Down and Ards & North Down CYPSP Locality Planning Groups

Fortnightly News

Issue 51 August 2022

- Welcome to the 51st 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**

Independent Review of Special Educational Needs

Conversation with Parents / Carers
Zoom Meeting

zoom

Wednesday 23rd August 2022
6pm - 8.30pm

Places limited. Register your interest:
Email: UK-PA-SEN-Schools@ipsosresearch.com
Phone: 028 905 00800

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

CYPSP
Children & Young People's Strategic Partnership

TOGETHER FOR FAMILIES
ARDS & NORTH DOWN

working together and with families
DOWN LOCALITY PLANNING GROUP

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“Healthy Child Healthy Future”

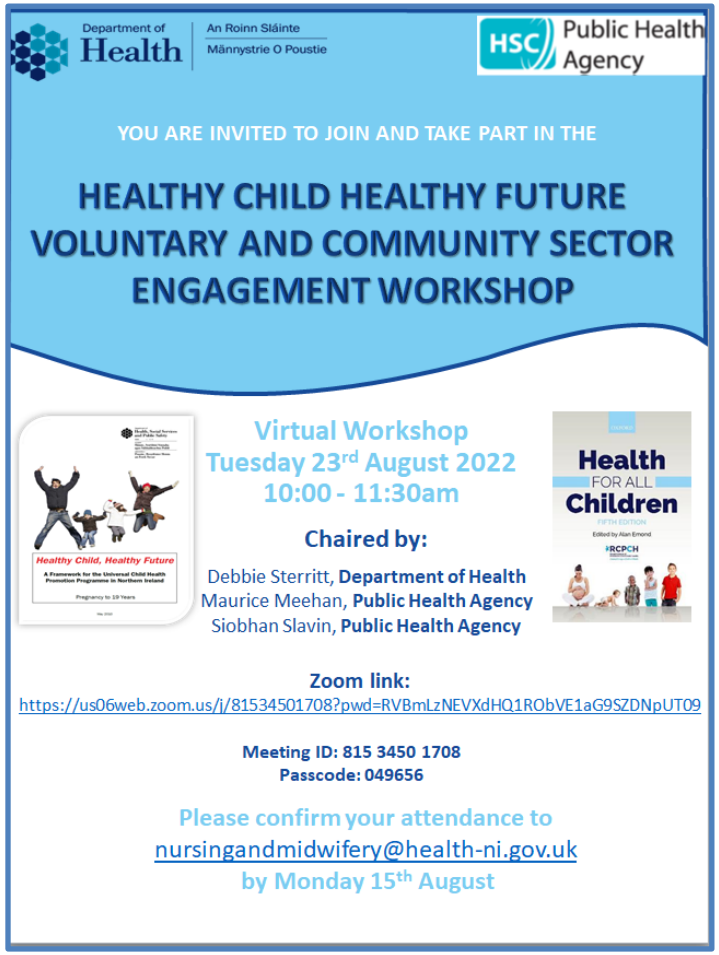
Community & Voluntary Sector We need your help;

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.



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!

County Down Rural Community Network

Healthy Living Centre Alliance

South Eastern Health and Social Care Trust

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)

