

Down and Ards & North Down CYPSP Locality Planning Groups

Fortnightly News

Issue 50 July 2022

- Welcome to the 50th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down.
- Summer Holidays are in full swing; 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**

Free School Meals & Uniform Allowance

Parent Checklist for Online Applications

Am I eligible?

To be eligible you must be in receipt of one of the following:

- Income Support;
- Income Based Jobseeker's Allowance;
- Income Related Employment and Support Allowance;
- Guarantee Element of State Pension Credit
- Child Tax Credit or Working Tax Credit with an annual taxable household income of £18,190 or less;
- Universal Credit with net household earnings not exceeding £14,000 per year; or

Or, you are an Asylum Seeker supported by the Home Office Asylum Support Assessment Team (ASAT).



What documentation do I need?

When applying, you will be asked to upload proof that you are receiving a qualifying benefit – such as your Tax Credits Award Notice or your Universal Credit Payments breakdown or your Proof of Benefit letter (if you are in receipt of Income Support, Income Based Jobseeker's Allowance, Income Related Employment and Support Allowance or the Guarantee Element of State Pension Credit).



What else do I need?

You will need your National Insurance number; your children's names, dates of birth and schools they will be attending; your address, e-mail and telephone number; your bank or building society account and sort code details.



Where do I submit my application?

You can apply online by visiting our [website](#). After you submit your application it will take up to four weeks to process. You will be contacted if we need any further information.



If you are having any difficulties accessing the website or if you need any help and advice you can contact our dedicated helpdesk on (028) 90 418044 or email mealsanduniform@eani.org.uk



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“Healthy Child Healthy Future”

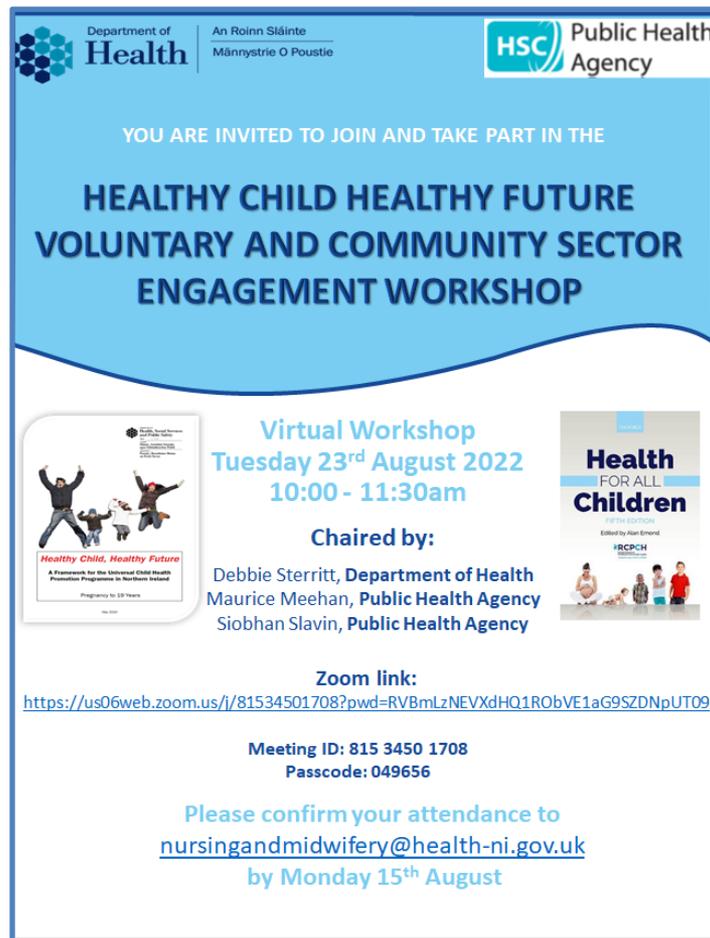
Community & Voluntary Sector We need your help;

Healthy Child, Healthy Future (HCHF) is a framework for the Universal Child Health Promotion Programme in Northern Ireland, from pregnancy to 19 years, published by the DHSSPS in 2010. The current version is based on ‘Health for All Children’ (HFAC) 4th Edition. The Department of Health agreed a review and update of the HCHF Programme in October 2018 to take account of the evidence provided in the 5th edition of “Health For All Children” and further evidence which has emerged since its publication in 2019.

As part of this review the Department of Health have been undertaking a number of engagement workshops and we would now like to engage with the Voluntary and Community Sector as we are keen to capture your views about the programme. Please find attached flyer for the **Healthy Child, Healthy Future Voluntary and Community Sector Engagement Workshop** scheduled to take place on Tuesday 23rd August, via Zoom. We would be delighted if you could attend to share your views.

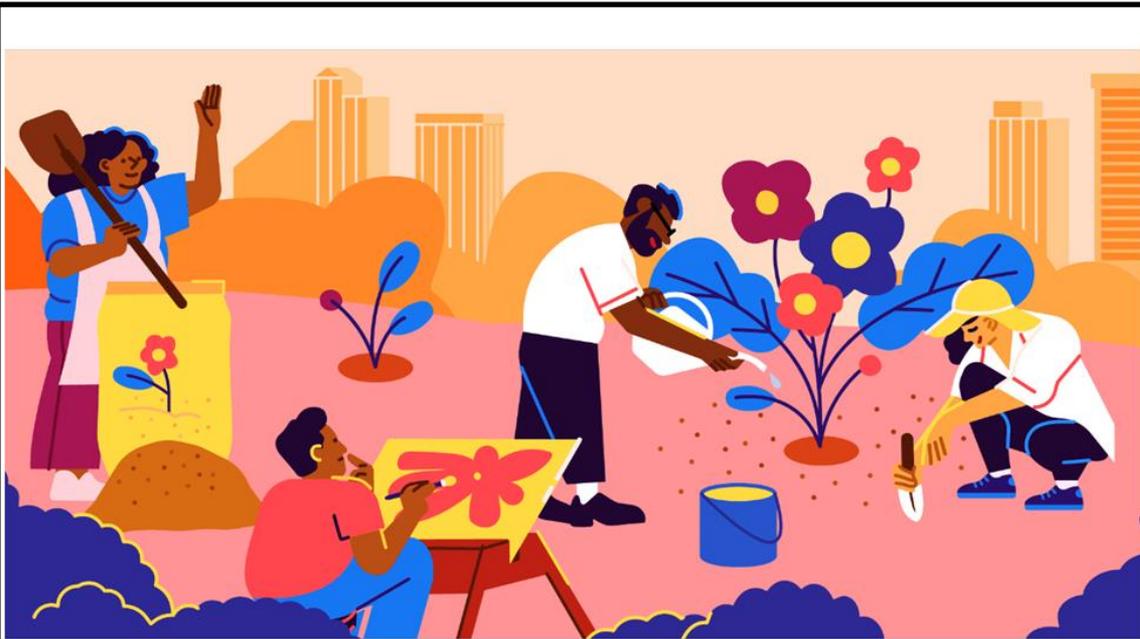
For all those planning to attend, if they could please confirm by email to nursingandmidwifery@health-ni.gov.uk by **Monday 15th August**.

Thank you in advance for your participation.



