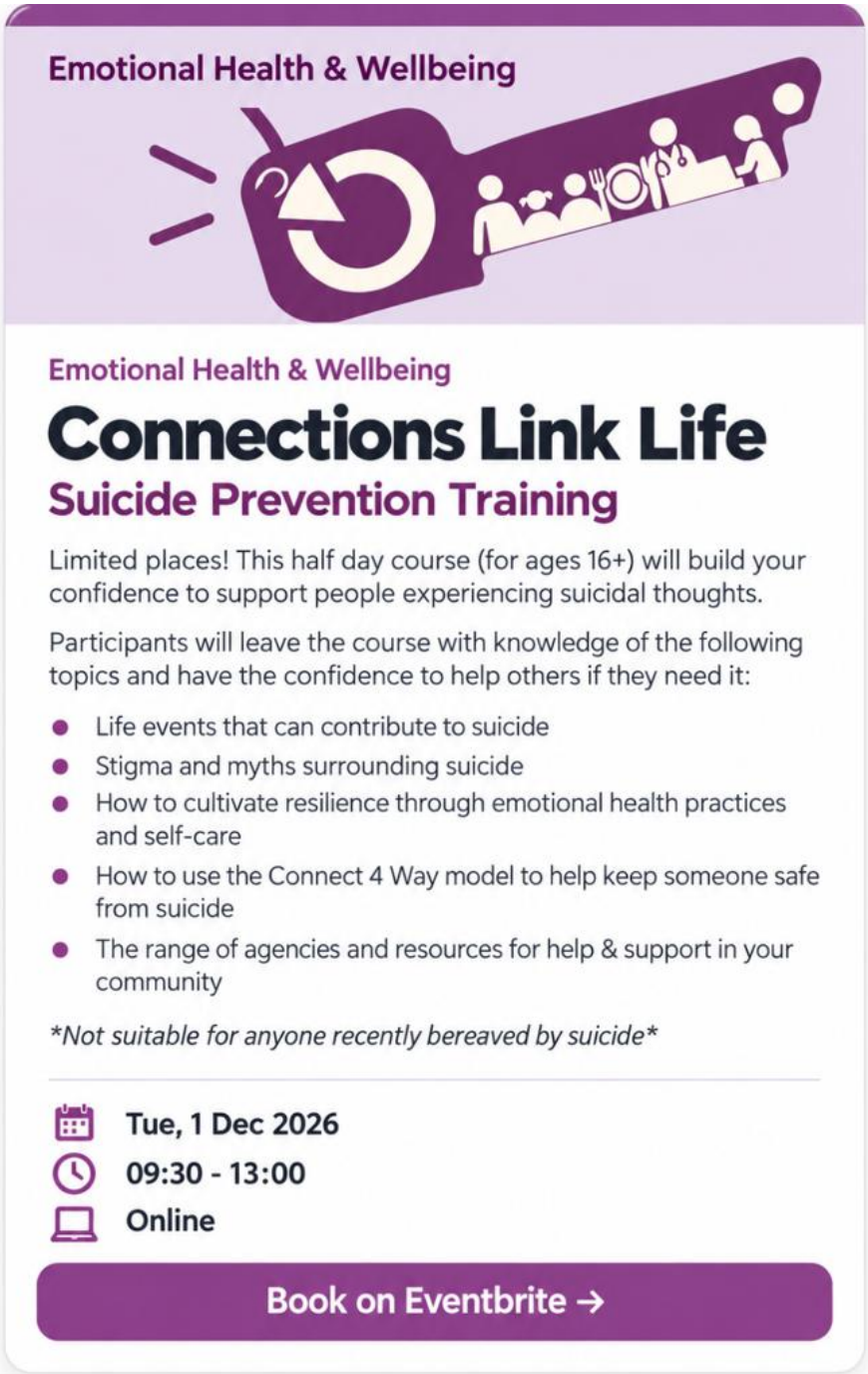
Online

Book on Eventbrite →

Section 9: Training / Conferences
Northern & Southern Sectors

Connections Link Life – Suicide Prevention Training online on 1st December 2026. Limited places are available.

For more information or to register click here.



Section 9: Training / Conferences Available Northern & Southern Sectors

health.improvement@westerntrust.hscni.net

Health Improvement, Equality & Involvement

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

For all our services please click on the tiles below.