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

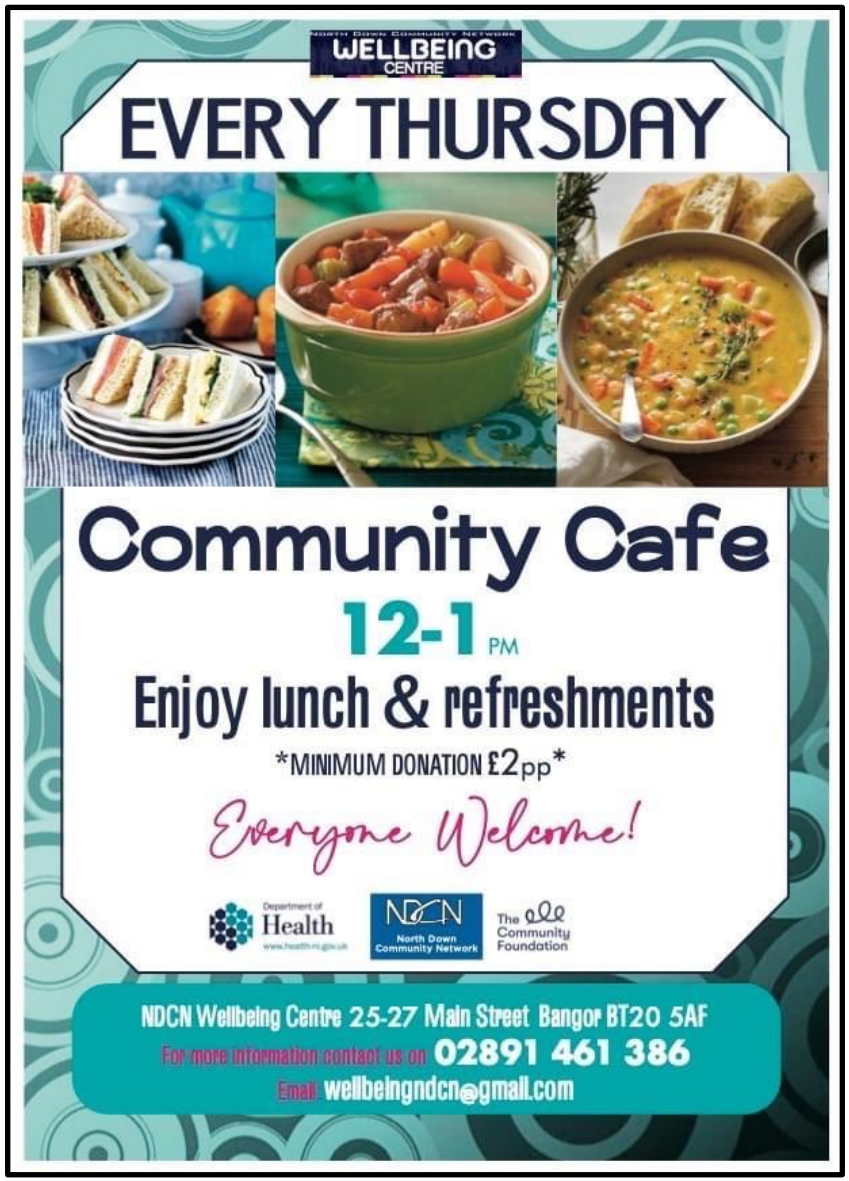
02891828884

North Down Community Network

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

Get directions
028 9146 1386
admin@ndcn.co.uk

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

ARDS PENINSULA KITE FESTIVAL

21ST AUGUST 2022
11AM - 3PM

Millisle Beach Park, BT22 2HS

Come along for a family fun filled day. See the colourful display kites filling the sky. Create your very own kite in our workshop and fly it afterwards!
With food stalls, music and family entertainment including Sand Sculpture and bouncy castles, plan to spend the afternoon in this glorious setting!

For more information
E: kites@ardspeninsula.com

Ards Peninsula VILLAGES Partnership | Department for Communities | An Roinn Pobal | Mànrystrie o Communities | Supported by Ards and North Down Borough Council

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.

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021

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.

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

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.

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021

familysupportNI.gov.uk

Helping You Find the Services You Need

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

South Eastern Trust
Family Support Hub Service during COVID-19

South Eastern Health and Social Care Trust

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

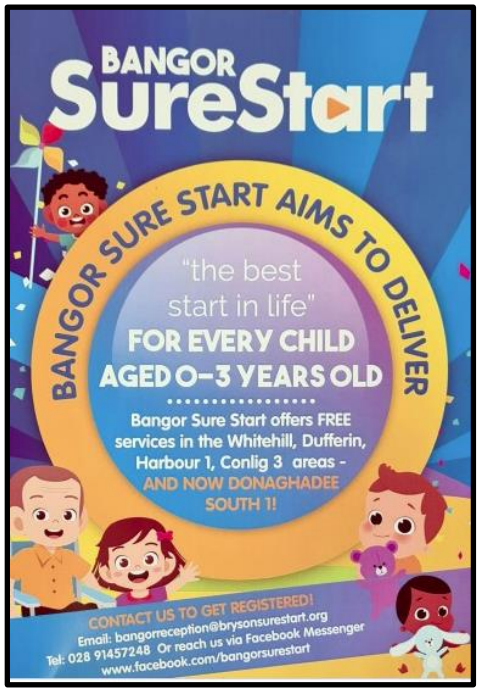
http://www.cypsp.hscni.net/download/fs-hubs/Family-Support-Newsletter.pdf

DOWN SureStart

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



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	Ballyhornan 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	Ballyhornan Community centre	10am-11am
RRST	Mon	8th August	Ballyhornan Community centre	10am-11am
RRST	Mon	15th August	Ballyhornan 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

AND ...

- 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 towelling the skin.

