Down and Ards & North Down CYPSP Locality Planning Groups

Fortnightly News

Issue 56 October 2022

- Welcome to the 56th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down.

- As increased cost of living hits, 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**

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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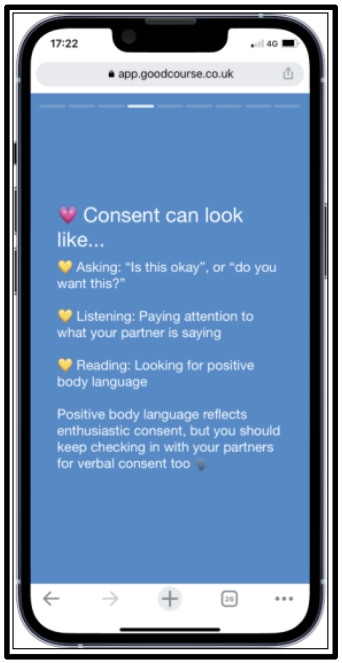
- Please send us your NEWS!!

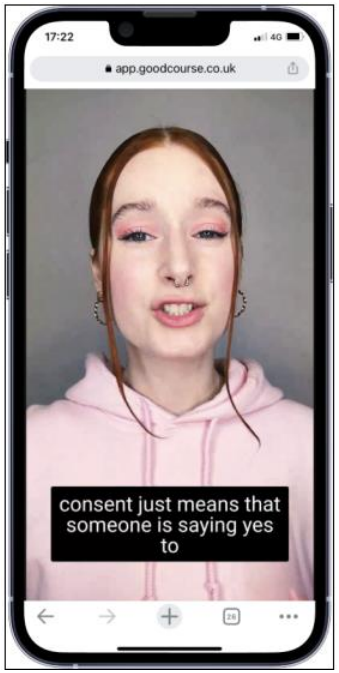
Nexus is delighted to tell you about our new push notification micro course on Consent.

In the majority of Nexus Training & Education workshops we talk about CONSENT and what it is? CONSENT is so important, without consent, it is rape or sexual assault. We need more training and education for our young people on consent and what it means. Via the attached QR, you are able to access a short micro-course on Consent.

Please access the micro-course using the attached QR code and, please pass this email or QR code on to your colleagues and they can also access the information on Consent.

also included below:
The link that an individual can tap on their phone to access the micro-course - here: https://app.goodcourse.co.uk/u/?q=NEXUSNI1
Attached - three phone screen images we use on our web page promoting the micro-course - https://nexusni.org/consentnotificationlaunch/





Youth Support Worker Qualification

COURSE OUTLINE:

- The course is delivered over 8 weeks
- One evening per week (3 Hours)
- There are 8 assessed learning outcomes
- Candidates are required to work one session per week in a youth work setting
- A dedicated placement in a youth work setting to undertake an agreed youth work programme for 6 weeks
- To complete the course, candidates are required to complete a logbook of evidence, demonstrating design, delivery and evaluation of a 6-week Programme

Are you a part-time youth worker or a volunteer youth worker?

Then this is the course for you...

REQUIRED:

Enthusiasm,
Loyalty
Patience,
Sense of humour
Creativity
Leadership,
Desire for personal growth and development,
Willingness to learn,
Empathy
Commitment

CRITERIA FOR SELECTION

Must be 18 years old prior to programme commencement
Have 6 months volunteering experience in Youth Provision
Have completed the basic Child Protection Awareness Training
Hold a valid Access NI Certificate
Students must be supported by a supervisor from their youth organization
Commitment to full attendance

IMPORTANT INFO:

Cost: Free for everyone (you even get a free cuppa)

Times; 7pm-10pm

Where: Castlewellan Community Centre

INFORMATION

For further information and an application form contact:
Paul Fitzsimons
Senior Youth Worker
EA Youth Service
Newry Mourne and Down
Telephone: 07734978626
Email: paul.fitzsimons@eani.org.uk

APPLICATION CLOSING DATE:
MONDAY 7TH NOVEMBER 2022

ea Education Authority

EA Youth Service;

… are offering "Free of charge" a Youth Support Worker Qualification adult training programme within the Down area,

Could I ask if you could share the attached flyer.

