

Fortnightly News

April 2022

Issue 45

- Welcome back to the 45th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down.
- In this edition we would like to share information on services promoting emotional, social and financial support for struggling families. Please share with your contacts.
- If you wish to advertise any upcoming programmes or activities please see the guidance on the back page

Noelle.Hollywood@setrust.hscni.net

Mobile number 07872422101

Help Your Hospital South Eastern Health and Social Care Trust
5 things you can do to help us: #HelpUsHelpYou

- 1 Collect Relatives**
If your relative is in hospital and ready to go home, please help us by collecting them as soon as possible.
- 2 Choose Well**
Do you need emergency help? There are a range of services available which can provide you with the right care at the right time.
- 3 Get Vaccinated**
Get your COVID-19 vaccines and booster as soon as you can. Protect yourself and your family & friends.
- 4 Virtual Visiting**
Please use virtual visiting where possible to talk to family and friends in hospital.
- 5 Be Kind**
Our staff are working very hard to care for you, your family and your friends. Please be respectful, patient and kind.



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Our Mission

Our mission is to enable and motivate people to help themselves to enhance and improve lives.

Ballymote Centre
40 Killough Road
Downpatrick
BT30 6PY
Downpatrick Office 02844612311
Newtownards Office 02891828884

North Down Community Network

NDCN Resource Centre
5 Castle Park Road
Bangor
Co. Down
Northern Ireland
BT20 4TF

[Get directions](#)
[028 9146 1386](tel:02891461386)
admin@ndcn.co.uk

QUICK LINKS

[NDCN AccessNI Service](#)
[NDCN Membership](#)
[Sew Healthy](#)
[Publications & Resources](#)
[Cookie Policy](#)
[Privacy Policy](#)

HEALTH & WELLNESS
Getting Creative
Physical & Mental Health
Health Publications
Healthy Foods
YOUTH DEVELOPMENT
COMMUNITY DEVELOPMENT
Charity Registration
Community Development



Ards Community Network
Ards Community Network Centre
43-45 Frances Street
Newtownards
BT23 7DX
Tel: 02891 814625
Email: info@ardscommunitynetwork.com
www.ardscommunitynetwork.com

Follow us on;

www.facebook.com/ArdsCommunityNetwork



We will work in partnership with others, to promote and provide services that improve health and wellbeing and help people of all ages to make positive life choices.

www.peninsulahealthyliving.org

Or follow us on facebook



Check out the www.familysupportni.gov.uk website, making it easier for people in NI to find out about family support services and ALL REGISTERED childcare providers in NI

Childcare Providers, as services continue to re-open, please check your details are correct and up-to-date

(Quick Tip: Type name into Keyword Search in 'Childcare' Section)

Do you have vacancies? Have you indicated other offerings for parents looking for childcare?
Send additions / amendments to info@familysupportni.gov.uk

Latest COVID-related information available via dedicated COVID Information Section

The Trust Family Support Hubs will continue to operate to support families in need of support during the COVID-19 crisis. We will be working closely with voluntary and community partners to best meet the needs of families during this time.

- ❖ Referrals will continue to be made via the Trust Family Support Hub using the same referral criteria.
- ❖ During the Covid-19 Crisis verbal consent from families will be accepted.
- ❖ Home visits will not be completed for the foreseeable future. Family Support staff based in the Trust, Surestarts, Homestarts, Barnardos, Action for Children and the YMCA will continue to offer interventions to families using other forms of communication and support, such as:
 - Phone calls offering guidance around behaviour management, techniques for emotional regulation, emotional support for children/ parents
 - Therapeutic support with children and young people using phone calls/ skype/ zoom etc.
 - Resource packs to be provided to families providing techniques re behaviour and boundary setting, home schooling, activities to engage children and promote healthy routines (infection control will be adhered to)
 - Appropriate telephone follow up with families based on need. Some families may require daily telephone calls given the current crisis.
 - Signposting to voluntary and community agencies where appropriate for practical support.

