

Fortnightly News

Issue 54 September 2022

- Welcome to the 54th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down.
- 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.

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- Please send us your NEWS!!

FOOD ENVIRONMENT METRICS

PRICE AND AFFORDABILITY

Affordability of a healthy diet

The poorest fifth of UK households would need to spend 47% of their disposable income on food to meet the cost of the Government-recommended healthy diet. This compares to just 11% for the richest fifth.

What needs to happen: Ensure everyone has sufficient income to afford to eat a healthy diet.

Wages in the food system

22% of workers in the food system earn the National Minimum Wage or below, compared to 8% of workers across the whole economy.

What needs to happen: Pay all workers in the food system a wage that allows them to meet their everyday needs.

Cost of healthy food

More healthy foods are nearly three times as expensive per calorie as less healthy foods.

What needs to happen: Rebalance the cost of food so healthy options are the most affordable.

Cost of sustainable alternatives

More sustainable plant-based alternatives are approximately 60% more expensive than dairy milk.

What needs to happen: Ensure that price isn't a barrier to choosing sustainable options, including for people on low incomes.



APPEAL

Advertising spend

Approximately a third (32%) of food and soft drink advertising spend goes towards less healthy food and drink, compared to just 1% for fruit and vegetables.

What needs to happen: Address the imbalance in advertising spend between more healthy and less healthy foods.



OUTCOME METRICS

HEALTH AND ENVIRONMENTAL OUTCOMES

Children's weight

The percentage of children with obesity in their first year of school has risen by nearly 50% in one year, affecting twice as many children in the most deprived fifth compared with the least deprived fifth.

Children's growth

Children in the most deprived tenth of the population are on average over 1cm shorter than children in the least deprived tenth by Year 6 (age 10–11).

Diabetes-related amputations

Nearly 10,000 diabetes-related amputations are carried out on average per year, an increase of 23% in five years.

Healthy life expectancy

Healthy life expectancy in the most deprived tenth of the population is 20 years less for women and 18 years less for men than in the least deprived tenth.

Children's health trajectory

If current trends continue then, amongst children born this year, 1 in 4 will suffer overweight or obesity by the time they start school, rising to 3 in 4 by age 65.

Climate change impact of food

If things continue as they are, by 2050 emissions from the food system will be four times higher than the level that is needed if the UK is to meet its net zero target.



AVAILABILITY

Monitoring of food in schools

25% of state schools in England and 47% of state schools in Scotland are known to be meeting school food nutritional requirements (compliance in the rest is unknown).

What needs to happen: Monitor compliance with school food requirements to ensure that all children can access a nutritious school lunch.

Places to buy food on the high street

More than 1 in 4 (26%) places to buy food are fast-food outlets.

What needs to happen: Use local authority planning powers to reduce the proliferation of unhealthy fast-food outlets.

Sustainability of convenience food in high street retail settings

71% of sandwiches from high street retailers contain meat or fish, with no significant improvement in the past three years.

What needs to happen: Make more sustainable convenience foods the more readily available option.

Business reporting on healthy and sustainable food sales

Just 1 major UK food retailer, caterer or restaurant chain currently reports publicly on sales of healthy foods, vegetables, and animal vs plant-based proteins.

What needs to happen: Require food businesses to report publicly on the proportion of food they sell that is healthy and sustainable.

Sugar in children's food in retail settings

Only 7% of breakfast cereals and 4% of yogurts marketed to children are low in sugar.

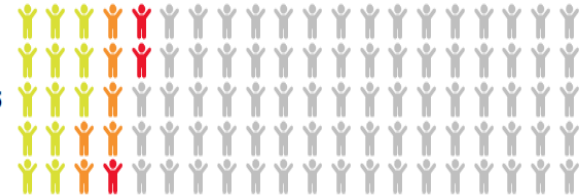
What needs to happen: Reformulate products with too much sugar and stop marketing unhealthy food to children.



Trajectory for children born in 2021

Overweight Moderate obesity Severe obesity Healthy/underweight Deceased

Forecast at age 5



Forecast at age 11



Forecast at age 21



Forecast at age 65



Source: [Broken Plate](https://www.brokenplate.org.uk)

New Baby Activities

Walkie Talkies

Walking group for parents and their babies and/or toddlers in their buggies

Running from 10am – 11am

Starting Monday 5th Sept for 8 weeks

Venue: Londonderry Park, Newtownards



Contact Lauren on 07842322472 for further information

Tree Babies

Forest Bathing as a Therapeutic Activity

Tree Babies classes are designed to introduce parents and babies to forest bathing and mindfulness practices. Sessions include somatic movement, creativity, utilising senses to experience nature, baby yoga principles and a chance to connect with other parents. The classes are designed to be inclusive and baby led for under 1's.



Wednesday mornings 11.00am-12.30pm

4 sessions commencing 22/09/22

Bangor Castle, Walled Gardens

For more information contact: Natasha Higgins

07525349711

natasha.higgins@setrust.hscni.org



Social Farming Awareness Week

Monday 3rd October - Friday 7th October
Open Social Farm visits across Northern Ireland

The purpose of Social Farming Awareness Week is to see a Social Farm in practice, hear from the farmer and the participants and to find out more.