The flyer is a blue and white document. At the top left is the Department of Health logo with the text 'Department of Health' and 'An Roinn Sláinte / Máinistrie O Poustie'. At the top right is the HSC Public Health Agency logo. The main title in the center reads 'YOU ARE INVITED TO JOIN AND TAKE PART IN THE HEALTHY CHILD HEALTHY FUTURE VOLUNTARY AND COMMUNITY SECTOR ENGAGEMENT WORKSHOP'. Below this, it specifies 'Virtual Workshop Tuesday 23rd August 2022 10:00 - 11:30am'. The chairs are listed as Debbie Sterritt (Department of Health), Maurice Meehan (Public Health Agency), and Siobhan Slavin (Public Health Agency). A Zoom link is provided: <https://us06web.zoom.us/j/81534501708?pwd=RVBmLzNEVXdHQ1RObVE1aG9SZDNpUT09>. Meeting ID: 815 3450 1708, Passcode: 049656. A request to confirm attendance is made to nursingandmidwifery@health-ni.gov.uk by Monday 15th August. Two small images are included: one of a family celebrating and another of the 'Health for All Children' book cover.

Preloved School Uniform Groups on Social Media



**School Uniform swap
FREE Northern Ireland >**

We know that the cost of living crisis is putting pressure on the family budget, to save money; why not consider sharing/ swapping your pre-loved school uniforms with family and friends, donate to a local uniform event, or join a local social media group; search Next-door App, Facebook marketplace, Gumtree, or Freecycle..... Good for the community good for the environment!



**SUMMER TIMETABLE 2022
(JULY – AUGUST)**

"Summer is a perfect time to chase away sorrows by living."

COURSE	SESSIONS	DATES	TIME	LOCATION	CLICK TO REGISTER
Goal Setting for Recovery	1	Tuesday: 26 July	10:30am - 12:00pm	Zoom	REGISTER HERE
Setting clear, achievable and realistic goals can be both motivating and can help us move forward in our recovery. This course aims to explore the different ways to set goals and the benefits of goal-setting as a positive strategy for recovery. It also aims to encourage you to consider what goals you would like to achieve and how you can begin to plan your next steps.					
safeTALK	1	Wednesday: 3 August	10:30am - 2:30pm	Newtownards, Venue TBC	REGISTER HERE
Recovery can mean different things to different people, but at the core of everyone's individual definition there are a number of shared principles. In this course students will learn more about Hope, Control and Opportunity and have an opportunity to prepare an individual learning plan. We will also explore what recovery means to you & consider strategies to support your recovery journey.					
Applied Suicide Intervention Skills (ASIST) Workshop	2	Wednesday & Thursday: 17&18 August	9:15am – 5:00pm	Downshire Hospital, Training Rooms 1 & 2	REGISTER HERE
ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches students to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, students don't need any formal training to attend the workshop - ASIST can be learned and used by anyone.					
Wellness Recovery Action Plan (WRAP)	2	Tuesday & Wednesday: 26-27 July	9:15am-4:30pm	Lisburn, Atlas Women's Centre	REGISTER HERE
WRAP® is a 'self-management' tool used by many individuals to enable them to take more control over their own wellbeing and recovery. The WRAP® course emphasises that people are the experts in their own experience and is based on the premise that there are no limits to recovery. The five key concepts of WRAP® are: HOPE - A belief that things will get better; PERSONAL RESPONSIBILITY - Taking back control of your life; EDUCATION - Looking at your strengths and rediscovering yourself; SELF-ADVOCACY - Having a voice for yourself; SUPPORT - Receiving support from others and giving support to others.					
Introduction to Mindfulness	2	Monday & Tuesday: 15, 16 August	10:30am-12:30pm	Downshire Hospital, Training Room 2	REGISTER HERE
Mindfulness is a skill that you can use to find peace in a frantic world. This course aims to give students an understanding of mindfulness, about the benefits of focusing on the present and how to incorporate mindfulness strategies into daily life. The course will also include a discussion on using our senses to understand ourselves.					

To book your place on courses (max of 3), click on the "Register Now" Buttons or contact us.

Recovery College

Lough House, Ards Community Hospital, Newtownards

Telephone: 02890 413872 Email: recovery.college@setrust.hscni.net

Website: [recovery-college-rc-page \(pagetiger.com\)](http://recovery-college-rc-page.pagetiger.com)

The Recovery College offers a range of FREE educational courses, information & resources on mental health and wellbeing

Through supported learning and sharing of stories our focus is centered on RECOVERY! Courses are co-produced and co-delivered by tutors with experience of mental health challenges and people with learned experience. We offer a wide range of returning and new courses each semester enabling our students to become experts in their own self-care and recovery. The college is open to EVERYONE – service users; carers; trust staff; members of the community & volunteer sectors and family members over 18.

*Keep an eye out for our "Spotlight Courses," these are courses that will be run throughout the semester that have not been advertised on the timetable. We will publicise these courses on our social media sites and send them to our email distribution list.

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

development bureau
& Community Network



**Do you need School Uniforms?
that are clean and in good condition?**

**Please Call Into:
Ards Community Network Centre**



Call in and see what's available for next term!

Opportunities to View Uniforms 2022:



Tues 9 th	Wed 10 th	Thurs 11 th	Aug	10am – 3pm
Tues 16 th	Wed 17 th	Thurs 18 th	Aug	10am – 3pm
Tues 23 rd	Wed 24 th	Thurs 25 th	Aug.	10am – 3pm
Tues 30 th	Wed 31 st	Aug		10am – 3pm
Thurs 1 st	Sep			10am – 3pm



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

Playday

The National Day for Play

Playday is the national day for play in the UK, held on the first Wednesday in August.

As well as a celebration of children's right to play, Playday is a campaign that highlights the importance of play in children's lives.

03

Wednesday
August 2022

Let's celebrate International Playday at

Platinum Jubilee Park Ballygowan

Wednesday 3 August 12noon – 3pm

Free activities available including:

Archery • Skittles Alley • Garden Games
and Mini Obstacle Course

Come along and join the fun!

To find out more please visit playday.org.uk

AUGUST 2022

THE PENINSULA POST

DELIVERING ALL THE LATEST NEWS FROM PHLP



COMMUNITY



Lights, Camera, Action! Our drama workshops have kicked off with a bang up in Maxwell Court. Amazing local thespian Megan Johnson has brought her fantastic blend of charisma and energy to the sessions to make them hugely fun and enjoyable for all the young people involved. The sessions started on Friday 22nd July and will run for 6 weeks with the 7-13 age group taking part in some fantastic confidence building drama based games, and the older 14-18 group learning some serious dramatic skills. A huge well done to Megan and all our up and coming entertainers. Contact Allan at allan@peninsulahealthyliving.org if you would like some more info on this or future drama workshops.



HEALTHY MIND

A healthy mind is essential for a healthy life. If you feel like you or anyone you know could use that little extra bit of help please try our SE Mind Matters service for Quick Access Counselling (11+ yrs) Social Prescribing (14+ yrs) or therapeutic interventions (5+ yrs). Contact Trudy at trudy@peninsulahealthyliving.org for more details or referrals.