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

South Eastern Domestic & Sexual Violence Partnership

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/

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

Tips for coping with exam results stress

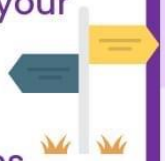
ParentingNI

Get a good night's sleep

If you are well rested emotions are less likely to boil over due to tiredness

Be prepared for 'Plan B'

If the results don't go the way you're hoping for or aren't what you expected, encourage your young person to think about other options



Take your time

Encourage your child not to make decisions too quickly. Sit with them and discuss what they want to do next, weigh up the options

Remember to reassure

Try to promote the positives regardless of the results. Your young person will probably worry about letting you down so reassure them that they won't be letting anyone down and that you will be there for them to work through the next steps

Keep calm and don't panic

If they don't get the results they would have liked encourage them to take deep breaths & relax. It will be easier to process everything & think through their next steps

ParentingNI
Leading charity for parenting support
Helplines Partnership MEMBER
can parent Quality Mark
Helplines NI listen. support. inform
Download the FREE app now
Available on iOS and Android
App Store
Google Play

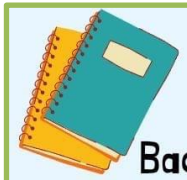
Parents, carers, family members...

if you need us

we're here

0808 8020 400

Parent LineNI



Parent LineNI

0808 8020 400

Back to School...supporting an anxious child

FREE Parent and Carer workshop.

Delivered together with Strive NI. Online via Zoom

Back to school nerves are common amongst children & young people, particularly after the extended summer break. In this workshop we will offer tips and strategies of how to best support your child on the lead up to the school return and throughout the first few weeks. This workshop will be suitable for parents of children in Primary and Post-Primary, including those transitioning into Post-Primary this year.

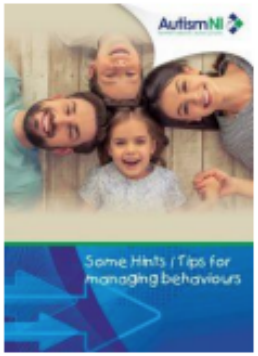
Wednesday 17th August 7pm **Or** Thursday 18th August 10am

Don't forget to follow us on Facebook and Instagram to be kept up to date with upcoming workshops.

Call now for more information or to book your place

0808 8020 400

STRIVE NI



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

Community Advice
Ards and North Down

(Formally Citizens Advice)

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**

Ards and North Down Borough Council

Department for Communities

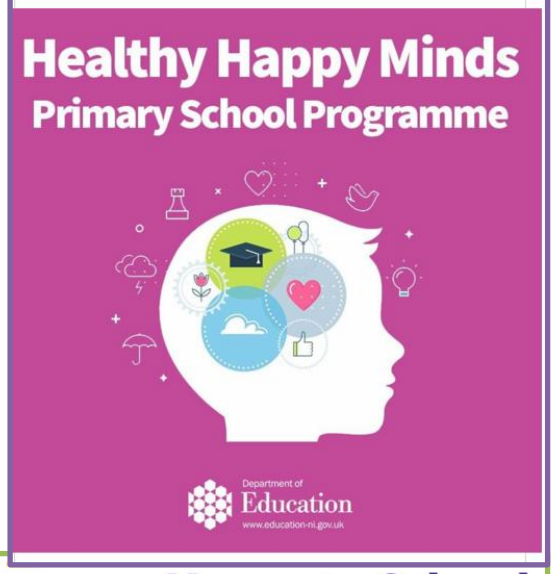
WE ARE MACMILLAN. CANCER SUPPORT

We are delighted to offer **free Elevate training** on using community development approaches to reduce health inequalities.
These interactive training workshops will explore topics such as the social determinants of health, poverty and health, the impact of Covid-19, community development values and how community development approaches can be used to reduce health inequalities. Elevate training will highlight the importance of meaningful engagement with communities where you live and work.

All our sessions are open and interdisciplinary allowing for discussion based learning with good opportunities to build connections across sectors.
Dates are as follows and sessions run from **10am to 1pm and 1:30pm to 3:30pm**. Participants must be available to attend both sessions.
Wednesday 10th August (online)
Tuesday 16th August (online)
Thursday 18th August (online)
Wednesday 24th August (Dungannon)
Thursday 15th September (Belfast)
Tuesday 27th September (online)
Please note there are limited places on each training programme and booking is essential. You can book your place here https://elevateni.org/training/training-dates/

ea Education Authority

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



BBC TINY Happy PEOPLE
TIPS
5 to help prepare your toddler for nursery
Take them on a playdate with other kids
Chat about nursery like it's an ADVENTURE
Point out their nursery when walking past
Nursery
Build a predictable morning routine
Read them a story around going to nursery
Kitty goes to Nursery

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
HSC Public Health Agency

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

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

A small step to a **Giant Adventure** in Visit Mourne

August Activities

FREE No booking required

MOURNE GULLION STRANGFORD
Aspiring UNESCO Global Geopark

Cranfield Beach

Meeting point : Lifeguard's Hut

Thurs 4
10am - 11am / 11.30- 12.30pm

Rock Pools Rock
Discover the wonders of ocean life in the rock pools at Cranfield. Crabs, seaweed, fish, shells - can you find them?