Please send all referrals to: familysupporthubs@setrust.hscni.net or post to:

Karen Otley
Family Support Co-ordinator (Trustwide)
Laganside House
Lagan Valley Hospital

For any queries please contact:

Direct Dial: 02892501357
Internal ext: 84441

Please check out the latest edition or the Family Support Newsletter to share with families

<http://www.cypsp.hscni.net/download/fs-hubs/Family-Support-Newsletter.pdf>



South Eastern Health and Social Care Trust



SureStart Ards

SureStart Ards are excited to announce the launch of our new webpage with lots of information and fun activities for families and children.

Make sure to visit at:
www.surestartards.com




Hope everyone is keeping well and safe just a reminder that our website is full of lots of ideas /information/you tube videos for the family.

Visit Down SureStart.

www.downsurestart.org

Telephone the Down SureStart office; 028 4461 3630

Or email

down.surestart@setrust.hscni.net

You tube for baby movement, reflexology, rhyme time, story time, SureStart monthly challenge and more to come in the future.

www.downsurestart.org

We're here to support you.



Though our premises are currently closed, our team is still supporting families by:

Phone Practical Support Facebook Zoom



Remember: You can still access support around weaning, breastfeeding, healthy eating, routines, and your child's development.

If you would like to avail of support please contact:
 ☎ : 028 91 457248
 Email: bangorreception@brysonsurestart.org
 Facebook.com/bangorsurestart

www.ndawomensaid.org

info@ndawomensaid.org



 north_down_ards_womens_aid

 @NDAWomensAid

 @NDAWomensaid



Domestic Violence

- can affect anyone
- is **not** just physical violence
- it **hurts children** too

Help is available

you do not have to leave your home to get **help**.
However, if you do need to leave there are **safe places available**.

women's aid
North Down and Ards
02891 273196



in case of
emergency **999**

Domestic and Sexual Abuse Helpline
0808 802 1414
managed by Nexus NI open 24/7



CFSP
Community Family Support



Free
Maths & English
Courses

Have you left school without the essential GCSEs?

Essential Skills are
the **equivalent** to
GCSEs.



Study online at a time and
pace that suits you!*

*Terms and conditions apply.

Please contact us:

Call

07786272022

or E-mail

CFSP@people-1st.co.uk

See your ambition become reality!



This project is part funded through the Northern Ireland European Social Fund
Programme 2014 - 2020 and the Department for the Economy



ParentingNI

Support Line: 0808 8010 722



ParentingNI

**Download
the free
Parenting
NI App!**



Parents, carers, family members...

if you need us

we're here

0808 8020 400



We provide a Free, Confidential, Impartial and a Non-judgemental service, Monday to Friday, 9am to 4pm:

- Appointments
- Drop-In (10am to 12.30 only)
- Advice Line (10am to 4pm) – 0300 123 9287
- Home Visits on request
- Specialist Advice
- Outreach

Advice and guidance can be provided on issues such as:

Welfare Benefits	Debt & Money
Housing	Employment
Education	Family
Legal	Consumer
Health	General Information

CAAND ADVICE LINE NUMBER: 0300 123 9287

Specialist support is available in the following areas:

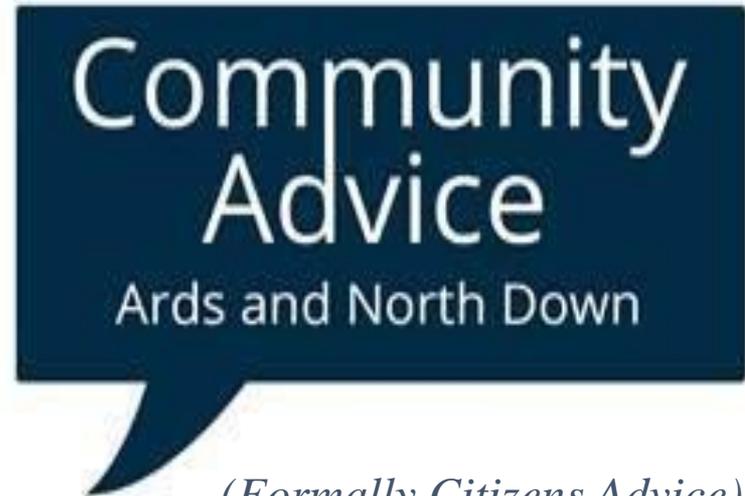
- Debt
- Social Security Appeal Tribunals
- Welfare Reform
- Legal
- Employment Issues