SE Mind Matters
HEALTH & WELLBEING 2022

This hub will provide support to individuals facing personal wellbeing issues and those who are supporting them. It will be available through:

- QUICK ACCESS COUNSELLING**
Providing talking therapy support to people aged 11+
- SOCIAL PRESCRIBING**
Providing for a range of community type or programme and activities to provide opportunities to meet your needs. It will be available through a range of community type or programme and activities to provide opportunities to meet your needs.
- THERAPEUTIC INTERVENTIONS**
Providing programmes and activities to support your needs and wellbeing. It will be available through a range of community type or programme and activities to provide opportunities to meet your needs.

A COMMUNITY APPROACH TO HEALTH & WELLBEING

HEALTHWISE & SPRING

Our SPRING Social Prescribing helps people aged 18+ to address; Social, emotional and practical needs, by connecting them to sources of support within their community to improve their health and wellbeing. Healthwise is our physical activity referral scheme designed for people with health-related conditions that may benefit from regular exercise. This 12 week GP referral programme helps individuals manage and improve their health conditions and offers support and motivation for them to become and remain physically active. Contact us at 028 42739021 or info@peninsulahealthyliving.org for more info on these 2 amazing services.



HealthWise
A Community Approach to Health & Wellbeing

SPRING Social Prescribing
A Community Approach to Health & Wellbeing

We have a new member of staff on board, Trudy has joined us as Social Prescriber for the SE Mind Matters Project. Trudy is a hippy at heart and loves diet coke, her dogs and VW Camper Van. Welcome to the team. If you need to contact her for a social prescription: email trudy@peninsulahealthyliving.org



PENINSULA PADDLERS
EVERY TUESDAY

10:00 AM - 11:00 AM
11:30 AM - 12:30 PM

Community Advice
Ards and North Down



WHAT ELSE IS ON OFFER?

Our good friends at Ards Council will be carrying out some renovations over August & September so we will have no access to the main hall. Our classes that usually use the hall will be moving to Maxwell Court, please see the timetable for more details, none of our other classes or activities will be affected. Please be careful when entering the premises during these months in case the workmen are here. Helen from community advice is still visiting the centre and The Peninsula Paddlers will be getting back in the water this month. Please contact us on 028 42739021 for more details on any of these services or activities.

TO BOOK YOUR CLASS CALL 028 42739021 OR EMAIL: ALLAN@PENINSULAHEALTHYLIVING.ORG

WHEN WE ARE OPEN THE GYM IS OPEN

DAY	TIME	CLASS	INSTRUCTOR
MONDAY	9:30 AM	PILATES @ GROVEMORE	CAROL
	10:00 AM	PHIP WALKING GROUP	ALLAN
	1:00 PM	SPIN	CAROL
	5:30 PM	SPIN	EMMA
TUESDAY	9:30 AM	FITMIX	CAROL
	1:00 PM	SPIN	CAROL
	5:00 PM	KETTLEBELLS	EMMA
WEDNESDAY	9:15 AM	SPIN & FREE WEIGHTS CLASS	CAROL
	10:15 AM	FALLS PREVENTION	CAROL
	11:00 AM	GENTLY DOES IT @ MAXWELL COURT	CAROL
	12:30 PM	WALKING GROUP	CAROL
THURSDAY	2:00 PM	CRUISE	CAROL
	5:30 PM	SPIN	EMMA
	8:00 PM	PILATES @ MAXWELL COURT	CAROL
	8:15 PM	SPIN	EMMA
FRIDAY	5:45 PM	SPIN	EMMA
	6:00 AM	SPIN	EMMA

MEMBERSHIP FEES COMMENCE THE 1ST OF EACH MONTH
£20/MONTH OR £10 CONCESSIONARY RATE - PAY AS YOU GO CLASS RATE IS
£10/CLASS WITH A MAXIMUM COMMITMENT OF 10. ALL CLASSES ARE FREE OF CHARGE
ALL CURRENT COMMITMENTS MUST BE TRANSFERRED TO BE ADMITTED TO
TIMETABLE SUBJECT TO CHANGE

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021





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>

HSC 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

BANGOR SureStart

BANGOR SURE START AIMS TO DELIVER

"the best start in life"

FOR EVERY CHILD AGED 0-3 YEARS OLD

Bangor Sure Start offers FREE services in the Whitehill, Dufferin, Harbour 1, Conlig 3 areas - AND NOW DONAGHADEE SOUTH !!

CONTACT US TO GET REGISTERED!
Email: bangoreception@brysonsurestart.org
Tel: 028 91457248 Or reach us via Facebook Messenger
www.facebook.com/bangorsurestart

BANGOR SureStart PROGRAMMES

- POSTNATAL PROGRAMMES**
Infant Massage, Baby Yoga, Breastfeeding Group, Weaning Group, Home Visits
- ANTENATAL PROGRAMMES**
Hypnobirthing, Bump, Baby & Me, Antenatal Classes, Home Visits
- PARENTING PROGRAMMES**
Promoting Positive Behaviour, Take 5, Dad's Club, First Aid, Cook It, Mindfulness
- PLAY PROGRAMMES**
Developmental Programme for 2 - 3 Year Olds, Sensory Play, Additional Needs Groups, Parent & Toddler Groups
- SPEECH & LANGUAGE PROGRAMMES**
Rhythm, Rhyme and Story Time, Book Start Corner, Help Kids Talk

FOR MORE INFORMATION ON SURE START PROGRAMMES...
f @bangorsurestart

July Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

Activity	Day	Date	Venue	Time
Murlough Family Fun Day	Mon	4th July	Burrendale Estate	
RRST	Mon	25th July	Ballyhorgan Community centre	10am-11am
BRIGHT Stars P & T	Mon	25th July	Mountcrescent Downpatrick	10am and 12pm
Fun at the Park	Tue	5th July	Delamont Country park	9.45 am
Fun on the Beach	Tue	5th July	Newcastle Promenade	10.30am
Fun at the Park	Tue	19th July	Delamont Country park	9.45 am
Fun on the Beach	Tue	19th July	Newcastle Promenade	10.30am
Fun at the Park	Tue	26th July	Delamont Country park	9.45 am
Fun on the Beach	Tue	26th July	Newcastle Promenade	10.30am
Focus Group	Tue	26th July	VIA Zoom	2-3pm
BRIGHT Stars P & T	Tue	26th July	Mountcrescent Downpatrick	10am and 12pm
Little Movers	Wed	6th July	Mountcrescent Downpatrick	10-11am
Little Movers	Wed	20th July	Mountcrescent Downpatrick	10-11am
Little Movers	Wed	27th July	Mountcrescent Downpatrick	10-11am
BRIGHT Stars P & T	Wed	27th July	Mountcrescent Downpatrick	10am and 12pm
Baby Massage	Thur	7th July	Mountcrescent Downpatrick	10-11am
Baby Movement	Thur	7th July	Mountcrescent Downpatrick	11.30am
Antenatal Pilates MC	Thur	7th July	Mountcrescent Downpatrick	10-11am
Uniform Recycling Event	Thur	7th July	Newcastle SERC	10-7pm
Baby Massage	Thur	14th July	Mountcrescent Downpatrick	10-11am
Baby Movement	Thur	14th July	Mountcrescent Downpatrick	11.30am
Antenatal Pilates MC	Thur	14th July	Mountcrescent Downpatrick	10-11am
Baby Massage	Thur	21st July	Mountcrescent Downpatrick	10-11am
Baby Movement	Thur	21st July	Mountcrescent Downpatrick	11.30am
Busy Bees	Thur	21st July	Mountcrescent Downpatrick	10-11am
Antenatal Pilates MC	Thur	21st July	Mountcrescent Downpatrick	10-11am
Busy Bees	Thur	28th July	Mountcrescent Downpatrick	10-11am
Baby Massage	Thur	28th July	Mountcrescent Downpatrick	10-11am
Baby Movement	Thur	28th July	Mountcrescent Downpatrick	11.30am
Antenatal Pilates MC	Thur	28th July	Mountcrescent Downpatrick	10-11am