Fri 12
1pm - 2.30pm

Let's go fly a kite
Inspired by the birds and animals of the beach, join us for a fun art activity where you can draw, colour, make and fly your own kite .

Mon 15
1pm - 3pm

Beach Art Family Challenge
Can you make some beach art? Come join us for some art creations from drift materials, shells, and pebbles.

Tues 23
10am - 12pm

Beach Detectives
This fun walk with nature games and activities will take you on a journey to experience the beauty of Cranfield beach's wildlife.
Are you up for some challenges to learn how to care for it in the future and Leave No Trace?

Sat 27
1pm - 4pm

Become a Viking
Come join us to discover the truth about the Norsemen who invaded our shores. Are you brave enough to become a Viking and make a Viking helmet or shield?

Tyrella Beach

Meeting point : Car Park

Thurs 4
2.30pm - 4pm

Walk in the Wild Side
Join our guides to explore Tyrella's amazing sand dune habitat. Play games and take part in fun challenges including art activities.

Tues 9
1pm - 2.30pm

Let's go fly a kite
Inspired by the birds and animals of the beach, a fun art activity where you can draw, colour, make and fly your own kite.

Tues 16
1pm - 3pm

Beach Art Family Challenge
Can you make some beach art? Come join us for some art creations from drift materials, shells, and pebbles.

Wed 24
10am - 12pm

Beach Detectives
This fun walk with nature games and activities will take you on a journey to experience the beauty of Tyrella beach's wildlife.
Are you up for some challenges to learn how to care for it in the future and Leave No Trace?

Sun 28
1pm - 4pm

Become a Viking
Come join us to discover the truth about the Norsemen who invaded our shores. Are you brave enough to become a Viking and make a Viking helmet or shield?

Mourne Mountains & Ring of Gullion
visitmournemountains.co.uk

Suitable for families

Wear appropriate clothing and footwear

Looking for things to do?
Check out our website and follow @VisitMourne on social for ideas

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

Monday 8th August- Friday 12th August

We have availability in our Holiday Club at Bangor West!

Open to all children going into p1-p7

Get in touch for more info:
afterschool@northdownymca.org

ymca after school club

DID YOU KNOW

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:

smoke free

- 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

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

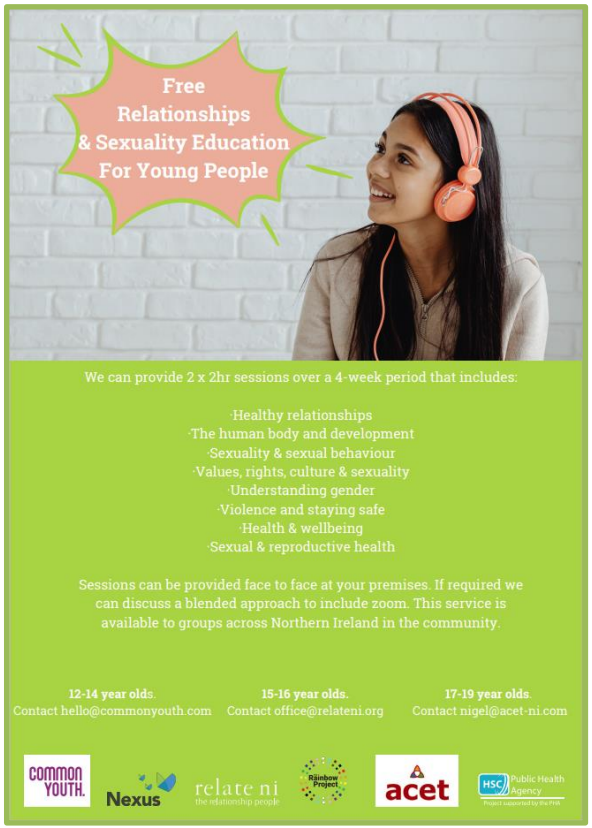
FOR MORE INFO ON YOUTH HEALTH ADVICE

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



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.