Who is it for?

Referral organisations, potential participants and their families/carers, farmers who are interested in potentially delivering Social Farming and anyone who could support the development of Social Farming.

Booking is essential as numbers are limited.

Book via the Google Form attached.

Participating Farms

Monday 3rd October

10.30am - 12.30pm

Laurelview Equestrian Centre & Farm - Templepatrick, Co. Antrim

Tuesday 4th October

10.30am - 12.30pm

Annagh Social Farm - Derrylin, Co. Fermanagh

Wednesday 5th October

11.00am - 1.00pm

Jubilee Farm - Glynn, Co. Antrim

Thursday 6th October

11.00am - 1.00pm

Yellow Road Farm - Hilltown, Co. Down

Friday 7th October

11.00am - 1.00pm

Behind the Stable Door Farm - Bangor, Co. Down

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

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



A poster for the Community Cafe at the NDCN Wellbeing Centre. The poster has a teal and white patterned background. At the top, it says 'WELLBEING CENTRE' in a small box, followed by 'EVERY THURSDAY' in large, bold letters. Below this is a photograph of a meal consisting of a green bowl of soup, a bowl of sandwiches, and a bowl of bread. The text 'Community Cafe' is written in a large, dark blue font, followed by '12-1 PM' in a smaller, teal font. Below this, it says 'Enjoy lunch & refreshments' in a dark blue font, and '*MINIMUM DONATION £2pp*' in a smaller, dark blue font. A handwritten-style pink text says 'Everyone Welcome!'. At the bottom, there are three logos: the Department of Health, the NDCN logo, and the Community Foundation logo. The address 'NDCN Wellbeing Centre 25-27 Main Street Bangor BT20 5AF' is written in a teal box, followed by 'For more information contact us on 02891 461 386' and 'Email: wellbeingndcn@gmail.com'.

It's time for Coffee Morning and you're invited

Let's do whatever it takes
to support people living
with cancer.

Place: Community Advice Ards
and North Down
Date: 28th Sept 2022
Time: Weds, 10-12 noon
Contact: 30 Frances Street
Newtownards
BT23 7DN



Simply scan this QR code with your phone
to donate to your host's Coffee Morning.

It's easy, quick and secure.

Thank you.



Headline Partners

Official Sponsor

MACMILLAN
CANCER SUPPORT



COSTA
COFFEE



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (804). Also operating in Northern Ireland. MAC19085

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

SEPTEMBER 2022

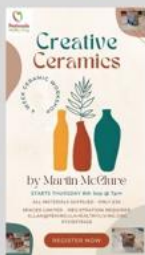
THE PENINSULA POST

DELIVERING ALL THE LATEST NEWS FROM PHLP



COMMUNITY

The 'clay man' and amazing local artist Martin McClure will be returning on Thursday 8th September at 7pm for another 4 week run of his amazing Creative Ceramics workshops. For only £30 you get to design, create, paint, glaze and keep your very own 3d ceramic art piece. Numbers for this are limited so please contact allan@peninsulahealthyliving.org to register.



We were once again delighted to host our great friends at Diabetes UK for another of their Live Well Hubs. Entitled 'Eating with Diabetes' the experts came along with a local diabetes dietician and were able to answer some questions and provide some great information on how your diet can affect your diabetes. They will be back for more workshops on the 7, 14 & 28th September at 10:30am so please call in with your questions for the experts.



INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



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.



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.



Our 8-week award winning 'Better Days' chronic pain management programme will be returning on Tuesday 4th October, this is a social, physical and mental health programme designed to support people living with pain. If you or someone you know would like to register please contact allan@peninsulahealthyliving.org.



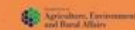
WHAT ELSE IS ON OFFER?

Our good friends at Ards Council are still working in the centre so please be careful when coming in, some of our classes are still using Maxwell Court, please see the timetable for more details. Our new stability ball class has been a bouncing success on Monday nights, please contact us to reserve a place. Helen from community advice is still visiting the centre and The Peninsula Paddlers have been back making waves, while our Walking and Nordic walking groups have been busy exploring the beautiful Ards Peninsula. Please contact us on 028 42739021 for more details on any of these services or activities.

| CLASS & GYM TIMETABLE - SEPTEMBER 22 | | | |
|---|----------|----------------------------------|-------|
| TO BOOK YOUR CLASS CALL 028 42739021 OR EMAIL: ALLAN@PENINSULAHEALTHYLIVING.ORG | | WHEN WE ARE OPEN THE GYM IS OPEN | |
| MONDAY | 9:30 AM | PHLP WALKING GROUP | CAROL |
| | 10:00 AM | PHLP WALKING GROUP | CAROL |
| | 1:30 PM | SPIN | CAROL |
| | 5:30 PM | SPIN | CAROL |
| | 6:15 PM | FATBURN EXTREME | ENMA |
| | 6:15 PM | STABILITY BALL @ MAXWELL COURT | CAROL |
| TUESDAY | 9:30 AM | SPIN | CAROL |
| | 1:30 PM | SPIN | CAROL |
| | 5:00 PM | NETTLEBELLS | CAROL |
| | 6:00 PM | 1 HOUR CIRCUITS | ENMA |
| | 7:00 PM | WEN ONLY | ENMA |
| WEDNESDAY | 9:15 AM | SPIN & FREE NIGHTS CLASS | CAROL |
| | 10:15 AM | FALLS PREVENTION | CAROL |
| | 11:00 AM | GENTLY DOES IT @ MAXWELL COURT | CAROL |
| | 12:30 PM | WALKING GROUP | CAROL |
| | 2:00 PM | CHI-WE | CAROL |
| | 5:30 PM | SPIN | ENMA |
| | 6:00 PM | PLATES @ MAXWELL COURT | CAROL |
| | 6:15 PM | SPIN | ENMA |
| THURSDAY | 5:45 PM | SPIN | ENMA |
| FRIDAY | 6:00 AM | SPIN | ENMA |