I would really appreciate your support & help in building up a skilled team of youth workers & volunteers across the district to ensure all our young people can benefit from local youth provision

Many thanks
Paul

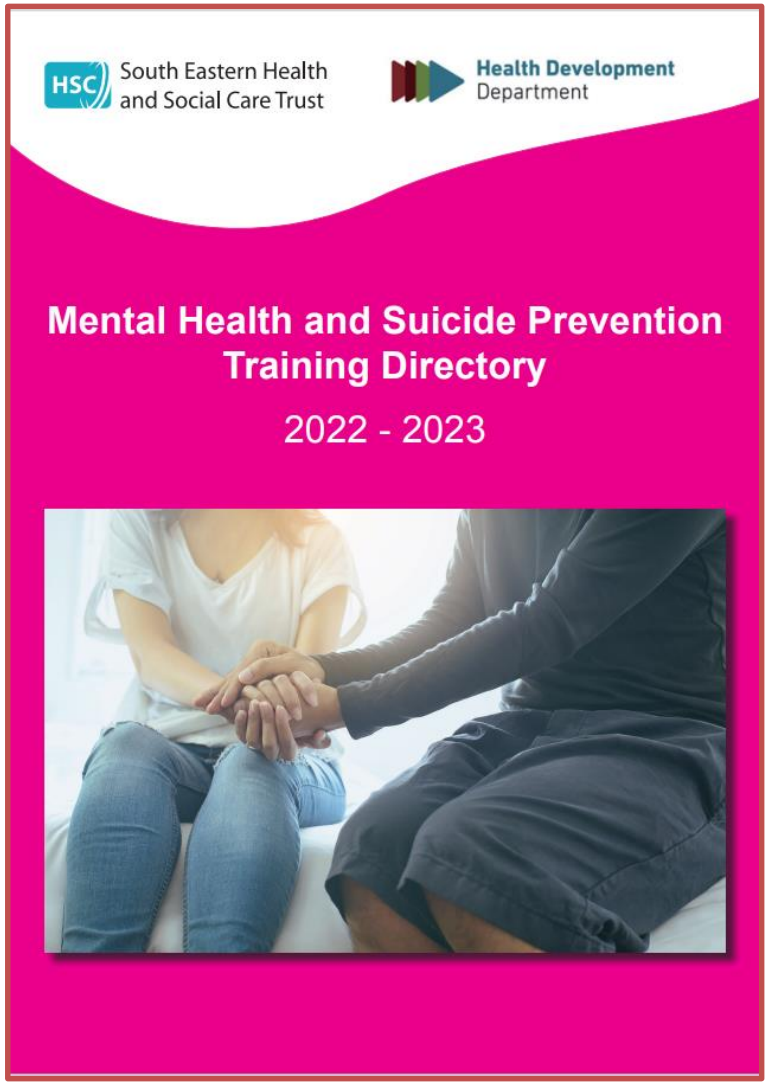
Paul Fitzsimons | Senior Youth Worker Down

Youth Service **|** Children and Young People Services **|** Education Authority **| Killyleagh Outdoor Learning Centre, Shore Road Killyleagh BT 30 9HU**