CAAND offices are based in:

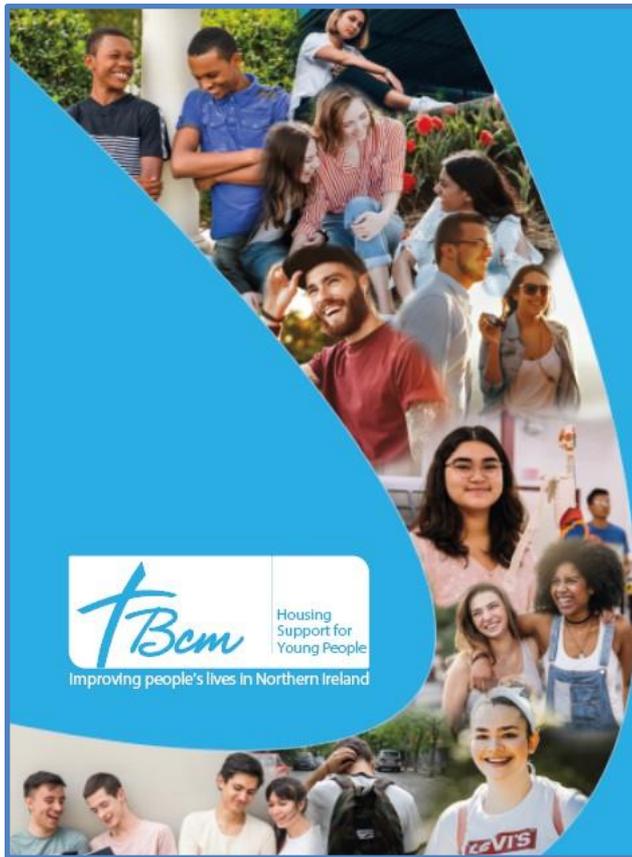
- Community Hub, 39a Hamilton Road, Bangor, BT20 4LF
- 30 Frances Street, Newtownards BT23 4DN
- Queens Leisure Complex, Sullivan Place, Holywood, BT18 9JF
- Macmillan Welfare Rights, Ulster Hospital Dundonald, BT136 1RH, Help line number 0300 1233 233

CAAND Outreach services are currently located at:

- Portaferry Health Centre, 38 Ann Street, Portaferry, BT22 1QT; Every Friday, 10am – 1pm-drop-in, appointments available
- Donaghadee Library, 5 Killaughey Road, Donaghadee, BT21 0BL, 1st & 3rd Thursday each month, 10am – 1pm, appointments available
- Women's Aid One Stop Shop Thriving Life Church, 18a Crawfordsburn Road, Newtownards, BT23 4EA, 1st & 3rd Tuesday of each month, 10am – 12pm- drop- in



(Formally Citizens Advice)



Housing
Support for
Young People

Improving people's lives in Northern Ireland

ARE YOU 16-25?
DO YOU NEED HELP
WITH HOUSING?
WE CAN HELP!

BCM is providing support in YOUR area. Visit
WWW.BELFASTCENTRALMISSION.ORG for more info



@wearebcmni

Welcome to High Five!

Welcome to High Five's second birthday issue! In this issue, our focus is to Be Reflective. High Five began in response to the beginning of the coronavirus pandemic and the lockdown that occurred as a result. In this issue, we reflect on what has changed in our lives since this happened, and what has stayed the same.

Remember all of our activities are based on the Take 5 model developed by the Public Health Agency (PHA). You have heard about how important it is to take at least 5 portions of fruit and vegetables a day for your physical health. Take 5 gives us 5 good ideas to help with our emotional and mental health.

More information about Take 5 is available at;

[Take 5 Steps to Wellbeing information on the MindingYourHead website](#)

We hope you have fun trying out these good ideas - let us know how you get on at primarybsp.enquiries@eani.org.uk

Put High Five in the subject line and make sure you ask an adult before emailing - they'll need to tell us if it's ok to share your pictures and stories on our website and social media platforms.