MEMBERSHIP CORRECTION: THE TEST OF EACH MONTH \$25 MONTHLY IS THE CORRECT RATE. PAY AS YOU GO CLASS RATE IS \$10. ALL CLASSES WILL BE CANCELLED IF YOU DO NOT SHOW UP TO THE CLASS. ALL CLASSES WILL BE CANCELLED IF YOU DO NOT SHOW UP TO THE CLASS. ALL CLASSES WILL BE CANCELLED IF YOU DO NOT SHOW UP TO THE CLASS. ALL CLASSES WILL BE CANCELLED IF YOU DO NOT SHOW UP TO THE CLASS.

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 Family Support Hubs provide early intervention family support services to vulnerable families and children aged 0-17. A Family Support Hub is a multi-agency network of statutory, community and voluntary organisations that either provide early intervention services or work with families who need early intervention services. The Hub accepts referrals for families who need early intervention family support and uses their knowledge of local service providers to signpost families with specific needs to appropriate services. The Hub also has a number of contracts with voluntary/community organisations who provide support on their behalf.

The specific purpose of Hubs is as follows –

- a. To improve access to early intervention family Support services by matching the needs of referred families to family support providers
- b. To improve co-ordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers
- c. To improve awareness of early intervention family support services

The Hubs look at the needs of families and work to match families' needs to the best possible service or services that can help.

The Hubs cover all of South Eastern Trust area.

Karen Otley
Family Support Co-ordinator (Trustwide)
Laganside House
Lagan Valley Hospital
For any queries please contact:
Direct Dial: 02892501357
Internal ext: 84441

HSC South Eastern Health and Social Care Trust



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

www.downsurestart.org



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@brysonsuresstart.org
 Tel: 028 91457248 Or reach us via Facebook Messenger
www.facebook.com/bangorsurestart



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...
 @bangorsurestart

www.ndawomensaid.org info@ndawomensaid.org







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



STAY Project
Supported Transition &
Accommodation for Young People

We need your help!

STAY is a new fostering service developing in the South Eastern Area. STAY offers supported lodgings for 16-24 year olds who are in education, training or employment and require a helping hand to live independently. STAY does not require you to leave your job and you will receive support and training to mentor the young person in your home.

If you're interested, please do not hesitate to contact us on the details below:

Christopher Pegg
(Christopher.pegg@setrust.hscni.net)
07712543780
Beverly Brown (Beverly.Brown@setrust.hscni.net)
07889590688

[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





YGAM



YGAM is an award-winning registered charity with a social purpose to inform, educate and safeguard young people against gaming and gambling harms. We provide fully funded workshops and resources for parents, carers and professionals working with children and young people.

City & Guilds Assured Gaming and Gambling Awareness and Harm Prevention: Education

Available for: Teachers, youth workers and professionals who work directly with children and young people

Topics we cover:

- Gaming and gambling harms
- Advertising and legislation
- Mental health and wellbeing
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Where to get help and support

On completion you will have access to over 1000 resources which you can download and use in your practise. Our school resources are mapped to the relevant curriculums from KS2 – KS5/16+.



City & Guilds Assured Gaming and Gambling Awareness and Harm Prevention: Supporting Children in Care

Available for: Foster carers and children's residential care teams.

Topics we cover:

- Why children might game/gamble
- The additional vulnerabilities children in care might face
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Tips and techniques to support the children in your care
- Where to get help and support

On completion you will have access to a workbook with some printable templates and activities to use with the children in your care.

City & Guilds Assured Gaming and Gambling Awareness and Harm Prevention: Supporting Children and Vulnerable Families

Available for: Social workers, family support teams and professionals who work with children and their families.

Topics we cover:

- Why young people game/gamble
- Influences, advertising, and legislation
- The blurred lines between gaming and gambling
- Risks and the potential for harm
- Spotting the signs of harm
- How you can help and support

On completion you will have access to over 1000 resources including 1:1 and small group work activities which you can download and use in your practice.

Gaming and Gambling Awareness and Information Session: For Parents

Available for: Parents, carers and guardians of children and young people.

Topics we cover:

- Gambling: exploring the influences on children and young people.
- Gaming: discussing the benefits and concerns
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Useful tips to create a healthy gaming balance and support your child
- Where to get help and support

Visit our Parent Hub at www.parents.ygam.org which aims to provide parents with the information they need to help safeguard their children from the potential harms of gaming and gambling.