Bright Stars Parent and Toddler Group

Bright Stars Parent and Toddler Group is available to children with additional needs and their siblings who live within the Surestart area and those who live outside the area. (Priority will be given to children who live within the Surestart area)

Programme will run on a two monthly basis
Bright Stars offers :-

- Opportunity to meet other parents with children with additional care needs

- Opportunity for play with specialist toys in a safe and secure environment
- Advice and support from professionals
- Speakers will be invited from different areas of special needs care
- Sensory room available



August Programmes (PLEASE PHONE OFFICE TO BOOK YOUR PLACE!)

Activity	Day	Date	Venue	Time
BRIGHT Stars P & T	Mon	1st August	Mountcrescent Downpatrick	10am and 12pm
RRST	Mon	1st August	Ballyhorgan Community centre	10am-11am
RRST	Mon	8th August	Ballyhorgan Community centre	10am-11am
RRST	Mon	15th August	Ballyhorgan Community centre	10am-11am
Fun at the Park	Tue	2nd August	Delamont Country park	9.45 am
Fun on the Beach	Tue	2nd August	Newcastle Promenade	10.30am
BRIGHT Stars P & T	Tue	2nd August	Mountcrescent Downpatrick	10am and 12pm
Fun at the Park	Tue	9th August	Delamont Country park	9.45 am
Fun on the Beach	Tue	9th August	Newcastle Promenade	10.30am
Fun at the Park	Tue	16th August	Delamont Country park	9.45 am
Fun on the Beach	Tue	16th August	Newcastle Promenade	10.30am
Fun at the Park	Tue	23rd August	Delamont Country park	9.45 am
Fun on the Beach	Tue	23rd August	Newcastle Promenade	10.30am
BRIGHT Stars P & T	Wed	3rd August	Mountcrescent Downpatrick	10am and 12pm
Sensory Play	Wed	3rd August	Ballymote Children and Family Centre	10-11am
Little Movers	Wed	3rd August	Mountcrescent Downpatrick	10-11am
Sensory Play	Wed	10th August	Ballymote Children and Family Centre	10-11am
Sensory Play	Wed	17th August	Ballymote Children and Family Centre	10-11am
Sensory Play	Wed	24th August	Ballymote Children and Family Centre	10-11am
Busy Bees	Thur	4th August	Mountcrescent Downpatrick	10-11am
Postnatal Pilates with Creche	Thur	11th August	Mountcrescent Downpatrick	10-11am
Postnatal Pilates with Creche	Thur	18th August	Mountcrescent Downpatrick	10-11am
Postnatal Pilates with Creche	Thur	25th August	Mountcrescent Downpatrick	10-11am
Breast feeding support	Fri	5th August	Mountcrescent Downpatrick	11.30am-1pm
Breast feeding support	Fri	12th August	Mountcrescent Downpatrick	11.30am-1pm
Breast feeding support	Fri	19th August	Mountcrescent Downpatrick	11.30am-1pm
Breast feeding support	Fri	26th August	Mountcrescent Downpatrick	11.30am-1pm

HOW TO CHOOSE AND USE SUNSCREEN

This spring and summer we are working with the Public Health Agency (PHA) and Cancer Focus NI to share top tips on getting the best from your sunscreen and protecting your skin from cancer.

Between March and October, the days are longer, the sun is stronger and many of us are spending more time outdoors. The UV rays from the sun can be strong enough to damage our skin and eyes, even if it is cool or cloudy. This includes people who tan easily and those who don't – remember, your skin is damaged by sun exposure over your lifetime, whether you burn or not. So, along with spending time in the shade, covering up and wearing hats and sunglasses, it is important to use sunscreen when the UV level is 3 or more.

When choosing sunscreen, check that it gives protection from both UVA and UVB rays which can speed up skin ageing, cause burning and increase the risk of developing skin cancer.

- To reduce your exposure to UVB rays your sunscreen should be at least SPF15, but higher SPF will give more protection

- make sure it has a UVA rating of 4 or 5 stars, or displays the EU logo for UVA protection



How you apply your sunscreen affects how well it protects you. Most people don't apply enough sunscreen to achieve the stated levels for SPF and UVA protection on their sunscreen. To protect against UV damage:

- At least six full teaspoonfuls of sunscreen lotion are needed for an all over body application for an average adult, which is more than half a teaspoon of sunscreen to each arm and the face and neck (including ears), and just over one teaspoon to each leg, front and back of body.
- To give a good level of protection, sunscreen needs to be applied generously 30 minutes before you go outdoors, then reapplied every 2 hours or more frequently after swimming, sweating, or toweling the skin.

To find out more visit www.careinthesun.org/sunscreen

AND ...



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



DOMESTIC VIOLENCE & ABUSE AWARENESS TRAINING

Tuesday 2nd August 2022

10 am – 1pm

At: Training Room 2, The Downshire Estate, Downpatrick

Domestic Violence is a serious public health issue and can have devastating consequences not only for the victim but other members of the family, including children and vulnerable adults.

If you are working in a statutory, community or voluntary organisation you will have a vital role to play in ensuring that anyone affected by domestic violence gets the appropriate help and support.

This free Awareness raising session will be jointly facilitated by Belfast & Lisburn Women's Aid and the South Eastern Trust Learning & Development Team. By attending the session participants will have a greater understanding/knowledge of –

- The prevalence of Domestic Violence
- The types, indicators and impact of Domestic Violence
- The barriers to seeking help
- How to respond to Domestic Violence
- Domestic Violence Services

(Please note that to attend the "Domestic Violence: Impact on Children and Parenting" training you need to attend the Awareness Raising)

Places can be booked on HRPTS – LOS or email:

lisajane.DeAguiar@setrust.hscni.net

Please note that numbers attending are capped at 30

[Search https://www.facebook.com/homestartnorthdown/](https://www.facebook.com/homestartnorthdown/)

Home-Start North Down may be able to help by offering you volunteer home visiting support or you may wish to attend one of the Family Groups if you: live in the borough of North Down, have one or more pre-school children, are in need of a little extra help.

There are many reasons why you may choose Home-Start.

Perhaps you are: feeling isolated, maybe with no family nearby and struggling to make friends, suffering with post-natal depression and maybe finding it hard to talk to anyone about it, having a hard time coping with your child's illness or disability, affected by the death of a family member, struggling with the emotional and practical demands of twins, triplets or children under 5, finding it hard to cope with relationship difficulties, feeling exhausted or depressed, coping with your own illness or disability.

A carefully selected and trained volunteer, who has parenting experience can visit you regularly for 2-3 hours a week in your own home. Our volunteers undergo a criminal record check with Access NI. Our volunteers are there to offer emotional and practical support.