t: 07734978626 |
e: paul.fitzsimons@eani.org.uk
| www.eani.org.uk

County Down Rural Community Network

Healthy Living Centre Alliance



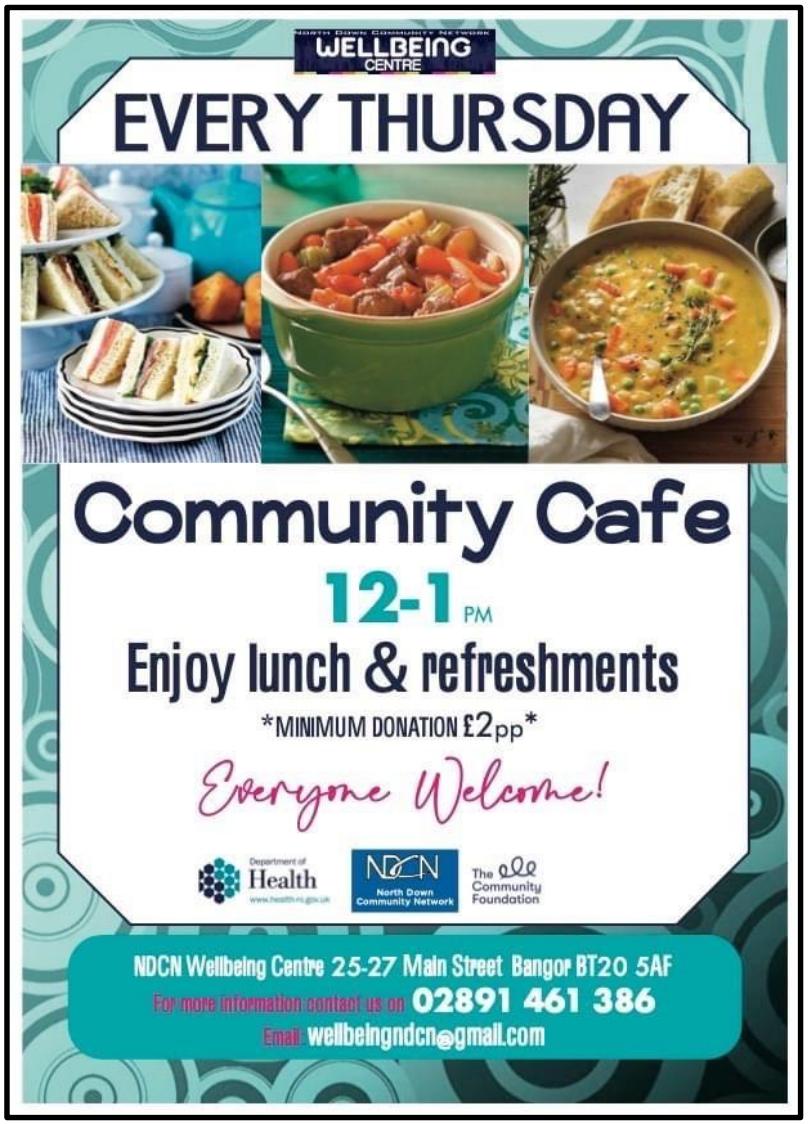
Ballymote Centre
40 Killough Road
Downpatrick
BT30 6PY
Downpatrick Office
02844612311
Newtownards Office
02891828884

https://setrust.hscni.net/wp-content/uploads/2022/08/Mental-Health-AND-Suicide-Prevention-DIRECTORY-2022-TO-2023.pdf

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

OCTOBER 2022

THE PENINSULA POST

Peninsula Healthy Living

DELIVERING ALL THE LATEST NEWS FROM PHLP

COMMUNITY

Our new Coffee & Connect mornings are up and running with the hope that everyone will join us for some free coffee, free biscuits and free craic. They will be taking place every Wednesday at 10am here in our B-Well room in Kircubbin Community Centre and each will include an activity (mindfulness and plate smashing have already helped our moods) to help us all reconnect and hopefully improve our mental health.

It's Yoga Time!! The amazing Natalie Devoy from Nomad Yoga will be back with us on Thursday 20th October at 6:30pm for another 6 yoga sessions. It's only £30 for the entire course and places are limited so please contact Allan on allan@peninsulahealthyliving.org to register. We are also hoping to offer some yoga classes on a Friday morning during October so please keep an eye on our timetable or facebook page for details.

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 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?

The Clayman, Martin McClure, has been back passing on his expertise in his Creative Ceramics workshops, with the participants producing some incredible pieces of work. He will also have something very special happening at Xmas (yes it's getting closer) so please keep an eye 👀 out for details. Our extensive timetable of physical activity classes is as good as ever and we have something for everyone, including a brand new Chi-Me class every Tuesday at 11:30am, so get yourself booked in for some fitness fun. Helen from Community Advice is still in the centre every Tuesday if you would like to make an appointment with her to answer any of your questions and our good friends at Diabetes UK and SERC will be running more workshops and information sessions so please keep an eye on our website or social media for more details on those. The amazing Gabriel Ellison is still here every Wednesday at 12:30pm passing on his skills with a guitar, contact us if you would like to come along and get strumming.