The Help Kids Talk basic awareness training is suitable for all early years staff and serves as a good basis and also as a refresher on speech, language and communication development. The training describes the link between infant mental health and speech, language and communication. We use the 5 to thrive building blocks from Kate Cairns (KCA) training. The webinar has been designed by the SEHSCT speech and language department and linked to sure start SAL training (regionally) through the Child Care Partnership.

We know through prevalence studies carried out in the SEHSCT that a significant number of children are starting primary school with a mild to severe speech and language problem. Our aim is to ensure the 12 key messages of our project are shared as widely as possible to create support around each child that needs it.

Follow the Help Kids Talk Facebook/Instagram/Twitter pages for links to the 12 key messages, simple messages/strategies for parents to use with their children.

<https://view.pagetiger.com/basic-awareness-webinar-training-dates>

When a Child in Primary School requires additional support, RISE NI: the multidisciplinary team can support children by:

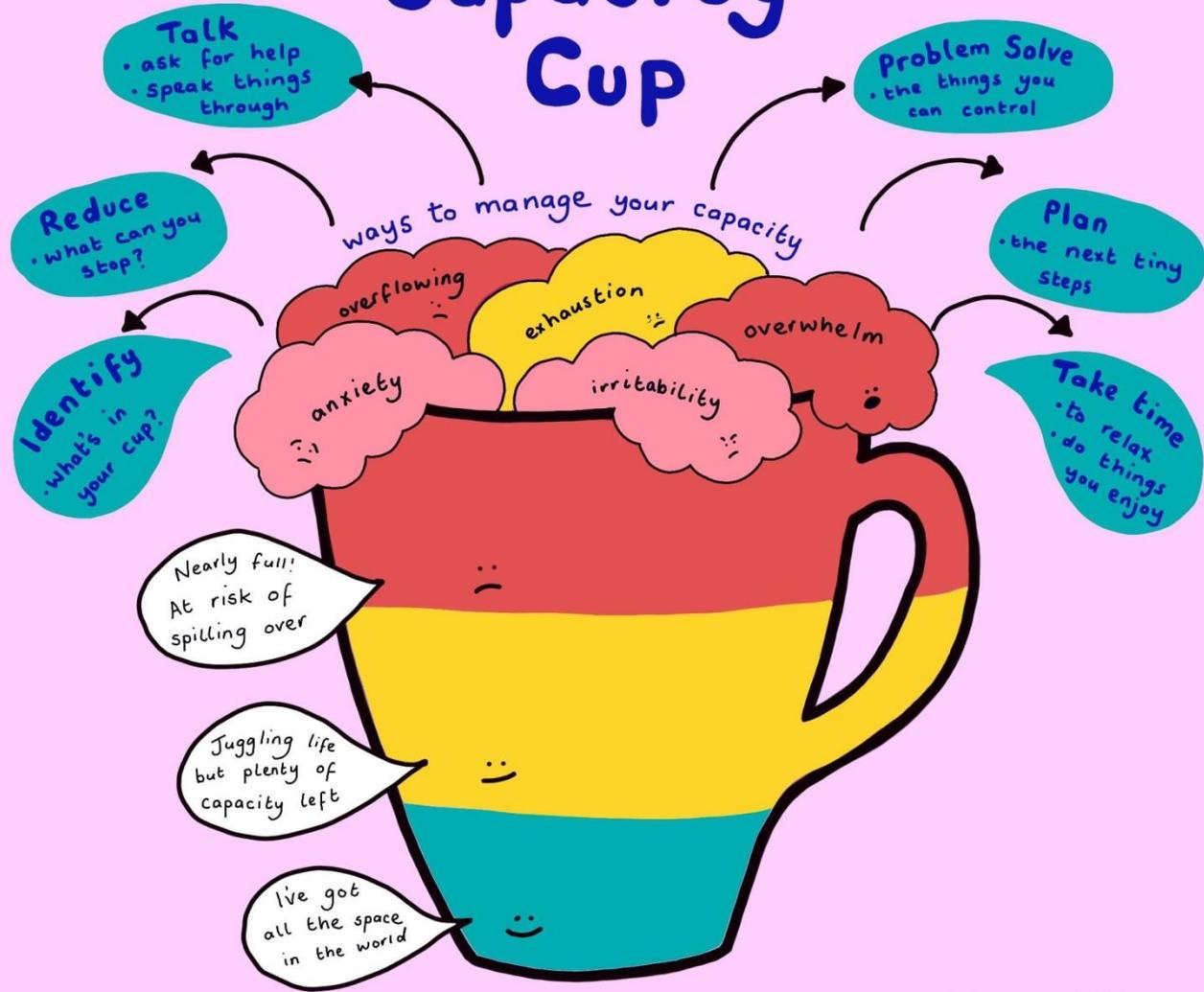
- Working alongside the teacher in the classroom for whole class, small group or individual programmes
- Providing training to teachers to help them support pupils learning and development
- Supporting parents