Our support is confidential, flexible and responsive to your needs and can include; being a listening ear, adult company, helping and playing with your children, giving reassurance, helping you to find out about and access other local amenities and services, giving encouragement and motivation, giving practical help.

Please contact:

Home-Start North Down
101-103 High Street
Bangor
County Down
BT20 5BD

Please call before visiting the office.

Tel: 028 9127 1201



Parenting NI have a new project called 'Solus'.

Solus is a research project looking at the financial challenges of separated parents and one parent families.

We want to know about what financial hardships separated parents and one parent families are facing and what effect this is having on their physical and mental health.

The project aims to understand the support separated parents and one parent families need and to develop practical solutions to make sure the right support is available for them.

We will work together with separated parents and one parent families to be their voice and to help them to share their experiences.

A Parent support and Participation Officer will also provide support for these parents once they engage with the project. This will be in the form of Top Tips sessions and one to one support.

Please see video link about our 'Solus' project. <https://vimeo.com/696926530>

If you would like more information or have any questions about the project please email elaine@parentingni.org

Please share as appropriate with any of your contacts.

Kind Regards

Elaine

Elaine Hanna

Parenting support and Participation Officer

Working Hours: Tuesday 9am - 3pm Wednesday 9am - 3pm Thursday 9am - 3pm



Parents, carers, family members...
if you need us
we're here

0808 8020 400



Starting Primary School

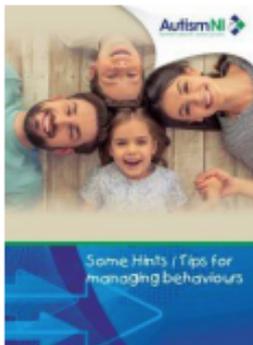


Is your child starting school this year?

At Parentline we have put together a guide for parents to support you support your child with this big step!

Call us to get your **FREE** copy and chat with us today or find it on our resources page in the link!

We are here for you;
Mon-Thurs
9am-9pm
Fri 9am-5pm
Sat 9am-1pm



Autism NI - Some Hints & Tips on Managing Behaviours

Leaflet on using visuals and strategies for managing behaviour.

Download Leaflet -

<https://www.autismni.org/factsheets>

Lots of resources from Autism NI to help autistic individuals, professionals, parents/carers and family

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:

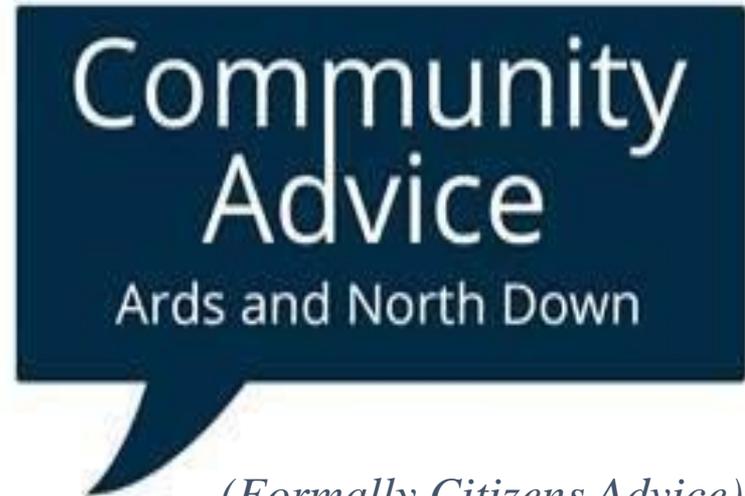
- Debt
- Social Security Appeal Tribunals
- Welfare Reform
- Legal
- Employment Issues

CAAND offices are based in:

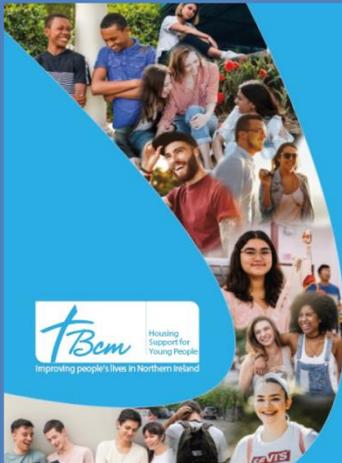
- Community Hub, 39a Hamilton Road, Bangor, BT20 4LF
- 30 Frances Street, Newtownards BT23 4DN
- Queens Leisure Complex, Sullivan Place, Holywood, BT18 9JF
- Macmillan Welfare Rights, Ulster Hospital Dundonald, BT136 1RH, Help line number 0300 1233 233

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)



**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

BCM Housing Support for Young People
Improving people's lives in Northern Ireland

f
t
i
@wearbcmni

LEAVING SCHOOL?

REGISTER NOW FOR SKILLS FOR LIFE & WORK

Offering Qualifications in...

- Hair & Beauty • Barbering • Childcare
- Sports & Leisure • Health & Social Care • Construction
- IT & ICT Services • Creative Arts & Digital Media
- Retail & Customer Care • Administration & Management
- & much more!*

EARN UP TO £4480

Bonuses include...

- £100 sign up bonus
- £40 EMA per week
- Travel expenses covered
- Free Driving Lessons
- Breakfast & Lunch club
- (Terms & Conditions apply)

**ASPIRE
EVOLVE
ACHIEVE**

21

TWENTY ONE TRAINING

Find us on

f i l t

02871 345 533
02871 382 260

www.21.training



Save the date

EA Supporting Learning online Summer School

15th - 18th
August
2022



Minister allowing her to provide all primary schools allocations for September to December 2022 to secure therapeutic & counselling services for their pupils. <https://education-ni.gov.uk/news/mcilveen-announces-additional-ps225m-healthy-happy-minds>

Healthy Happy Minds Primary School Programme



Department of
Education
www.education-ni.gov.uk

Free School Meals & Uniform Allowance

2022/23 Applications Now Open!

You can now submit an application for Free School Meals and Uniform Allowance.

Visit the link above to begin



www.eani.org.uk/fsm



Home to School Transport Applications

NOW OPEN

For more information, visit:
eani.org.uk/financial-help/home-to-school-transport

ea Education Authority

Healthy Eating During the Primary School Years

Find out about balanced
nutrition for your 5-11
year olds.

**Tuesday 16 August
10am**

Link to register for Zoom session: tinyurl.com/healthyeating5-11-aug



<https://tinyurl.com/healthyeating5-11-aug>

CHILDHOOD IMMUNISATION

2 months old

- 6 in 1
- Rotavirus
- MenB

3 months old

- 6 in 1
- Rotavirus
- Pneumococcal

4 months old

- 6 in 1
- MenB

1 year

- MMR
- Hib / MenC
- Pneumococcal
- MenB

3 years, 4 months

- 4 in 1 pre-school booster
- MMR

12 to 13 years

- HPV boys and girls

14 to 18 years

- 3 in 1 teenage booster
- MenACWY

MAKE SURE IMMUNISATIONS ARE UP-TO-DATE

Help Kids Talk



Our vision: everyone in our community working together to help kids talk.

We are a community-wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and South Eastern HSC Trust.