CLASS & GYM TIMETABLE - OCTOBER 22

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

WHEN WE ARE OPEN THE GYM IS OPEN

MONDAY	9:30AM	PILATES @ GREYABBEY	CAROL
	10:00AM	PHLP WALKING GROUP	ALLAN
	1:00PM	SPIN	CAROL
	5:30PM	SPIN	EMMA
	6:15PM	FATBURN EXTREME	EMMA
	6:15PM	STABILITY BALL @ MAXWELL COURT	CAROL
TUESDAY	9:30AM	SURESTART PENINSULA	CAROL
	11:30AM	CHI-ME	CAROL
	1:00PM	SPIN	CAROL
	5:00PM	KETTLEBELLS	CAROL
	6:00PM	HIIT-STEP	EMMA
	6:30PM	NEW CLASS TO BE CONFIRMED	TBC
	7:00PM	MEN ONLY	EMMA
WEDNESDAY	9:15AM	SPIN & FREE WEIGHTS	CAROL
	10:00AM	FALLS PREVENTION	CAROL
	11:00AM	GENTLY DOES IT @ MAXWELL COURT	CAROL
	1:00PM	SPIN	CAROL
	2:00PM	CHI-ME	CAROL
	5:30PM	SPIN	EMMA
	6:00PM	PILATES @ MAXWELL COURT	CAROL
	6:15PM	SPIN	EMMA
THURSDAY	5:45PM	SPIN	EMMA
FRIDAY	6:00AM	SPIN	EMMA
	10:30AM	YOGA (STARTING 14TH OCTOBER)	JILL

MEMBERSHIP SUBS COMMENCE THE 1ST OF EACH MONTH
£25/MONTH OR £15 CONCESSIONARY RATE - PAY AS YOU GO CLASS RATE £5
ALL CLASSES WILL BE AT KIRCUBBIN COMMUNITY CENTRE UNLESS OTHERWISE STATED
ALL CURRENT GOVERNMENT COVID 19 REGULATIONS TO BE ADHERED TO
TIMETABLE SUBJECT TO CHANGE

Made with PosterMyWall.com

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021
DoH
Public Health Agency
Agriculture, Environment and Rural Affairs
COMMUNITY FUND

CYPSP
Children & Young People's Strategic Partnership

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 Health and Social Care Trust

South Eastern Trust

Family Support Hub Service

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

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

If you'd like some information on the services, programmes or advice we offer, please search;

www.downsurestart.org

5-7 Mount Crescent
Downpatrick
Co. Down
BT30 6AF

028 44 613 630

down.surestart@setrust.hscni.net

ses

supported employment solutions

Do you have a **disability** or **health condition** which is affecting your ability to work?

Would you like **support** to retain **employment?**

Workable (NI) can provide:

- **1:1 Support** – Specially tailored to your needs
- **Advice and Assistance** - Making reasonable adjustments in your workplace
- **Training** – On the job and/or outside of work training
- **Disability Awareness Training** - For your employer and work colleagues.

- **Workable (NI)** supports individuals with disabilities and health conditions return to work or remain in their current job. (job must be minimum 10 hours/week)
- **SES** offers specialist support via 7 disability organisations who have extensive experience and knowledge of the needs of those with a disability or health condition.

The SES partners are:

Action Mental Health, AOHL, Mencap, NOW, Orchardville Society, RNIB, The Cedar Foundation

For more information please visit our website

www.sesni.org.uk

Or call Peter on 07791 075921
or Patricia on 07976 640226
or email workable@sesni.org.uk

"I have been supported very well in work with regular meetings and reviews. I now have improved work/life balance..."

"The support I received was excellent and made my return to employment easier than I expected."

"I'm very glad I made the decision to enlist the help of Workable not only for their help in making me stronger, but for sticking with me, sticking up for me, educating my employers and supporting me throughout some very difficult times."