Contact Details

Phone us on: 028 7186 5127

health.improvement@westerntrust.hscni.net

Or write to us at:
Health Improvement Department
Maple Villa B
Gransha Park
Derry/Londonderry
BT47 6WJ



Training Brochure

Health Improvement training courses available across the Western Trust area



Leaflet and Resources

View and order leaflets and resources available from the HIEI Department



Action E-zine

Read the HIEI Department's latest Newsletter



Children and Families

Early years and child development interventions



Community Development

Information on Neighbourhood Renewal, Involvement and Traveller Health



Digital Safeguarding

Information on staying safe online



Emotional Health and Wellbeing

Information on Mental Health and Wellbeing, Suicide Prevention and Lifeline



Equality

Information on equal access to health and social care services



Healthy Lifestyles

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



Later Years

Information on Older People and Falls Prevention



Personal and Public Involvement (PPI)

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



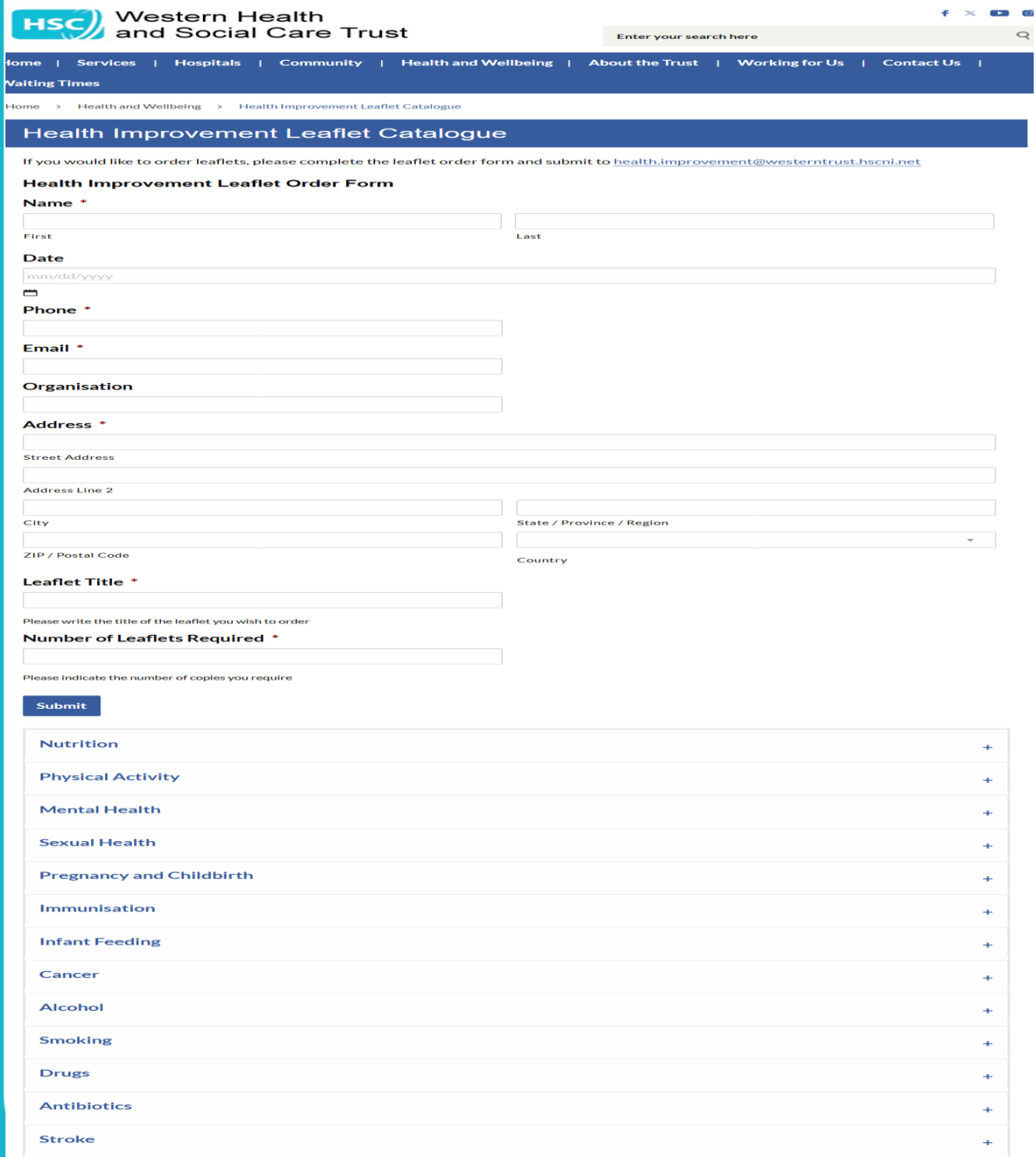
Staff Wellbeing

Information on Western Trust staff wellbeing initiatives

Section 9: Training / Conferences

[Health Improvement Leaflet Catalogue | Western Health & Social Care Trust]