Our workshops are available across England, Wales, and Northern Ireland. Our workshops are evidence led and independently evaluated, written, and informed by qualified teachers, care leavers and people with lived experience of gambling harms.

Hear what those who have attended our training have to say:

"Excellent training session...the course will be used widely across my role as a Pastoral Coordinator for Key Stage 4 in a high school - I had reasonable gambling knowledge, but I was especially interested to learn about the gaming side which was an eye opener. Thank you!"
Secondary School Teacher, Wales

"This course has provided a lot of openness and reflection for myself, it is particularly useful as a manager to ensure staff have access to a lot of specific resources and support when issues arise involving addictions and the wider impact."
Youth Worker, Northern Ireland

The training is very relevant for the teenagers we teach, and I know that colleagues feel better informed and more confident about how to discuss these important issues with them now. We are looking forward to using a range of the resources shared with us in our weekly PSHE lessons."
Assistant Headteacher; London

"Warm, empathic trainers. Kept to time, all very relaxed and easy for parents to engage with and ask questions. Very useful to see we are 'not alone', and concerns shared".
Parent, North West

"This was the best prepared online training I have received, and I've participated in many over the past 2 years. Everything was clear and the delivery was excellent. I will definitely recommend this training to friends and colleagues".
Foster Carer, West Midlands

"I did not know how to address gaming and gambling issues with families before this training. I now feel confident in starting conversations about the positives and negatives of gaming and know I can use YGAM materials to assess risk and harm if needed in the future".
Social Worker, Middlesbrough



For further information or to book on to our training please contact training@ygam.org or contact Helen at Helen@youthworkalliance.com



**We're here
for you**



Top Tips for Parents

Help with Homework

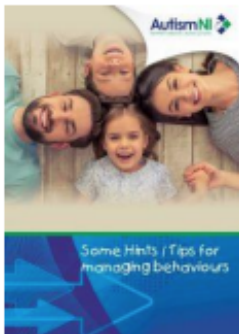
Come and join us for a FREE online session

Thursday
29th September 2022

10.00am - 11.00am

This session will explore supporting and encouraging children with homework, aiming to help make homework time less stressful for all.

Register now at
Support Line:
0808 8010 722
www.parentingni.org



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

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

0808 8020 400



On the Waiting List... Now what?



FREE Parent and Carer workshop.
Delivered together with Strive NI. Online via Zoom

For Parents/carers
who have children
on waiting list for
Autism
assessment or
considering it.

What can you as a parent do to prepare for the Autism assessment?
How can I explain it to my child?
Possible outcomes from the assessment and what do they mean?
Strategies you can put in place now while you wait
Q&A session

Monday 5th Sep 7pm

Or

Friday 9th Sep 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



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:

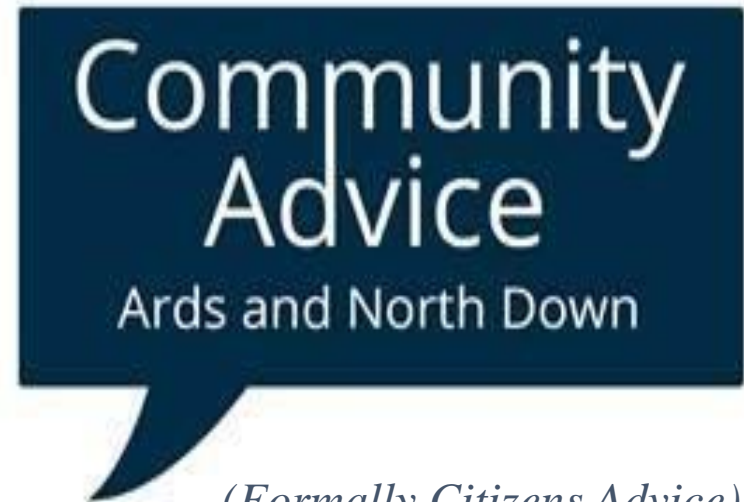
Debt
Social Security Appeal Tribunals
Welfare Reform
Legal
Employment Issues

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



(Formerly Citizens Advice)

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:
02871 345 533
02871 382 260
www.21.training

**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
Belfast Central Mission
Improving people's lives in Northern Ireland

f
t
@wearebcm

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/>

Student Finance

Important Information for
Parents of First Time Students

If your child is starting an undergraduate course in September 2022 and is applying for Student Finance, you should submit your household details online.

You will need to open a new Student Finance account which will be linked to your child's.

Visit studentfinance.ni.com to register and complete your household details to support your child's application.



BACK TO SCHOOL HELPLINES

Admissions:

028 95 98 55 95

Meals & Uniform:

028 90 41 80 44

Transport:

028 95 98 59 59

Special Educational Needs:

028 95 98 59 60



#wearebacktoschool



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



Supporting Young People in Care to ACHIEVE in Education

Contributors include:

Anne-Marie Bagnall
Education Authority

Ashleigh Galway
Principal, Currie Primary School

New Start Education

VOYPIC

10am-3pm
City Life Church
142 Northumberland St
Belfast, BT13 2JP

To book through eventbrite
please scan QR code
Lunch provided



SCAN ME

katem@includeyouth



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




Build a predictable
morning routine



Read
them a
story
around
going to
nursery




HSC Public Health
Agency



Freshers

COVID-19 first, second and booster doses are still available to those who are not yet fully vaccinated.