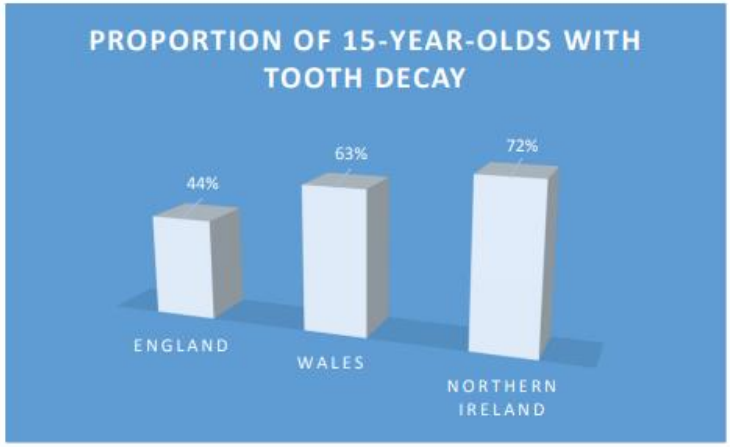
- **The service is available Monday-Friday, 9am-5pm.**
- **South Eastern Trust Text –A-Nurse:**
- **07507 327263**

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 PROGRAMME

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/

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

HSC Public Health Agency

BFF
BreastFeeding Friends
Offering Peer Support to Breastfeeding Mums
HSC South Eastern Health and Social Care Trust

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

ASCERT Workforce Development Training: August 2022
17 August, 10 am - 1 pm
Substance Misuse Awareness
24 August, 10 am - 1 pm
Understanding the Misuse of Prescribed and Over-the-Counter Drugs
22 August, 10 am - 1 pm
Understanding Alcohol
25 August, 10 am - 1 pm
Safeguarding Children Affected by Parental Substance Misuse
23 August, 10 am - 1 pm
Understanding Illicit Drugs
29 & 30 August, 10 am - 1 pm
Working With Young People and Substance Misuse
31 August, 10 am - 1 pm
Substance Misuse Awareness
These sessions will be delivered via Zoom.
ASCERT
HSC Public Health Agency
Project supported by the PHA

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).
drugsand alcoholni
"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

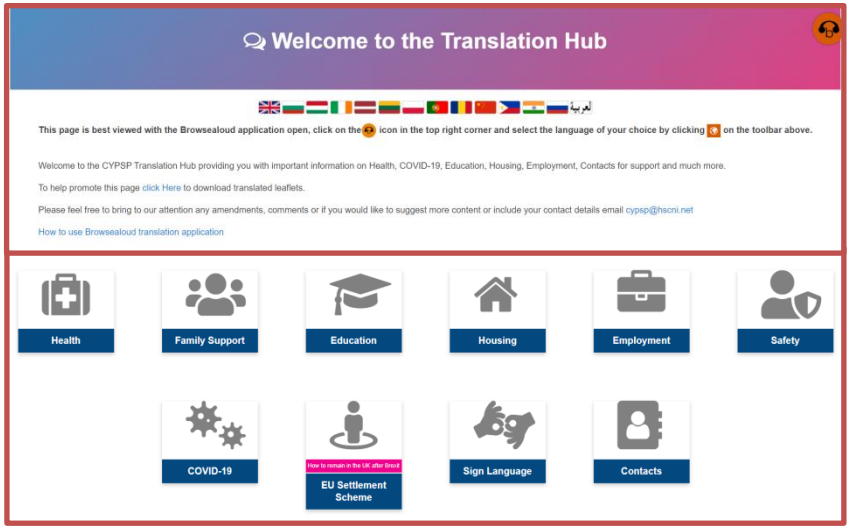
(24hrs Saturday/Sunday/Bank Holidays)