Available Northern & Southern Sectors



HSC Western Health and Social Care Trust

Enter your search here

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

Home > Health and Wellbeing > Health Improvement Leaflet Catalogue

Health Improvement Leaflet Catalogue

If you would like to order leaflets, please complete the leaflet order form and submit to health.improvement@westerntrust.hscni.net

Health Improvement Leaflet Order Form

Name *

First

Last

Date

mm/dd/yyyy

Phone *

Email *

Organisation

Address *

Street Address

Address Line 2

City

State / Province / Region

ZIP / Postal Code

Country

Leaflet Title *

Please write the title of the leaflet you wish to order

Number of Leaflets Required *

Please indicate the number of copies you require

Submit

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

Section 9: Training / Conferences



Section 9: Training / Conferences



Section 9: Training / Conferences

TOGETHERNESS
Bringing the Solihull Approach to the world

Solihull Approach is rebranding and becoming Togetherness

NHS



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

Courses for parents & caregivers

Mindfulness course for parents (free – online 💻)

A six-week course for parents and guardians of children and teens. Learn practical mindfulness techniques to help you manage stress, build emotional resilience, and nurture a calmer home environment.

Dates: Fridays, 6 November to 11 December

Time: 10am – 12pm

Delivery: Online (Zoom)

👉 Apply now to register for six-week Mindfulness for Parents

Courses for teachers & classroom assistants

Mindfulness course for teachers (free – online 💻)

A six-week course for teachers and classroom assistants. This course will introduce you to the meaning of mindfulness, how it can support you in everyday life and how you can use it in your role as a teacher or classroom assistant.

Dates: Mondays, 9 November to 14 December

Time: 7pm – 9pm

Delivery: Online (Zoom)

👉 Apply now to register for six-week Mindfulness for Teachers

Mental Health First Aid

Mental Health First Aid is a **12-hour programme certified by the Public Health Agency in Northern Ireland**. It equips participants with the knowledge, skills and confidence to support someone experiencing mental health difficulties or a mental health crisis.

The programme explores a range of mental health conditions, how to recognise common signs and symptoms, and how to respond appropriately and help someone access further support.

Already trained in Mental Health First Aid? If your certification is **up to six months out of date (certification has expired between June 2026 - November 2026)**, our Mental Health First Aid Refresher course can renew your certification for a further year.

Mental Health First Aid Refresher (£60 – online 💻)

Refresh your Mental Health First Aid knowledge, revisit key skills and build your confidence in recognising and responding to someone experiencing mental health difficulties or a crisis.

This course is designed for those whose Mental Health First Aid certification is **up to six months out of date (certification has expired between June 2026 - November 2026)**.

Please note: Unlike our other programmes listed on this page, there is a fee to attend the Mental Health First Aid Refresher.

Date: Thursday 26 November

Time: 9:30am - 1:30pm

Delivery: Online (Zoom)

👉 Register now and our team will be in touch

If the dates above don't suit, you can still register your interest and we'll notify you about upcoming courses.

Thanks to generous donations and funding streams, all of our courses above are completely free to attend. If you've found them valuable and would like to support our charity's work, even a small one-off donation can make a real difference.

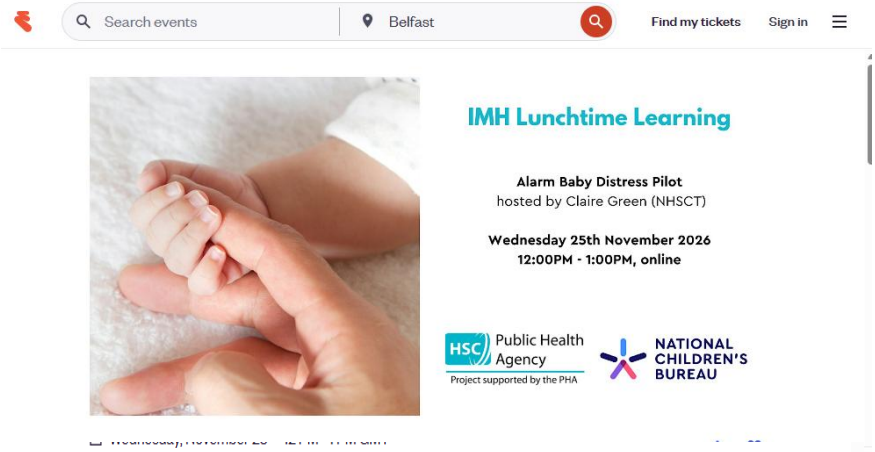
Every donation helps us continue providing free support to those who need it most.