COVID-19 vaccine



Drugs warning

Young people hospitalised after vaping 'spice'

Reports suggest young people thought they were using cannabis oil but were unknowingly supplied with 'spice'.

Do not use unregulated vaping substances -
they can kill.

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



Regional Integrated Support for Education NI (RISE NI) is an early intervention service. Our aim is to help children enjoy, achieve, and learn to the best of their ability in school.

RISE NI supports children in mainstream schools by working closely with parents and education staff to help children develop the foundation skills for learning.

The multidisciplinary team supports 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 Team:

•**Team Co-ordinator**

•**Behaviour Therapists** – help children to develop and manage themselves in relation to their emotions, behaviour and self confidence

•**Dietitian** – helps to promote healthy eating choices

•**Physiotherapists** – encourage the development of movement, balance and co-ordination skills

•**Occupational Therapists** – help children develop their attention, fine motor (including handwriting), organisation and co-ordination skills

•**Social Workers** – support parents and children by providing advice and information to access appropriate services

•**Speech and Language Therapists** – help children develop their listening, understanding and expression of spoken language and speech sounds

•**Psychologists** – help children develop and maintain positive relationships, understand their emotions and cope with changes

•**Therapy Assistants** – help the other team members to carry out programmes with children

Clerical Staff

Contact Details;

RISE NI

8 Moss Road

Ballygowan

Co Down

BT23 6JE

[\(028\) 9752 0941](tel:02897520941)

info.riseni@setrust.hscni.net



ABC PiP

8 Moss Road

Ballygowan

BT23 6JE

tel:028 95988056

ABC PiP

The Attachment, Bonding & Communication Parent Infant Partnership is a Specialised Parent infant Relationship Team which offers a home visiting service to families across the South Eastern H&SCT area.

The service focuses on improving Parent infant Relationships and creating stronger bonds and attachment in the First 1001 Days (pregnancy – age 2). This is achieved through 1:1 and small group work using a range of approaches.

The service has been developed through a strategic partnership between Barnardo's NI, South Eastern H&SCT and Tiny Life; supported by parent Infant Foundation. The ABC PiP Team also focus on the wider systems affecting infants and their families and how these can be changed/improved.

 South Eastern Health
and Social Care Trust

 PiP
Attachment, Bonding & Communication
Parent Infant Partnership

 Mellow
Bumps

Mellow Bumps Virtual Group

More info contact the ABC Office:

 028 9598 8056



Walkie Talkies

Walking group for mums and their babies and/or toddlers in their buggies.

Running from 11am-12pm and beginning on the following dates:

Tuesday 26th April - Colin Forest Park

Wednesday 27th April - Castlewellan

Thursday 28th April - Bangor



Contact the ABC Office on
028 9598 8056 for more information.



South Eastern Health
and Social Care Trust



Infant Mental Health Lunchtime Learning

These Lunchtime Learning sessions aim to provide a space for shared learning, discussion and collaboration for those working to support babies, infants and their families.

Join us online to hear from services on how they are supporting positive infant mental health. Each session lasts one hour, with a short presentation and time for discussion and questions.



31 August
12-1

The psychoanalytic observational approach to working with infants and families
Tavistock M7/M9 course leads

[Click here
to register](#)

28
September
12-1

Helping families meet the psychological challenges of the Neonatal Unit
Northern Health and Social Care Trust

[Click here
to register](#)

26
October
12-1

Breaking the stigma around maternal mental health
Maternal Advocacy and Support Project

[Click here
to register](#)

30
November
12-1

Infant mental health awareness raising and prevention through Mood Matters parent and baby programme
AWARE

[Click here
to register](#)

If you are interested in presenting your work at a future session, please email
Claire Dorris cdorris@ncb.org.uk for more information.

Building resilience – Top tips

Normal Setbacks

Explain that it is not unusual to experience difficulties in life and show them that problems can be solved. Let your child know it is okay to make mistakes and learn from them to help make better decisions the next time.



Keeping perspective



Encourage your child to keep things in perspective by looking at problems within the bigger picture. Remind them that bad feelings don't last, can have a purpose and can prompt us to do things differently in the future.

Provide opportunity for learning

You can illustrate resilience to your child by pointing out how characters overcame difficult scenarios when reading stories together.



Positivity



Model resiliency in your own behaviour. Remain calm & consistent in how you handle challenges. Create a positive environment emphasising the importance of relationships.



Hang on to humour



Remember the importance of having fun – laughter is a great way of reducing tension. Well intentioned, playful humour can help you and your child get through tough times.



Support

Provide your child with support and help them manage their emotions. Let them know that they are loved & you are there to give help & advice when they need it



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@lisburyymca.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

Weekly Programme - Autumn/Winter 2022

Monday

Yspace Community Cafe
10-2pm
Pop in for a cuppa, everyone is welcome

Creative Connections
10-12pm
Booking is Required (Creche spaces are available)

BME Women's Group
10am -12pm

Community Lunch
12-2pm
Everyone is welcome, enjoy a delicious hot lunch.