- We deliver key messages around speech, language & communication development every month through our social media pages
- We run free webinars on a fortnightly basis
- In our webinars we discuss infant mental health & top tips for supporting speech, language & communication development in children aged 0-10 years
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar via the QR code or the following link:

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



For further information, please contact us.
email: helpkidstalk@resurgamtrust.co.uk
phone no: **028 92675172**



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 image shows a navigation menu for the RISE NI Parent Website. It features the RISE NI logo on the left, the HSC logo on the right, and a central grid of seven colored buttons with text. The buttons are: a yellow button for 'What is RISE NI?', a green button for 'I need advice ... RISE NI Advice leaflets & resources', a blue button for 'I want to contact my local RISE NI team ...', a red button for 'I want to access parent training ...', an orange button for 'Please give us your feedback It will take less than 1min!', a dark blue button for 'Useful Contacts', and another dark blue button for 'Links to useful resources'.

RISE NI **Welcome to RISE NI Parent Website** **HSC**

- What is RISE NI?
- I need advice ...
RISE NI Advice leaflets & resources
- I want to contact my local RISE NI team ...
- I want to access parent training ...
- Please give us your feedback
It will take less than 1min!
- Useful Contacts
- Links to useful resources

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

NEW
Resources & Activities

PLAY RESOURCES & ACTIVITIES



Nature play

build a bug hotel



make a bird feeder



climb a tree

cloud spotting



splash in puddles

make a rainstick

outdoor scavenger hunt



brew a magic potion



leaf printing

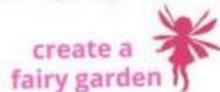


build a den outside

construct nature figures



make a kite to fly on a windy day



create a fairy garden

try shadow drawings



www.playboard.org/play-ideas

#MentalHealthAwarenessWeek #ConnectWithNature

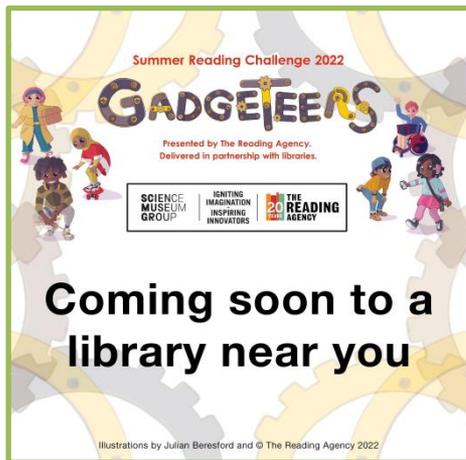
PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI00225, charity no. X086030

30 THINGS TO DO WITH YOUR KIDS OUTSIDE

Look at a cloud and say what you think it looks like. <input type="checkbox"/>	Make a wish on a dandelion. <input type="checkbox"/>	Explore a cobweb and make spiders cool. <input type="checkbox"/>	Hug a tree. <input type="checkbox"/>	Build a house for fairies. <input type="checkbox"/>
Read a book in the woods. <input type="checkbox"/>	Fill a basket with nuts, leaves, and sticks that have fallen from trees. <input type="checkbox"/>	Pick up 3 pieces of trash from outside. <input type="checkbox"/>	Identify 3 birds. <input type="checkbox"/>	Throw rocks in a river, pond, or puddle. <input type="checkbox"/>
Plant wildflowers. <input type="checkbox"/>	Build a rock cairn. <input type="checkbox"/>	Slide down a sand or grassy hill. <input type="checkbox"/>	Explore a trail you have never been down. <input type="checkbox"/>	Draw pictures in the dirt. <input type="checkbox"/>
Paint rocks with water and see what colors arise. <input type="checkbox"/>	Splash in a big puddle. <input type="checkbox"/>	Put bugs in a bowl and observe them. <input type="checkbox"/>	Work in a garden or explore a public garden. <input type="checkbox"/>	Pick out how many shades of green you see on a trail. <input type="checkbox"/>
Look for something prickly. <input type="checkbox"/>	Sing in the rain. <input type="checkbox"/>	Plant a seed that you find on the trail (e.g. acorn, pine cone, willow fuzz). <input type="checkbox"/>	Have a picnic. <input type="checkbox"/>	Find a trail with a creek and look for the animals that live in it. <input type="checkbox"/>
Name a trail with your own special name. <input type="checkbox"/>	Make binoculars out of toilet paper rolls and spy something through them. <input type="checkbox"/>	Make a new friend. <input type="checkbox"/>	Walk like a duck, a deer, or a bear. <input type="checkbox"/>	Find different items that are your child's favorite color. <input type="checkbox"/>

www.hikeitbaby.com

OUTDOOR ACTIVITIES



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.

YMCA



COULD GIRLS IN YOUR COMMUNITY BENEFIT FROM YOUR KNOWLEDGE AND EXPERIENCE?

What is Y's Girls mentoring?
The Y's Girls mentoring programme matches trained volunteer mentors with young girls aged 9-14 years old to support them to be their best.

How does it work?
You will be assigned to a local Project Coordinator who will tell you more about Y's Girls mentoring, as well as discuss your interests and availability. You will then be matched with a young person as your mentee.

As a mentor, you will be offered a full package of ongoing training and support for your personal and professional development, to help you and the young person get the most out of the mentoring process.

Over a 12-month period, you will regularly meet with your young person and work together to identify achievable goals to focus on. These goals should empower the young person, building their resilience and enabling them to lead fulfilling lives. As a mentor, you can also help the young person to access activities and services, and try new things.

These sessions also offer an informal environment for the young person to discuss anything that might be worrying them, from family and personal relationships, to lifestyle and education.



Y'S GIRLS MENTORING

Enabling girls to belong, contribute and thrive




Find out more about how you can make a real difference to young girls:
solveig@lisburnymca.com | 07541892140
ymca.org.uk/ysgirls



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE ACCOMMODATION FAMILY WORK HEALTH & WELLBEING TRAINING & EDUCATION

YMCA Housing Support Service



- Supporting individuals to resolve housing issues whilst promoting independent living & preventing homelessness
- 18 to 65 years olds
- Ards & North Down

BCM Floating Support



- Supporting young people to be secure in their homes and to improve their lives
- 16 to 25 years olds
- Ards & North Down

The Link MARC Project



- Supporting individuals experiencing alcohol & substance misuse
- 18 years old & over
- Ards & North Down

Simon Community Floating Support



- Providing community-based housing advice for individuals seeking help to manage their home or live independently
- 17 to 65 years olds
- Kilcooley & surrounding area

Inspire Floating Support



- Promoting mental wellbeing by providing person-centred, housing-related support to clients in their own homes
- 18 to 65 years olds
- Ards & North Down

AGEnda Floating Support

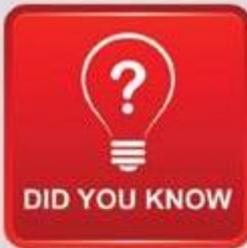


- Providing short term advice & help to make it easier for people to maintain their independence in the home & community
- 65 years olds & over
- Ards area only

Cedar Foundation Floating Support



- Providing 'housing related support' to enable older people to develop independent living skills & maintain their tenancies.
- 55 years olds & over
- Ards, Downpatrick & Lisburn



Did you know there is a **Free & Confidential** 'Stop Smoking Service' for Patients/Clients and Trust staff?