Donate today

AWARE OVERCOMING DEPRESSION. CHANGING LIVES.
aware-ni.org
BELFAST OFFICE : 40-44 Duncairn Gardens, Belfast, BT15 2GG
DERRY/LONDONDERRY OFFICE : 2 Crawford Square, Derry/Londonderry, BT48 7HR
AWARE Defeat Depression, known as AWARE. Company No: NI 30447. Registered with the Charity Commission for Northern Ireland: NIC100561.

Section 9: Training / Conferences

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



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



VOLUNTEER NOW
Promoting · Building · Advocating

Safeguarding Adults in Sport



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

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

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

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
02871269833

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

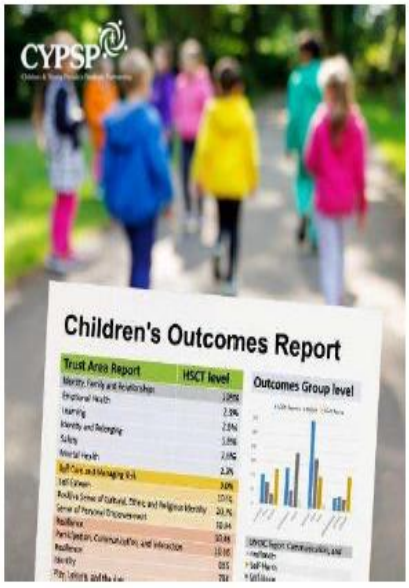
Greater Shantallow Area Partnership
Northside Village
Glengalliagh Road
BT48 8NN
02871358787

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

Links

Cost of Living Resources Including Contact Details for Local Food Banks

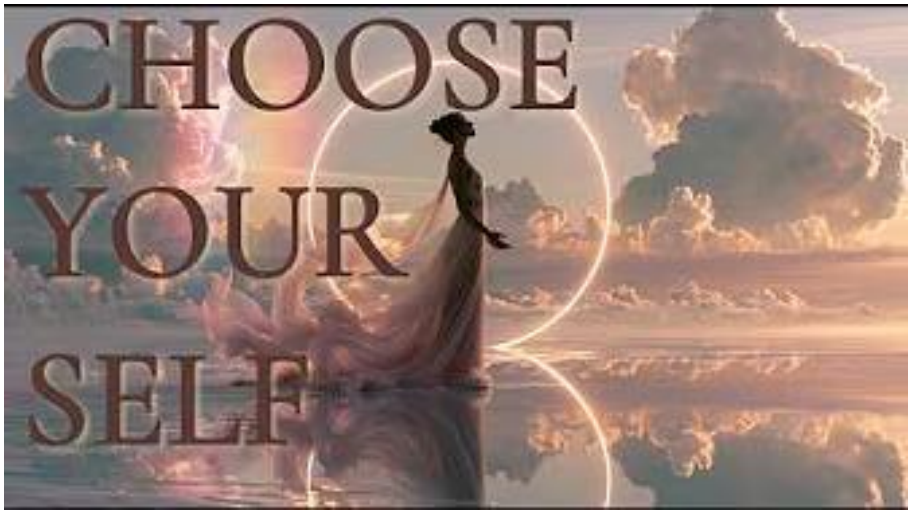
Fermanagh and Omagh District Council
Cost of living help – Fermanagh & Omagh District Council

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

1 Hour Self Love Meditation Music ✨ Healing Affirmations to Fall in Love With Yourself



1 Hour Self Love Meditation Music ✨ Healing Affirmations to Fall in Love With Yourself

This 1-hour meditation music is more than just background music — it is a complete self love ceremony designed to help you reconnect with your worth, softness, healing, and self love.

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



HSC 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
Text HOPE to: 88247
Email: pat@papyrus-uk.org
Web: www.papyrus-uk.org

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

Childline for young people under 19 years old **0800 1111**

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.

HSC 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.