Tuesday

Yspace Community Cafe
10-2pm
Pop in for a cuppa, everyone is welcome

Health & Well-Being 4 - week Programmes
10-12pm
more details on our social media channels

CHAT@ the HUB
(12+)
3-6pm

Skills and Training
(16+)
7-9pm

Wednesday

Yspace Community Cafe
10-2pm
Pop in for a cuppa, everyone is welcome

Community Lunch
12-2pm
Everyone is welcome, enjoy a delicious hot lunch.

55+ Friendship Group
2-3.30pm
Social group for people aged 55+

Afternoon drop in @the HUB
(12+)
3-6pm

Junior Youth Club (7-11 yr olds) 6.30-8pm
Senior Drop In (12-17 yr olds) 8-9.30pm

Thursday

ESOL Class
10am-12pm
(Creche available Booking is Required)

Drop-In Advice Clinic
10am-12pm
For Ukrainians and their Sponsors

Men's Group
11-1pm

Afternoon drop in @the HUB (12+)
3-6pm

Junior Youth Club (7-11 yr olds) 6.30-8pm
Senior Drop In (12-16 yr olds) 8-9.30pm

Friday

Welcome Cafe
10-12pm
For Ukrainians and their Sponsors (Creche available Booking is Required)

Afternoon drop in @the HUB (12+)
3-6pm

North Down YMCA
10-12 High St, Bangor
BT20 5AY
Telephone 02891 45290
www.northdownymca.co.uk





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:

free smoke

- 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

Menopause Health Event

Interactive seminar with Dr Gwyneth Hinds on
"Living Life Well Through The Menopause and Beyond"

Pre-booking Essential via Eventbrite
Please scan QR Code or call Caroline McGrath on 07834929105
for more information

Trinity Methodist
Church Lisburn



Doors Open 6:30PM

Information stands will
include: Boots pharmacist,
health advice and community
organisations

Free Blood Pressure Checks

Complimentary Tea & Coffee Provided



South Eastern Health
and Social Care Trust



Health Development
Department

Do you need support to lose weight & make healthier choices?

We are running a 12 week group support
programme to help you learn small steps to
improve your health and wellbeing?

MOMENTA ADULT WEIGHT MANAGEMENT PROGRAMME is a weight loss and healthy lifestyle intervention. Introducing behavioural change skills to maximise outcomes from the programme, such as keeping food and activity diaries, setting SMART goals, weight tracker etc.

Patients who are over age of 18 years old can refer themselves to this weight management programme run by South Eastern Health and Social Care Trust.

ADULT WEIGHT MANAGEMENT PROGRAMME REFERRAL CRITERIA

- People who are overweight and have Body mass index more than BMI 25 (www.nhs.uk BMI Healthy Weight calculator)
- People who are motivated to adopt healthier lifestyle.
- People who live in South Eastern Trust
- Consult a GP before starting if you have a medical condition.

If you meet the criteria and wish to register or if you would like more information please email or phone us.

Email on: adultweightmanagementservice@setrust.hscni.net

Telephone 078 9002 2499

(If unanswered please leave a voicemail and your call will be returned asap)



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.

"How Do We Build Resilience In Ourselves And Our Children?" with Ed Sipler
<https://www.buzzsprout.com/861409/11113245>

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

Exam results celebrations

Talk about alcohol and drugs to our young people

Do

- Make the first move to start the conversation
- Take time to listen & respect their views
- Talk about the risks & consequences
- Think about your own actions & influences

Don't

- Wait until there's a problem before talking
- Assume your child doesn't want to talk
- Assume they already know everything
- Interrupt or be judgmental

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 to chat about your health concerns



If you are aged 11-19 and are worried
or concerned about any aspect of your
health and wellbeing send a text to

07507 327263

and chat in confidence with a school nurse.

We are here to help and can offer advice
around many health issues including:

- Emotional Health & Wellbeing
- Self-Harm
- General Health
- Drugs
- Stress & Anxiety
- Bullying
- Body Image
- Alcohol
- Sex & Sexuality
- Contraception