Did you know that you are up to **4 times** more likely to stop with our help?



WHAT WE OFFER:



- One to one friendly help and support
- Information and advice on stopping smoking
- **FREE Nicotine Replacement Therapy** for up to **12 weeks**
- Excellent quit rates.

Whether this is your first attempt, or you have tried several times before, we know how to help you through the process.

Never give up on giving up!



If you need support to stop smoking please contact:
smoking.cessation@setrust.hscni.net

Ulster, Bangor & Ards Hospitals Tel: (028) 9041 3855
Downe & Lagan Valley Hospitals Tel: 07725 218 345
Health Improvement Midwife Tel: 07715 044 886

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.

Youth Health Advice Service

HSC South Eastern Health and Social Care Trust

ymca
north down

YOUTH HEALTH ADVICE SERVICE

RELATIONSHIP & SEXUALITY EDUCATION (RSE)

SEXUAL HEALTH
S.T.I. TESTING & FREE CONDOM SCHEME

DRUGS & ALCOHOL
BASELINE ASSESSMENT & SUPPORT

EMOTIONAL HEALTH & WELLBEING
SIGNPOSTING TO APPROPRIATE CARE



ANNA JOHNSTON
YOUTH SUPPORT WORKER
YMCA NORTH DOWN
07591 840723

FOR 16 TO 25 YEAR OLDS

IN-PERSON SUPPORT
OR BY PHONE, TEXT,
ZOOM & EMAIL

FOR MORE INFO ON YOUTH HEALTH ADVICE

setrust.hscni.net/health-living/youth-health-advice

YHAS@setrust.hscni.net 07753 310352



MONDAY TO FRIDAY 9AM TO 5PM RESPONSE WITHIN 48 HOURS OR NEXT WORKING DAY

Free Relationships & Sexuality Education For Young People

We can provide 2 x 2hr sessions over a 4-week period that includes:

- Healthy relationships
- The human body and development
- Sexuality & sexual behaviour
- Values, rights, culture & sexuality
- Understanding gender
- Violence and staying safe
- Health & wellbeing
- Sexual & reproductive health

Sessions can be provided face to face at your premises. If required we can discuss a blended approach to include zoom. This service is available to groups across Northern Ireland in the community.

12-14 year olds: Contact hello@commonyouth.com | 15-16 year olds: Contact office@relateni.org | 17-19 year olds: Contact nigel@acet-ni.com

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

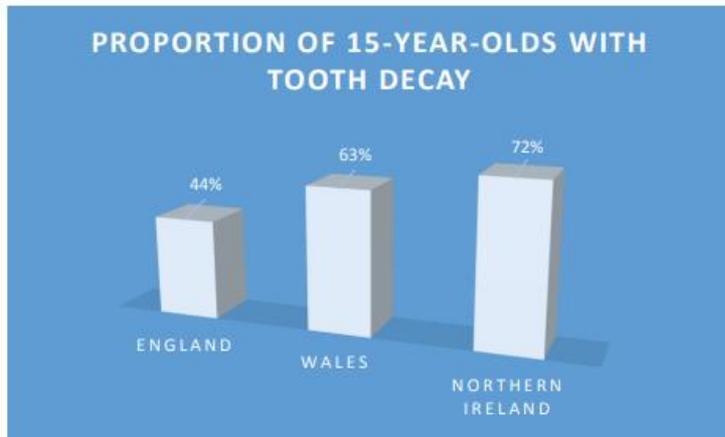
Text-a-Nurse is a new confidential text messaging service for young people aged 11-19

Key facts

- Dental health is widely used as an 'indicative measure' of children's general health.
- Although dental decay can easily be prevented through reducing sugar consumption, regular brushing, and adequate exposure to fluoride, it has emerged as the number one reason why children aged 5 to 9 are admitted to hospital in the UK, and the number of hospital admissions for tooth extractions is rising.
- In Northern Ireland alone, more than 5,100 children were admitted to hospital for tooth extractions last year. In 2016/17 dentists extracted 22,699 teeth, of which 88% were baby teeth, taken out due to decay.
- By the age of 15 just under a fifth (19%) of children in Northern Ireland can be considered to have good oral health overall.

Dental health inequalities

- While there have been headline improvements in the oral health of young people across the UK, inequalities remain stark and persistent.
- Northern Ireland is at the bottom of the league table when it comes to children's oral health outcomes in the UK, with 40% of 5-year-olds showing signs of decay, compared to 25% in England.



Happy Smiles is an evidence-based programme which aims to improve the oral health of children in nursery education.

Research shows that three small steps can significantly improve child oral health. Brushing teeth and gums twice a day with fluoride toothpaste, reducing sugary foods and drinks especially between meals, and, regular check-ups at the dentist are the best ways of preventing dental decay and gum disease.

The three main elements of the Happy Smiles

Mindset is an interactive workshop designed to support people in the area of mental and emotional wellbeing through a range of activities including group work, group discussion and Mindfulness practice.

- Mindset is funded by the Public Health Agency and available to groups within all youth and community settings across Western, Northern, Belfast and South Eastern Trust areas.

- Mindset training is available to the following age groups:

Mindset - young people aged 14 – 17

Mindset – Adults (18+)

The programmes have been developed to meet the needs of the target age groups and to ensure they are interactive and engaging.

- The duration of the programme is 3.5 hours, this can be delivered over one session or split over a number of sessions depending on what would suit the group best

- Worksheets and a certificate of attendance are provided.

- A minimum of 8 and a maximum of 20 participants per workshop.

- Mindset training is FREE of charge, providing the Group source the venue, participants and refreshments.

Aims of the Mindset Programme:

- Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing

- Raise awareness of signs and symptoms of mental ill health

- Promote self-help/resilience techniques and how to maintain a safe level of positive mental/emotional health and wellbeing

- Promote self-care

- Information and/or resources on mental health support organisations available (locally and regionally)

If you would like to book a Mindset Programme please contact:

Hugh Roarty

AMH MensSana Project Worker

Email: hroarty@amh.org.uk

Office: 028 90 278283

Mobile: 07740403724

Twitter: @hugh_amh

[facebook.com/amhmenssana/](https://www.facebook.com/amhmenssana/)

RNIB

See differently

RNIB Parent Carer Facebook Group

A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

<https://facebook.com/groups/140238563264750/>

Need to Talk Project

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services/rnib-northern-ireland/need-to-talk>





Breastfeeding

Good for baby. Good for mum

Why should you breastfeed as a **New Mother?**

- Breastfeeding offers your baby the best start in life
- Breast milk has very special ingredients such as antibodies, hormones and stem cells to help protect your baby now and in the future
- It protects against conditions, including; stomach, chest and kidney infections
- Breastfeeding mums are at lower risk of breast cancer, ovarian cancer and type 2 diabetes

For more info see www.breastfedbabies.org



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



Upcoming Training Courses

Please see below details of our FREE upcoming courses covering Substance Use, Protecting Life and Community training courses. Please note over the summer holiday's we have fewer courses running, so why not book onto a course you might not always get to!