Derry City & Strabane District Council
Comhairle Chathair Dhoire & Cheantar an tSratha Báin
Derry Cittie & Stribane Diestrict Council

ea Education Authority

HSC Western Health and Social Care Trust

Youth Justice Agency

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

Voice of the Child in Legal Proceedings - Online training from CLC



DATE: WEDNESDAY 2ND DECEMBER 2026
TIME: 1:30PM - 4:00PM
CPD HOURS: 2.5 HOURS (GROUP STUDY)
FORMAT: ONLINE ONLY

Children involved in the justice system have a legal right to be heard and to take a real, meaningful part in decisions that affect their lives. How can you make sure a child's true voice actually changes the outcome in court? At the Children's Law Centre, we believe advocates need strong legal knowledge and practical tools to represent children properly—ensuring their legal rights are upheld, statutory duties are met, and their views are given real weight by decision-makers.

Delivered by:

- **Deborah Harvey BL,** Bar of Northern Ireland
- **Eamonn McNally,** Senior Solicitor, CLC

BUY TICKETS

children's law centre

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

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

Buy tickets – Respecting the child's right to family and private life - online training from CLC – Children's Law Centre, Belfast



Respecting the child's right to family and private life - online training from CLC

Tue 24 Nov 2026 1:30 PM - 4:00 PM

Children's Law Centre, Belfast, BT7 1SH

Delivered by: **Laura Vance**, BL, **Eamonn McNally**, Solicitor, CLC and **Katie Mercer**, Solicitor, CLC

Children have a basic right to privacy, family connections, and a say in their own lives, and public services are legally required to respect this. In practice, however, these rights are often ignored or overridden.

This accessible training breaks down how a child's right to family and private life works during child protection cases, family court proceedings, and everyday decisions made by public bodies. We will look at what overstepping these rights actually looks like in real life—including sharing personal information, carrying out assessments, removing a child from home, setting contact arrangements, making court orders, and the lasting impact of official records.

You will learn how to check if decisions are truly necessary and fair, while ensuring the child's voice is actually heard.

If you are a lawyer, social worker, teacher, support worker or decision-maker working with children, this course will give you the practical skills to make better, rights-focused decisions.

This course carries verified CPD points for lawyers.

Laura Vance, BL was called to the **Bar of Northern Ireland** in 2006 and the **New York Bar** in 2007. A graduate of **Trinity College Dublin**, she specialises in complex **family and matrimonial law**.

She is a leading expert in matters involving the **Children (Northern Ireland) Order 1995**, including residence disputes, wardship, and adoption. Her advocacy extends across all levels of the legal system, from the Domestic Proceedings Court to the High Court.

Known for her strategic and compassionate approach, she also contributes to practice areas including **Judicial Review** and **Human Rights**, making her a central figure in Northern Ireland's family justice system.

The session will be delivered **online only**.

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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



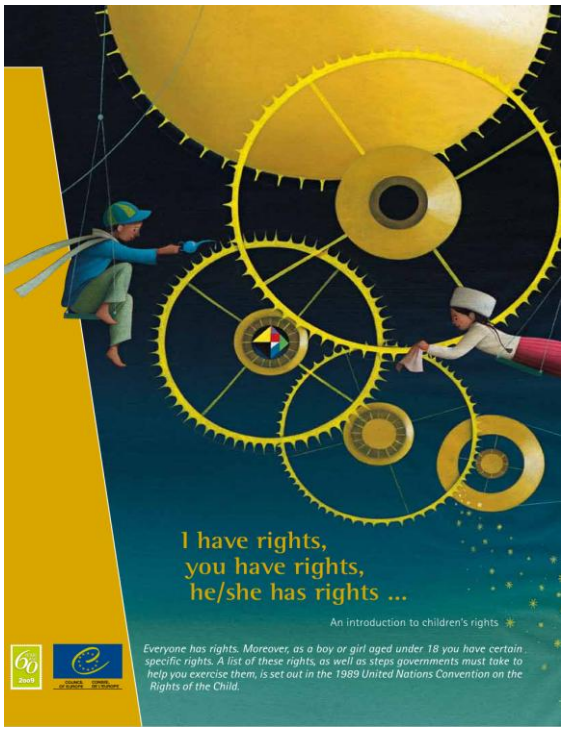
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Section 12