HSC South Eastern Health and Social Care Trust

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**

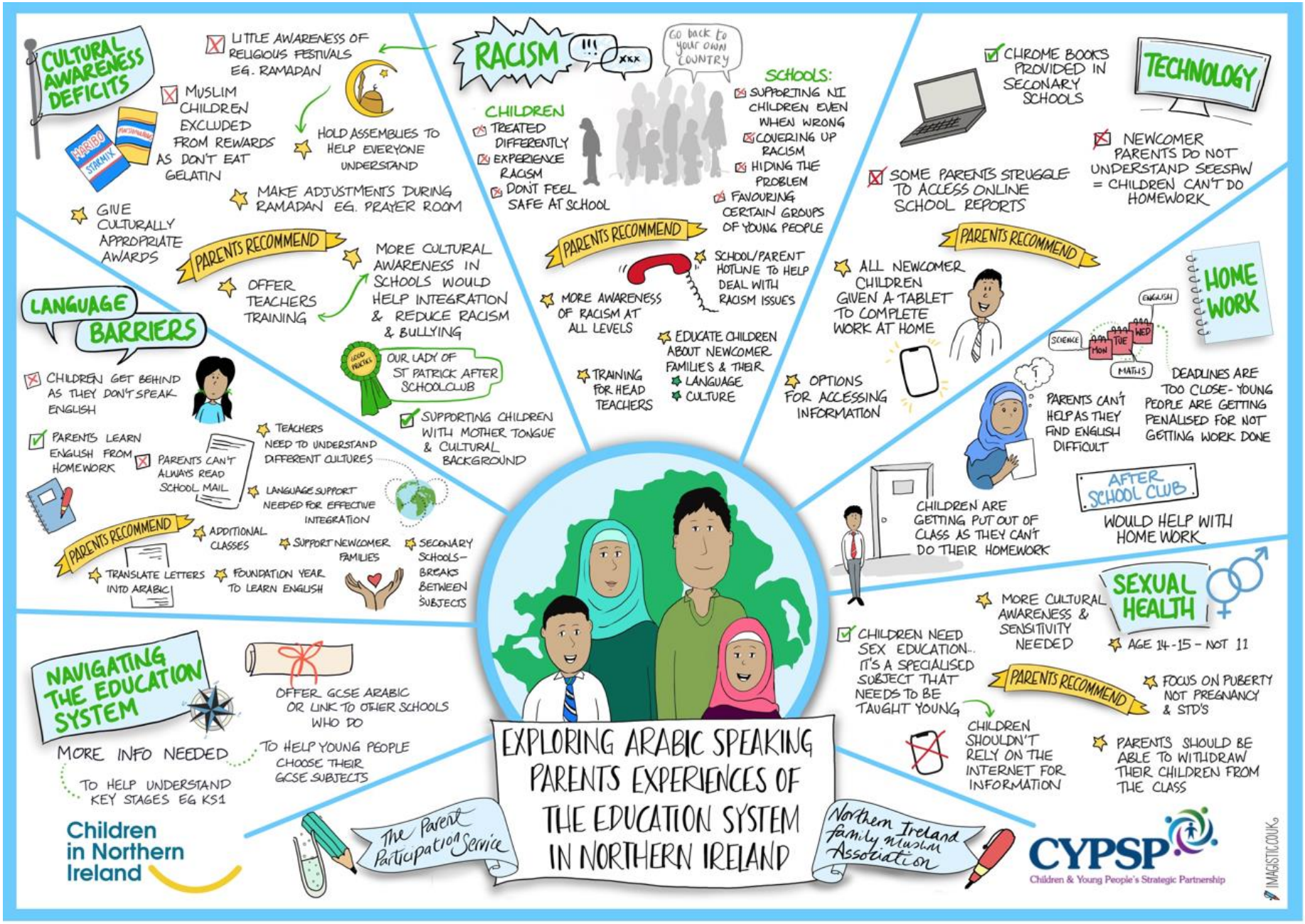
SEHSCT Children's Disability Community Teams are moving to a single telephone number system.
The new single number for the service will be (028) 4451 3938 or EXT 71170.
All previous numbers will be ceased in due course