Workable (NI) is a voluntary programme administered by the Disability Employment Service.

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

For further information, please contact:

Patricia Kelly
Tel: 07976640226
E: pkelly@amh.org.uk

Peter Wilson
07791 075921
p.wilson@cedar-foundation.org

www.sesni.org.uk

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/

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

YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support

GamCare | YGAM

Youth Work Alliance (YWA) are working with YGAM who are an education charity that offer fully funded, City &Guilds assured online training workshops for youth facing staff on the topic of gaming and gambling related harm in partnership with GamCare.

Did you know that:

- 55,000 11-16-year-olds are problem gamblers (Gambling Commission, 2019).
- 12 studies have shown a link between purchasing loot boxes in video games and problem gambling (Universities of Plymouth and Wolverhampton, 2021).

This training aims to enable youth-facing professionals to safeguard young people by developing their critical-thinking and decision-making skills.

Workshop content includes:

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

On completion of the training, attendees are given complimentary and downloadable access to a wide range of award-winning resources. Examples of our resources can be found here.

"The resources are excellent and have a range of applications for either school or youth club settings. The resources used started conversations that have carried on beyond the training session."

(*Senior Youth Worker,* Seagoe youth Group)

YGAM also have a Parents hub, giving advice, tips and tools and parents can also book on to one of the Parents Awareness Workshops.

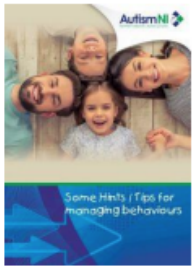
Book a workshop here, or contact us directly to organise a bespoke a training session or to find our more information at Helen@youthworkalliance.com or YGAM at training@ygam.org.

Parenting NI
will be offering parents living within the SEHSCT a range of opportunities around the theme of mental health and emotional wellbeing. Please see below for more information. I would be very grateful if you could share across your parent platforms and networks so that we can reach as many parents as possible. **Parents who wish to reserve a space just need to call the Parenting NI Support Line on 0808 8010 722.**

Wednesday 26th October, 6.30 – 7.30pm via zoom
Top Tips – Parents Emotional Health (practical advice and guidance to support positive parental mental health and wellbeing)

Wednesday 26th October, 8.00 – 9.00pm via zoom
Top Tips – Childrens Emotional Health (practical advice and guidance for parents so that they can support the mental health and wellbeing of their children)

Wednesday 9th November, 7.00 – 8.30pm x 6 weeks via zoom
Sink or Swim (Positive Mental Health Programme for Parents)



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

Cost of using household appliances will increase

	Apr 2022 price cap	Oct 2022 price guarantee	Increase	Increase per year
Kettle (2200W)*	**5.24p** per boil	**6.37p** per boil	**1.13p** ▲ per boil	£12.30
Fridge (126 litre)	**£40.88** per year	**£49.64** per year		£8.76
Washing machine (8kg)				
Low efficiency model	**26.24p** per cycle	**30.60p** per cycle	**4.36p** ▲ per cycle	£8.96
High efficiency model	**18.02p** per cycle	**20.98p** per cycle	**2.78p** ▲ per cycle	£5.70
Games console**	**15p** per day	**19p** per day	**4p** ▲ per day	£2.04
Microwave (800W)	**2.61p** 5 minutes	**2.78p** 5 minutes	**0.17p** ▲ 5 minutes	£2.04

*Calculation based on filling kettle to maximum capacity and boiling three times a day
**PS4 two hours a day usage and left on standby

Based on UK price cap electricity rate: April 2022 (28 pence per kWh), October 2022 (34 pence per kWh)

Source: Sust-it.net

BBC

MAKE THE CALL

You, or someone you know or care for, may be entitled to additional benefits. It is vital that everyone who is eligible for benefits get them. Even if you have checked before, a change in circumstances may mean that support may now be available.