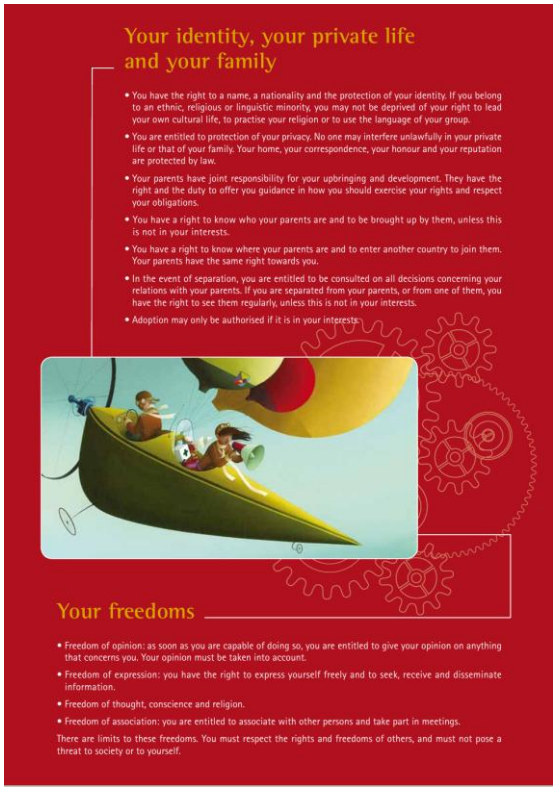
UNICEF Child Friendly Cities and Communities - Putting Children's Rights into Practice

I have rights, you have rights, he/she has rights

Child-friendly material - Children's Rights





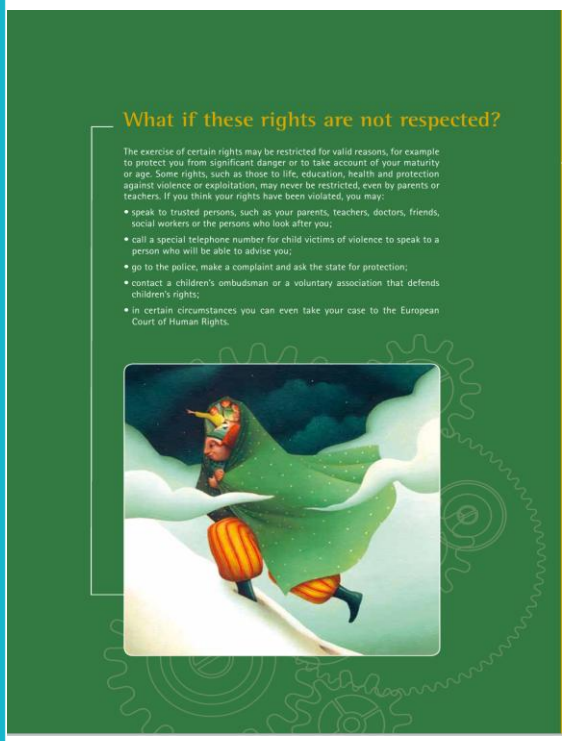




Section 12

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

Child-friendly material - Children's Rights





Download material
•ALBANIAN - Brochure "Unë kam të drejta"
•ARMENIAN - Brochure "I have rights"
•AZERBAIJANI - Brochure "Mənim hüququm var"
•BASQUE - Poster A2
•CROATIAN - Brochure "Ja imam prava" - Poster A1 - Poster A2
•CZECH - Brochure "Já mám práva"
•ENGLISH - Brochure "I have rights" - Poster A1 - Poster A2
•FINNISH - Brochure "Minulla on oikeuksia"
•FRENCH - Brochure "J'ai droit" - Poster A1 - Poster A2
•GEORGIAN - Brochure "me maqvs uflebebi"
•GERMAN -Brochure "Ich habe Rechte"
•GREEK - Brochure "Εγώ έχω δικαιώματα" - Poster A1
•HUNGARIAN - Brochure "Nekem vannak jogaim"
•ITALIAN - Brochure "Io ho diritto"
•LATVIAN - Brochure"Man ir tiesības"
•LITHUANIAN - Brochure "Aš turiu teises"
•MACEDONIAN - Brochure "Јас имам права"
•NORWEGIAN - Brochure "Jeg har rettigheter"
•POLISH - Brochure "Ja mam prawo"
•PORTUGUESE - Brochure "Eu tenho direitos" - Poster A1 - Poster A2
•ROMANIAN - Brochure "Eu am dreptur" pliant
•RUSSIAN - Brochure "У меня есть права"
•SERBIAN - Brochure "Ја имам права"
•SLOVAK - Brochure "Ja mám práva"
•SLOVENIAN - Brochure "Jaz imam pravico" - Poster A2
•SPANISH - Brochure "Yo tengo derecho"
•SWEDISH - Brochure "Jag har rättigheter"
•TURKISH - Brochure "Haklarım var"
•UKRAINIAN - Brochure "Я маю права" - Poster A2