CYPSP
Children & Young People's Strategic Partnership

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 EG. RAMADAN
MUSLIM CHILDREN EXCLUDED FROM REWARDS AS DON'T EAT GELATIN
HOLD ASSEMBLIES TO HELP EVERYONE UNDERSTAND
MAKE ADJUSTMENTS DURING RAMADAN EG. PRAYER ROOM
GIVE CULTURALLY APPROPRIATE AWARDS
PARENTS RECOMMEND
OFFER TEACHERS TRAINING
MORE CULTURAL AWARENESS IN SCHOOLS WOULD HELP INTEGRATION & REDUCE RACISM & BULLYING
LANGUAGE BARRIERS
CHILDREN GET BEHIND AS THEY DON'T SPEAK ENGLISH
PARENTS LEARN ENGLISH FROM HOMEWORK
PARENTS CAN'T ALWAYS READ SCHOOL MAIL
TEACHERS NEED TO UNDERSTAND DIFFERENT CULTURES
LANGUAGE SUPPORT NEEDED FOR EFFECTIVE INTEGRATION
PARENTS RECOMMEND
ADDITIONAL CLASSES
TRANSLATE LETTERS INTO ARABIC
FOUNDATION YEAR TO LEARN ENGLISH
SUPPORT NEWCOMER FAMILIES
SECONARY SCHOOLS – BREAKS BETWEEN SUBJECTS
GOOD PRACTICE
OUR LADY OF ST PATRICK AFTER SCHOOLCLUB
SUPPORTING CHILDREN WITH MOTHER TONGUE & CULTURAL BACKGROUND
RACISM
!!!
XXX
Go back to your own country
CHILDREN
TREATED DIFFERENTLY
EXPERIENCE RACISM
DON'T FEEL SAFE AT SCHOOL
SCHOOLS:
SUPPORTING NI CHILDREN EVEN WHEN WRONG
COVERING UP RACISM
HIDING THE PROBLEM
FAVOURING CERTAIN GROUPS OF YOUNG PEOPLE
PARENTS RECOMMEND
SCHOOL/PARENT HOTLINE TO HELP DEAL WITH RACISM ISSUES
MORE AWARENESS OF RACISM AT ALL LEVELS
EDUCATE CHILDREN ABOUT NEWCOMER FAMILIES & THEIR LANGUAGE CULTURE
TRAINING FOR HEAD TEACHERS
TECHNOLOGY
CHROME BOOKS PROVIDED IN SECONARY SCHOOLS
NEWCOMER PARENTS DO NOT UNDERSTAND SEESAW = CHILDREN CAN'T DO HOMEWORK
SOME PARENTS STRUGGLE TO ACCESS ONLINE SCHOOL REPORTS
PARENTS RECOMMEND
ALL NEWCOMER CHILDREN GIVEN A TABLET TO COMPLETE WORK AT HOME
OPTIONS FOR ACCESSING INFORMATION
HOME WORK
ENGLISH
SCIENCE
MON
TUE
WED
MATHS
DEADLINES ARE TOO CLOSE - YOUNG PEOPLE ARE GETTING PENALISED FOR NOT GETTING WORK DONE
PARENTS CAN'T HELP AS THEY FIND ENGLISH DIFFICULT
AFTER SCHOOL CLUB
WOULD HELP WITH HOME WORK
CHILDREN ARE GETTING PUT OUT OF CLASS AS THEY CAN'T DO THEIR HOMEWORK
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
OFFER GCSE ARABIC OR LINK TO OTHER SCHOOLS WHO DO
MORE INFO NEEDED
TO HELP YOUNG PEOPLE CHOOSE THEIR GCSE SUBJECTS
TO HELP UNDERSTAND KEY STAGES EG KS1
EXPLORING ARABIC SPEAKING PARENTS EXPERIENCES OF THE EDUCATION SYSTEM IN NORTHERN IRELAND
Children in Northern Ireland
The Parent Participation Service
Northern Ireland Family Muslim Association
CYPSP
Children & Young People's Strategic Partnership
IMAGISTIC.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

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.

ADVOCACY FOR ALL

Inspire's Regional Advocacy Service

Telephone: 0808 189 0036
Webchat: www.inspirewellbeing.org
Email: Infoline@inspirewellbeing.org
Monday—Friday 10.00 am—4.00 pm

inspire

Inspire's regional advocacy service will support people over 18 with mild/ moderate mental health needs eg low mood or motivation, anxiety, poor coping skills, loss of control, stress, isolation, who would have no access to any other statutory commissioned advocacy support.

Advocacy seeks to support people to be listened to and have their views heard. It is concerned with empowerment, autonomy and self-determination, the safeguarding of citizenship rights and the inclusion of otherwise marginalised people. Empowerment, choice and information is critical for people facing mental health challenges because a lack of insight or sense of powerlessness can translate into low coping strategies, leading to demotivation, feelings of low self-worth, non-help seeking and difficulties accessing relevant services.