The graphic is a central rectangular area with an orange border. At the top left is the RISE NI logo, featuring a stylized hand with five fingers in red, yellow, green, blue, and purple, with the text 'RISE NI' below it. At the top center is the main title 'Welcome to RISE NI Parent Website' in a large, bold, dark blue font. At the top right is the HSC logo, which consists of the letters 'HSC' in white on a blue rounded square background with white curved lines. Below the title are seven colored rectangular buttons arranged in three rows. The first row has a yellow button 'What is RISE NI?' and a green button 'I need advice ... RISE NI Advice leaflets & resources'. The second row has a light blue button 'I want to contact my local RISE NI team ...' and a red button 'I want to access parent training ...'. The third row has an orange button 'Please give us your feedback It will take less than 1min!', a dark blue button 'Useful Contacts', and another dark blue button 'Links to useful resources'.

[For more information for parents search
https://view.pagetiger.com/RISENI/parents](https://view.pagetiger.com/RISENI/parents)

Tiny Happy People's Capacity Cup



A Library is a World of Discovery

There is plenty going on in your local library for you and your children to enjoy.

You can:

- read and borrow books,
- access free Wi-Fi and study space,
- use library computers,
- find out information and
- take part in social activities all for free.



Our libraries have books for children and young people of all ages and abilities.

From board and picture books for our very youngest readers, easy readers to help children learning to read, to a large selection of fiction and non-fiction books to help develop your child's curiosity and love of reading as they get older.

Joining the library is free and no-one is too young to join. Our friendly and welcoming staff will be pleased to see you and are always happy to help you and your family whatever your needs.

Autism NI

Autism is lifelong and affects the social and communication centre of the brain.

Autism affects the way an individual relates to people, situations and the immediate environment. Many individuals with autism have difficulty processing everyday sensory information like sight, smells, touch, tastes and sounds.

Autism is a spectrum condition; it will affect people in different ways depending on the individual and varies from person to person.

For more information on Autism NI contact the helpline:

Helpline number is 028 9040 1729 (option 1).



Fussy Eating

Are mealtimes a battleground? Top tips from a Registered Dietitian to tackle fussy eating.

Thursday 7 April • 10am

<https://tinyurl.com/fussy-april>



SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST STOP SMOKING SERVICE **CONTINUES TO OPERATE AND WELCOME REFERRALS**

The stop smoking team would like to thank our colleagues for continuing to refer Patients to the stop smoking service. Due to the on-going pandemic and the need to keep footfall to a minimum within our hospitals, we have set-up clinics via telephone support where we make contact with each referred patient after discharge. If you would like advice in how to best support your patient during their hospital stay please contact us on:

TEL: 028 90 413 855 or EMAIL: smoking.cessation@setrust.hscni.net

‘Smoking remains the single biggest cause of preventable death and illness in Northern Ireland’

A new NIECR Smoking Cessation referral pathway is now available for use on NIECR. Simply click on the ‘Referrals’ tab when accessing the patient record. Please click on the link to find out how you can refer a patient or self- refer into our service: [How to refer](#)

FREE ON-LINE LEARNING FOR SMOKING CESSATION BRIEF INTERVENTION

As a health care provider you can complete the course in your own time but please allow 1-2 hours to read the content. You will get an overview of the following information:

- DHSSPSNI 10 Year Tobacco Control Strategy
- Background to smoking and health
- Smoking and pregnancy
- Understanding the smoking habit
- Brief intervention
- Nicotine Replacement Therapy
- E-Cigarettes
- Smoking cessation tips

PLEASE CLICK ON THE LINK TO ACCESS YOUR BRIEF INTERVENTION TRAINING: [TRAINING LINK](#)

TRAINING ALSO AVAILABLE VIA ZOOM FOR SMALL TEAMS PLEASE EMAIL: Smoking.cessation@setrust.hscni.net

SMOKING SERVICE TEAM CONTACTS:

Claire Black, Downe & Lagan Valley Hospitals

Tel: 028 9250 1383 Mob: 07725218345

Christine Andrews, Ulster, Bangor & Ards Hospitals

Tel: 028 9041 3855 Mob: 07812478822

Alison Garrett, Ulster, Bangor & Ards Hospitals

Tel: 028 9041 3855 Mob: 07730284692

Cathy Bell & Lisa Harper, Health Improvement Midwives, Trustwide

Tel: 028 9250 1384 Mob: 07715044886



Are you as a parent or carer worried about your children's well-being?

Living with Covid-19 has contributed to a range of difficulties for families across the region and there is a concern about our children's well-being and how they cope with their big feelings.



Created by our Autism, and Health Development Teams in the South Eastern Trust, *Building our Children's Developing Brain*, is a series of webinars and information booklets on a Page Tiger platform to explore practical parenting strategies to support different parts of our children's brains to work together to help children deal with their big feelings.

It can be found at <https://view.pagetiger.com/selfcareforfamilies>

Feedback from parents who have used the 'Building our Children's Developing Brain' resources have been very positive;

"It really gave me information that was clear, easy to understand and made a big difference in my family."

"It is the kind of stuff every parent should look at; I wish I had it a long time ago."

We hope you find it helpful too.

Would this help you in dealing with your children's big feelings?

A few years ago, when I read Dan Siegel and Tina Payne Bryson's book *the Whole Brain Child*, I thought this would have really helped me when my kids were younger.

That started a journey of taking ideas from that book, with the help of others, creating a resource *Building our Children's Developing Brain* and training workers to use it with families.

Now with along with the Autism Team in the South Eastern Trust , we have put these tools into an accessible Page Tiger tool that can help us all as carers and parents help our children with their big feelings. This may be particularly useful as we all help our kids through these challenging times.

What one parent told us: *"It is the kind of stuff every parent should look at; I wish I had it a long time ago."*

We hope you find it as helpful as she did.

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



Ed Sipler

Youth Health Advice Service



HSC South Eastern Health
and Social Care Trust



Youth Advice Nurse
Mob: 07753310352
serchealthsetrust.hscni.net

Text-a-Nurse
is a new confidential text
messaging service for young
people aged 11-19



Department of Education HSC Public Health Agency HSC Health and Social Care ChatHealth

Text-A-Nurse Service is for ages 11-19 years.

It allows post-primary students to easily and anonymously contact the school nurse for support with; physical, emotional and mental wellbeing.

- The service is available Monday-Friday, 9am-5pm.
- South Eastern Trust Text –A-Nurse:
- 07507 327263

South Eastern Recovery College

The South Eastern Recovery College offers free educational courses on mental health recovery & wellbeing and can be accessed by service users, carers, staff and the general public.

Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. Both tutors have a special interest in mental health recovery.

The Recovery College promotes three themes: **hope, opportunity and control.**

Find Out more about the recovery college here:

<https://setrust.hscni.net/service/recovery-college/>

amh
menssana



mindset

Mindset is a Mental & Emotional Health & Wellbeing Awareness programme

For Young People
14 - 17 years
and Adults

amh
menssana

Finger breathing - help calm children when they are feeling stress



Deep breathing using your hand

BREATHE OUT

BREATHE IN

action mental health

For more information and support visit www.amh.org.uk

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

**SUPPORT SERVICES
DURING COVID-19
OUTBREAK**

Weekly Online Support Groups
Meetings are held via Skype
Email info@aware-ni.org to register your interest.