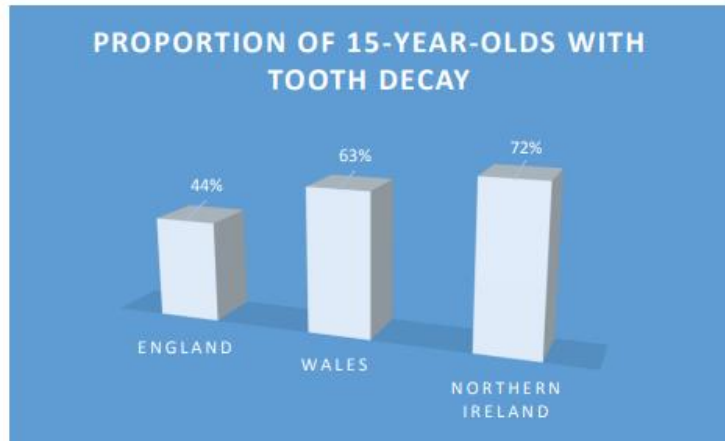
<https://pha.site/textanurse>

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/

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



Public Health
Agency



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



ASCERT September Training Courses

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

| | | |
|---|---|-----------------------|
| Employment Support Allowance | 6 th &7 th September 10.00 – 13.00 | Online Training- ZOOM |
| Understanding Alcohol | 09/09/2022 10.00 – 13.00 | Online Training- ZOOM |
| Understanding Prescription & OTC Drugs | 12/09/2022 10.00 – 13.00 | Online Training- ZOOM |
| Understanding Illicit Drugs | 14/09/2022 10.00 – 13.00 | Online Training- ZOOM |
| Foundation Module- Children, Young People& Families | 15 th , 22 nd & 29 th September 10.00 – 13.00 | Online Training- ZOOM |
| Substance Misuse Awareness | 16/09/2022 10.00 – 13.00 | Online Training- ZOOM |
| Working With Young People& Substance Misuse | 19 th &20 th September 10.00 – 13.00 | Online Training- ZOOM |
| Safeguarding Children Affected by Parental Substance Misuse | 21/09/2022 10.00 – 13.00 | Online Training- ZOOM |
| Understanding Alcohol | 26/09/2022 10.00 – 13.00 | Online Training- ZOOM |
| Understanding Illicit Drugs | 27/09/2022 10.00 – 13.00 | Online Training- ZOOM |
| Understanding Prescription & OTC Drugs | 28/09/2022 10.00 – 13.00 | Online Training- ZOOM |

**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

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

The Children & Young People's Resource Pack has been updated to include new resources on disability, mental health, bereavement, education, plus much more. Make sure to check out the new resources in the Educational Resources & Activities section to support those awaiting exam results.

There is also a completely new section full of resources to support children/young people and their parents with starting/returning to school/education.

Download your copy at:

<https://cypsp.hscni.net/children-young-peoples-resource-pack-august-2022/>

Resources and activities are free and in the public domain.

We will continue to update the resource pack periodically, so keep an eye out on our website <https://cypsp.hscni.net/> and social media platforms.



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>

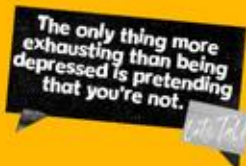




“Autumn, the season that teaches us that change can be beautiful”. Unknown

| COURSE | SESSION | DATES | TIME | LOCATION | REGISTER |
|--|---------|--------------------------------------|-----------------|--|--------------------------|
| Starting your Journey with the Recovery College: Introduction to the Recovery College | 1 | TUE: 13 SEP | 10:00am-12:30pm | Downshire Hospital: Training Rm 1 | REGISTER |
| Starting your Journey with the Recovery College: Introduction to the Recovery College | 1 | WED: 14 SEP | 10:00am-12:30pm | Bangor: North Down Community Centre | REGISTER |
| Starting your Journey with the Recovery College: Introduction to the Recovery College | 1 | THU: 15 SEP | 10:00am-12:30pm | Lisburn: Atlas Women's Centre | REGISTER |
| In this course students will learn more about Hope, Control and Opportunity, which are the key Core Values of the Recovery College. This course aims to encourage you to begin to explore what recovery. | | | | | |
| Lived Experience & Quality Improvement Workshop | 1 | THU: 15 SEP | 10:00am-2:00pm | Newtownards: Londonderry Park Pavilion | REGISTER |
| This workshop aims to explore the meaning and impact of quality improvement within the health service. It helps students understand how their role can make a difference to others. In the workshop, students can also explore different approaches to quality improvement and will be introduced to some of the key quality improvement methodologies typically used. | | | | | |
| Learning skills & strategies to help with my anxiety: Anxiety Management | 3 | TUE, WED, THU: 20, 21, 22 SEP | 10:30am-2:30pm | Newtownards: Town hall | REGISTER |
| The anxiety management course uses CBT principles and techniques to teach you skills that can help you overcome anxiety. The course will introduce you to strategies, practices and resources that can help you feel more in control of worry | | | | | |
| Improving my Mood: Living Life to the Full | 6 | WED: 21, 28 Sep & 05, 12, 19, 26 Oct | 10:30am-12:30pm | Lisburn: Atlas Women's Centre | REGISTER |
| We can all sometimes feel down or fed up, stressed or worried, or that we aren't good enough. However, there are things you can do to make positive changes in each of these areas. Making positive changes involves rediscovering the things you already do that are good for you - and how to build these in your life. In this course, we'll explore skills that can make a real difference to any of our lives. There are no quick fixes, and to really get good at using these skills will take practice. | | | | | |
| Sleep Awareness | 2 | THU: 22, 29 SEP | 10:30am-12:30pm | Lisburn: Atlas Women's Centre | REGISTER |
| This course will explore the benefits of getting a good night's sleep and provide an understanding of why sleep is important for recovery. This course will identify some of the challenges that can prevent us from getting a good night's sleep and introduce helpful strategies that can be used to support a good night's sleep. | | | | | |
| Training for Trainers | 3 | TUE, WED, THUR: 27, 28, 29 SEP | 9:30am-4:30pm | Bangor: North Down Community Network | REGISTER |
| This course is for students who want to increase their confidence and skills or are thinking about becoming a trainer. Students will learn skills such as creating structured learning plans, trainer skills, the different learning styles and the importance of co-production and valuing different perspectives. This interactive 3 day course will allow students to reflect on their own learning experiences, develop skills in training and will have the opportunity to further their learning by completing the level 3 OCN qualification in this course. (Level 3 is equivalent to A and AS Levels). | | | | | |
| safeTALK Workshop | 1 | TUE: 04 OCT | 10:30am-2:30pm | Lisburn: Atlas Women's Centre | REGISTER |
| Suicide is preventable and anyone can make a difference. This workshop prepares students to be alert to the possibility of suicide; they will learn four basic steps to create a life-saving connection. These skills are widely used by both professionals and the general public. | | | | | |





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



Living Life to the Full for parents of young children (0-3 years)

A free 6-week Cognitive Behavioral Therapy
(CBT) programme for parents of young
children aged 0-3 years.