What we can provide:

- *One to one support to resolve advocacy issues available to every person with mild to moderate mental health issues across Northern Ireland;*
- *Information and signposting for family members and carers;*
- *Access to i-connect, a unique digital wellbeing platform enabling participants to monitor and improve their mental health and wellbeing.*

Referrals will be widely accepted, including from:

- *Individuals;*
- *GPs and primary health and social care;*
- *Voluntary and community organisations;*
- *Local political representatives;*
- *NIHE, Probation Board and other relevant statutory services.*

How to get in touch:

- *A direct telephone referral line;*
- *An online enquiry form;*
- *Live web-chat;*
- *E-mail;*
- *Post;*
- *Advocacy drop in clinics.*

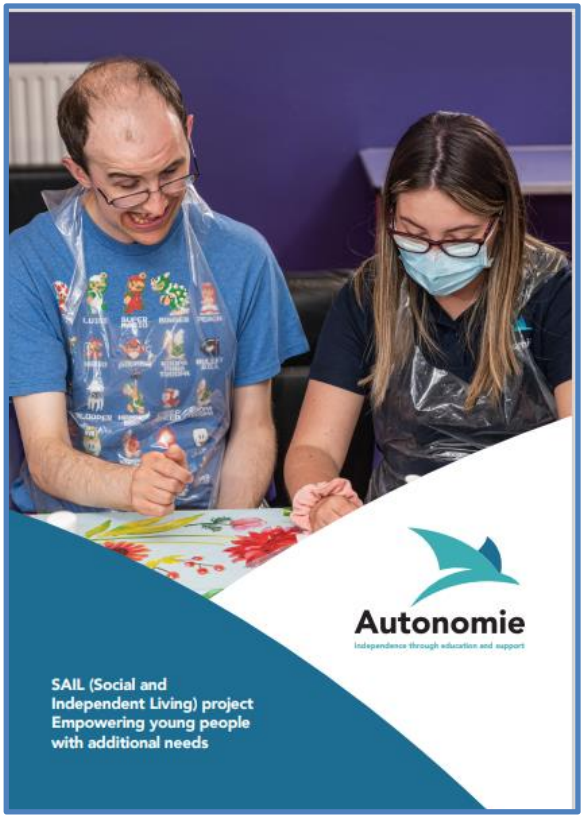
One to One Advocacy Support

We will provide support to people with a wide range of advocacy issues:

- understanding mild/moderate mental health issues and how to engage the appropriate support;
- information and advice on accessing or navigating health and social care services;
- support to engage with health and social care professionals;
- support with physical health needs which impact on their mental health;
- support to formulate complaints to address health and social care concerns;
- facing increased life stressors which may have been aggravated by COVID-19 or symptoms of Long Covid;
- information on navigating the benefit system;
- struggling with housing, employment, debt or substance use issues;
- feeling socially isolated in relation to accessing services.

By creating an advocacy service for people at Steps 1 and 2, we broaden the scope of advocacy and peer support helping to develop resilience and self-help which is consistent with early intervention and prevention and reduces the need for more intensive mental health support services.

For more information contact the team hello@inspirewellbeing.org . This project is funded by the Department of Health's Mental Health Support Fund administered by the Community Foundation for Northern Ireland.



Autonomie

Independence through education and support

SAIL (Social and Independent Living) project Empowering young people with additional needs

SAIL

What do we do?

SAIL (Social and Independent Living) project provides young people aged 16-30 with physical disabilities, mild to moderate learning disabilities, and allied conditions access to an interactive and fun learning experience.

This community-based programme helps young people build self-confidence and develop self-awareness and provides emotional and practical support during transition between adolescence and adulthood.

SAIL offers participants structured opportunities to develop or improve basic independent living skills and empowers them to live more independent and confident lives within their own communities.

Themes and activities include:

- Life choices – How these can impact on all aspects of living
- Keeping safe – Living in local communities
- Living a more independent life – Basic cookery skills, Housekeeping, Budgets and Responsibilities
- Personal awareness – Self-Awareness, Personal Safety, and Personal presentation
- Looking after Mental health – Coping Skills, Triggers and Distractions

Interested?

This 3-year programme launched in May 2021 and is suitable for young people with physical disabilities and allied additional needs aged between 16-30 years old.

SAIL is delivered across 7 local council areas and each 6-month long programme is FREE of charge to attend.

FIND OUT MORE
www.autonomie.org.uk

SAIL
Autonomie
Lilac House
4 Sandhurst Road
Belfast BT7 1PW

T. 028 9591 8051
E. nicoleautonomieorg@gmail.com

KEEP IN TOUCH

@autonomieinfo

Patron: **Oliver Jeffers**

Autonomie is an award-winning charity registered with Fundraising Regulator

FUNDRAISING REGULATOR

Charity Reg. No. **NI420100**

SAIL (Social Independent & Living) is supported by The National Lottery Community Fund NI

COMMUNITY FUND

Autonomie

Independence through education and support

Locality Planning Meetings for 2022/23

Ards & North Down LPG

To be confirmed

Down LPG Ballymote

26th Sept 2-4pm
Ballymote

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