Support Email Service
info@aware-ni.org
Provides support and information.



Support Line
Monday - Friday 11am-3pm
07548530931
07340488254



Dedicated Coronavirus Webpage
aware-ni.org/covid-19-support
Useful information and resources.



Feeding and caring for your
baby :
QR Code for
Breastfeeding
and Bottle Feeding Resources



We are now offering FIRST, SECOND AND BOOSTER vaccinations across our vaccination centres.

WALK-IN and ONLINE BOOKINGS available.

First Dose PFIZER: Anyone over the age of 12 unless stated as 5+ clinic

Second Dose PFIZER: Anyone over the age of 12 (12-17 12 weeks from first dose or 12 weeks from positive result) (18+ 8 weeks from first dose or 28 days from positive result)

Boosters: Anyone over the age of 12 who are 3 months from their second dose. (12-15 must be in a clinical risk group)

Book online: [Get Vaccinated – COVID-19 \(Coronavirus\) Northern Ireland \(hscni.net\)](https://www.hscni.net)

Free parking available, please follow the signs.

Ulster Hospital, ASB

Wednesday, 2pm-8pm

Thursday, 2pm-8pm

Friday, 2pm-8pm (**Aged 5+**)

Saturday, 10am-4pm

Sunday, 10am-4pm (**Aged 5+**)

Lagan Valley Hospital, Lisburn PCCC

Saturday, 9.30am-2.30pm

Sunday, 9.30am-2.30pm (**Aged 5+**)

Downshire Hospital, Great Hall

Saturday, 9.30am-2.30pm

Sunday, 9.30am-2.30pm (**Aged 5+**)

Those attending for vaccination must bring photographic ID or proof of address/DOB and where possible a Health & Care Number and the date of your previous vaccination.

**ARE YOU CONCERNED ABOUT THE SAFETY OR
WELFARE OF A CHILD?
IF SO, PLEASE CONTACT:**

**SOUTH EASTERN HSC TRUST
CHILDREN'S SERVICES GATEWAY TEAM**

Tel: 0300 1000 300

9.00am - 5.00pm

Monday - Friday

RESWS

Tel: (028) 9504 9999

5.00pm - 9.00am

Monday - Friday

(24hrs Saturday/Sunday/Bank Holidays)



Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to Coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response to coronavirus. For more information visit: www.helplinesni.com

- **Lifeline** tel:0808 808 8000 www.lifelinehelpline.info
- **Childline** tel:0800 1111 www.childline.org.uk
- **Samaritans** tel:116 123 www.samaritans.org
- **NSPCC** tel:0808 800 5000 www.nspcc.org.uk



Welcome to the Translation Hub

This page is best viewed with the Browsercloud 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

[How to use Browsercloud translation application](#)

- Health
- Family Support
- Education
- Housing
- Employment
- Safety
- COVID-19
- EU Settlement Scheme
- Sign Language
- Contacts

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

<https://cypsp.hscni.net/translation-hub>



SEARCH - YoungRefugeeNI

Apply today to provide a safe home for a young refugee

**GIVE HOPE
A HOME**

If you believe you can help please
Call **0800 0720 137** or email your name &
contact number to: info@fostering.hscni.net



Locality Planning Meetings for 2022/23

Ards & North Down LPG

To be confirmed

Down LPG

To be confirmed

Fortnightly News

If you would like to contribute to Fortnightly News, we would love to include your contributions.

- **Please submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!**
- **Less words, bigger pictures!**
- **We do not advertise or endorse those events or programmes which are privately funded as a business.**
- **Fortnightly News will be issued every fortnight, on a Friday morning. Please send your articles for inclusion by 5pm of the Tuesday prior to this.**
- **We may have to decline to advertise information which is not applicable to better outcomes for children and young people.**
- **Your feedback is welcome.(We are not perfect, but will strive to be as good as we can.)**
- **Please let us know if Fortnightly News has helped your service, event or activity in anyway.**

[For more information on' Fortnightly News ' contact noelle.hollywood@setrust.hscni.net](#) or 07872422101