This programme teaches
you practical skills to:

- Look after your mental health
- Manage your feelings when you are stressed, anxious or depressed
- Cope with challenges in parenthood



20th Sept 2022 -
25th Oct 2022



Tuesday Evenings
7pm - 9pm



Online: Zoom

To register, visit [aware-ni.org/
booking-living-life-to-the-full](http://aware-ni.org/booking-living-life-to-the-full)



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'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.



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**

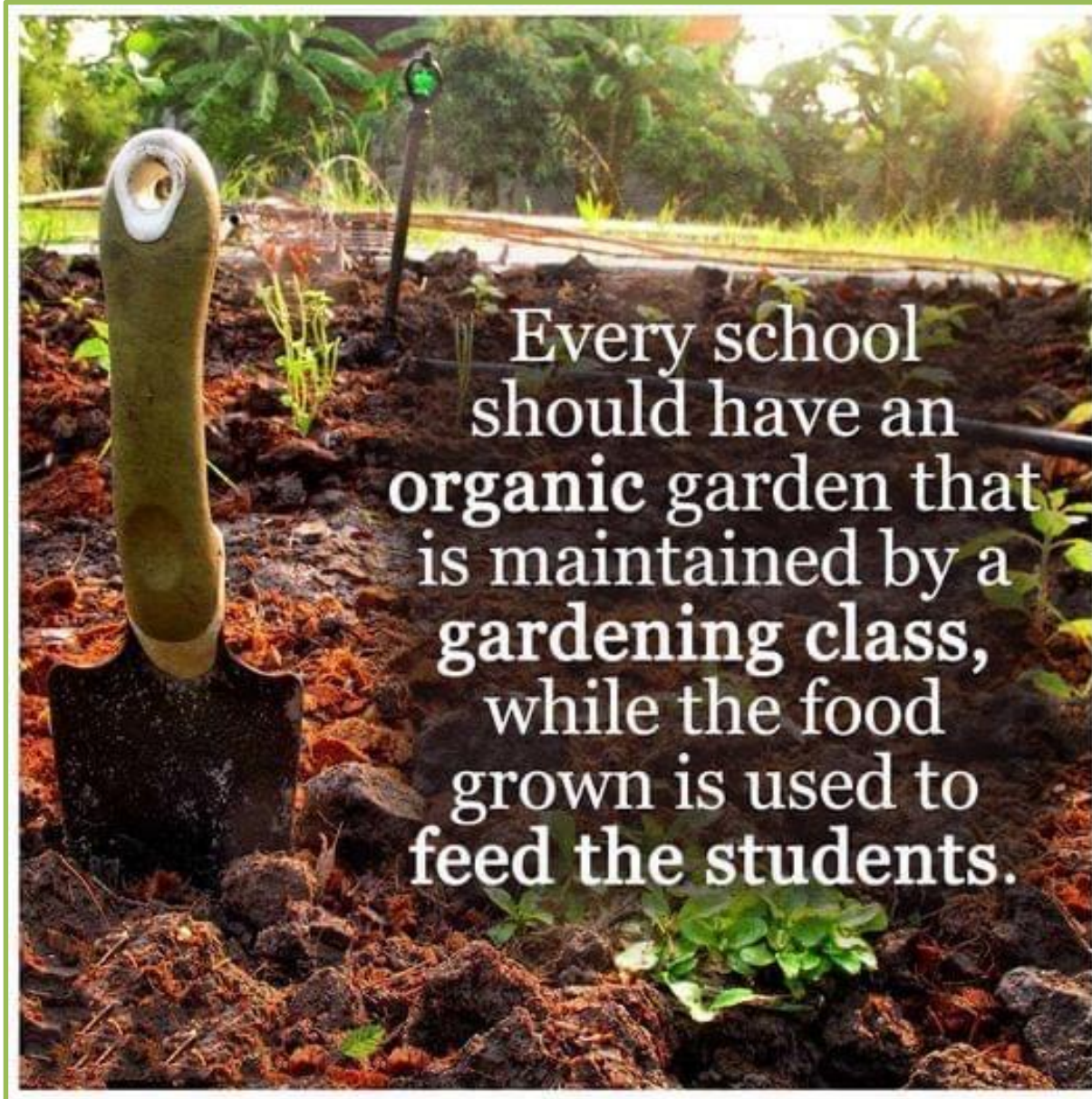
Autonomie is an award-winning charity registered with Fundraising Regulator



Charity Reg. No. **NI420100**

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





Every school
should have an
organic garden that
is maintained by a
gardening class,
while the food
grown is used to
feed the students.

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**