Register and create your Training Member account on our website to book your place: <https://www.ascert.biz/register-landing/>

Working With Young People & Young People	21st&22nd July 2022 10.00 - 13.00	Online Training ZOOM
Safeguarding Children Affected by Parental Substance Misuse	25th July 2022 10.00 - 13.00	Online Training ZOOM
Substance Misuse Awareness	27th July 2022 10.00 - 13.00	Online Training ZOOM
Parental Substance Misuse	28th&29th July 2022 10.00 - 13.00	Online Training ZOOM

If you already have an existing account with ASCERT, click below to see all our upcoming courses

<https://www.ascert.biz/all-courses/>

Foetal Alcohol Spectrum Disorder



If you drink alcohol during pregnancy you risk causing harm to your baby. Sometimes this can result in mental and physical problems in the baby, called foetal alcohol spectrum disorder (FASD).



"Addressing drugs and alcohol together"

**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

cypsp.hscni.net/children-young-peoples-resource-pack

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>



CULTURAL AWARENESS DEFICITS

- ☒ LITTLE AWARENESS OF RELIGIOUS FESTIVALS E.G. RAMADAN
- ☒ MUSLIM CHILDREN EXCLUDED FROM REWARDS AS DON'T EAT GELATIN
- ☒ HOLD ASSEMBLIES TO HELP EVERYONE UNDERSTAND
- ☒ MAKE ADJUSTMENTS DURING RAMADAN E.G. PRAYER ROOM

★ GIVE CULTURALLY APPROPRIATE AWARDS

PARENTS RECOMMEND

★ MORE CULTURAL AWARENESS IN SCHOOLS WOULD HELP INTEGRATION & REDUCE RACISM & BULLYING

LANGUAGE BARRIERS

- ☒ CHILDREN GET BEHIND AS THEY DON'T SPEAK ENGLISH
- ☒ PARENTS CAN'T ALWAYS READ SCHOOL MAIL
- ☒ PARENTS NEED TO UNDERSTAND DIFFERENT CULTURES
- ☒ LANGUAGE SUPPORT NEEDED FOR EFFECTIVE INTEGRATION



★ TEACHERS NEED TO UNDERSTAND DIFFERENT CULTURES

★ LANGUAGE SUPPORT NEEDED FOR EFFECTIVE INTEGRATION



☑ SUPPORTING CHILDREN WITH MOTHER TONGUE & CULTURAL BACKGROUND

PARENTS RECOMMEND

- ★ ADDITIONAL CLASSES
- ★ SUPPORT NEWCOMER FAMILIES
- ★ SECONDARY SCHOOLS - BREAKS BETWEEN SUBJECTS
- ★ TRANSLATE LETTERS INTO ARABIC
- ★ FOUNDATION YEAR TO LEARN ENGLISH

RACISM

- ☒ CHILDREN TREATED DIFFERENTLY
- ☒ EXPERIENCE RACISM
- ☒ DON'T FEEL SAFE AT SCHOOL



GO BACK TO YOUR OWN COUNTRY

SCHOOLS:

- ☒ SUPPORTING NEW CHILDREN EVEN WHEN WRONG
- ☒ COVERING UP RACISM
- ☒ HIDING THE PROBLEM
- ☒ FAVOURING CERTAIN GROUPS OF YOUNG PEOPLE

PARENTS RECOMMEND

★ MORE AWARENESS OF RACISM AT ALL LEVELS

★ TRAINING FOR HEAD TEACHERS

★ EDUCATE CHILDREN ABOUT NEWCOMER FAMILIES & THEIR LANGUAGE & CULTURE

★ SCHOOL/PARENT HOTLINE TO HELP DEAL WITH RACISM ISSUES



☑ CHROME BOOKS PROVIDED IN SECONDARY SCHOOLS

TECHNOLOGY

☒ SOME PARENTS STRUGGLE TO ACCESS ONLINE SCHOOL REPORTS

☒ NEWCOMER PARENTS DO NOT UNDERSTAND SEESAW = CHILDREN CAN'T DO HOMEWORK

PARENTS RECOMMEND

★ ALL NEWCOMER CHILDREN GIVEN A TABLET TO COMPLETE WORK AT HOME



★ OPTIONS FOR ACCESSING INFORMATION

HOME WORK

★ PARENTS CAN'T HELP AS THEY FIND ENGLISH DIFFICULT

★ DEADLINES ARE TOO CLOSE - YOUNG PEOPLE ARE GETTING PENALISED FOR NOT GETTING WORK DONE



AFTER SCHOOL CLUB

★ CHILDREN ARE GETTING PUT OUT OF CLASS AS THEY CAN'T DO THEIR HOMEWORK

★ WOULD HELP WITH HOME WORK

SEXUAL HEALTH

★ MORE CULTURAL AWARENESS & SENSITIVITY NEEDED

★ AGE 14-15 - NOT 11

☑ CHILDREN NEED SEX EDUCATION... IT'S A SPECIALISED SUBJECT THAT NEEDS TO BE TAUGHT YOUNG

PARENTS RECOMMEND

★ FOCUS ON PUBERTY NOT PREGNANCY & STD'S

★ CHILDREN SHOULDN'T RELY ON THE INTERNET FOR INFORMATION

★ PARENTS SHOULD BE ABLE TO WITHDRAW THEIR CHILDREN FROM THE CLASS

NAVIGATING THE EDUCATION SYSTEM

★ MORE INFO NEEDED TO HELP UNDERSTAND KEY STAGES E.G. KS1

★ OFFER GCSE ARABIC OR LINK TO OTHER SCHOOLS WHO DO

★ TO HELP YOUNG PEOPLE CHOOSE THEIR GCSE SUBJECTS



EXPLORING ARABIC SPEAKING PARENTS EXPERIENCES OF THE EDUCATION SYSTEM IN NORTHERN IRELAND

The Parent Participation Service

Northern Ireland Family Muslim Association

Children in Northern Ireland

CYPSP Children & Young People's Strategic Partnership

IMAGETIC.CO.UK

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

The only thing more
exhausting than being
depressed is pretending
that you're not.

PEER SUPPORT & WELLBEING GROUPS FOR PEOPLE WITH ANXIETY & DEPRESSION IN NEWTOWNARDS

An 18-30-year-old wellbeing group runs every other Wednesday & includes refreshments, mindfulness activity and supportive chat to promote better mental health.

A general 18 plus peer support group runs on the alternate Wednesdays & offers a chance to talk to those who understand what you are going through, in a safe, non-judgemental place.

Wednesdays 7pm, IG Podiatry & Wellbeing Clinic,
69 Frances Street

To attend either group, please email info@aware-ni.org



Join us for the
AWARE...
SEA SPLASH!



Sunday 11 September 2022

**TICKETS
£10**

**Mark World Suicide Prevention Day and make a
SPLASH for mental health services in Northern Ireland!**

- Date: Sunday 11 September 2022
- Location: Benone Strand, Limavady OR Ballyholme Beach, Bangor
- Time: 9 am registration. Sea dip commences approx. 9:30 am

All funds raised will go towards supporting local people living with depression, anxiety & bipolar disorder in Northern Ireland.

REGISTER:

aware-ni.org/seasplash

FR
Registered with
FUNDRAISING
REGULATOR
charity number: NIC100561

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Aged 14+ only. All under 18's must be accompanied by an adult.

Locality Planning Meetings for 2022/23

Ards & North Down LPG

To be confirmed

Down Zoom 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.
- 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