Freephone(network charges may apply)0800 232 1271

Email makethecall@dfcni.gov.uk

Opening hours;
Phone lines are open Monday to Friday from 9.00 am to 5.00 pm (excluding public holidays)

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 studentfinanceni.com to register and complete your household details to support your child's application.

ea Education Authority

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

#weearebacktoschool

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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

ea Education Authority

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

ea Education Authority include YOUTH

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

HSC Public Health Agency

You can reduce the risk of Sudden infant death

The safest place for your baby to sleep is on their back in a moses basket or cot in the same room as you for the first six months, even during the day.

Never, ever fall asleep with your baby on an armchair or sofa.

Never, ever allow anyone who has been smoking, drinking or taking drugs (including medication) to share a bed with your baby.

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
info.riseni@setrust.hscni.net

RISE NI
Regional Integrated Support for Education

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.

HSC Public Health Agency

NATIONAL CHILDREN'S BUREAU

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.

ParentingNI

Online Programmes for parents living in Belfast

Keeping Your Cool programme (6 weeks)
Monday 26th September - Monday 31st October 2022
7.00pm - 8.30pm

This 6 week online programme allows parents to explore their reaction to anger and how their anger impacts on the children, how to identify the triggers and find positive ways of managing their anger. Anger is a normal emotion, which most parents experience on a regular basis. It is often seen as a negative emotion but can be used as a motivator to instigate change.

Parenting Children's Challenging Behaviour (6 weeks)
Tuesday 27th September - Tuesday 1st November 2022
7.00pm - 8.30pm

An online six week parenting programme giving tips for managing challenging behaviour and reinforcing positive behaviour in children.

Parenting Children's Challenging Behaviour (6 Weeks)
Wednesday 28th September - Wednesday 2nd November 2022
7.00pm - 8.30pm

An online six week parenting programme giving tips for managing challenging behaviour and reinforcing positive behaviour in children.

Call us to register on freephone 0808 8010 722

Available Mon - Thurs 9:30 am - 3:30 pm
& Fri 9:30 am - 12:30 pm

Supported by Belfast City Council

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

Department for Digital, Culture, Media & Sport

Garfield Weston FOUNDATION

pennyappeal

Find out more about how you can make a real difference to young girls:

solveig@lisburnymca.com | 07541892140
ymca.org.uk/ysgirls

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

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

Weekly Programme - Autumn/Winter 2022

ymca north down

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

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

HSC South Eastern Health and Social Care Trust

Menopause Health Event

Interactive seminar with Dr Gywneth 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

14 SEPT

Doors Open 6:30PM

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

Free Blood Pressure Checks

Complimentary Tea & Coffee Provided

HSC 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

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

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

HSC Public Health Agency

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

Common Youth · Nexus · relate ni the relationship people · Rainbow Project · acet · HSC Public Health Agency

Text-A-Nurse to chat about your health concerns

Text -A- Nurse

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

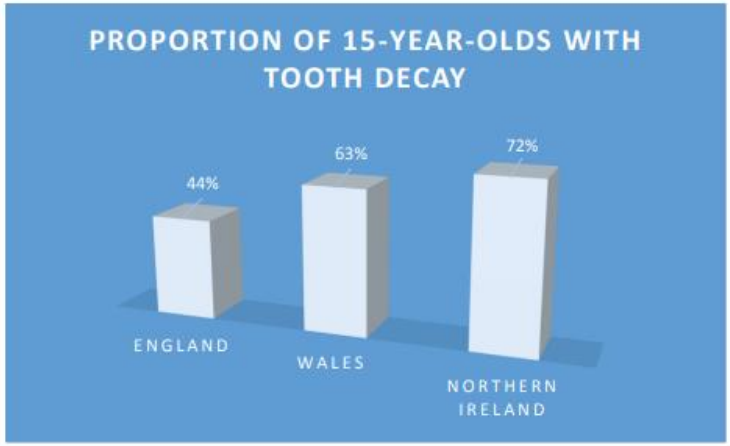
South Eastern Health and Social Care Trust · HSC Public Health Agency · ChatHealth · Department of Education www.education-ni.gov.uk

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 September Training Courses

Please see below details of our FREE upcoming courses covering Substance Use, Protecting Life and Community training courses

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

Understanding Prescription& OTC Drugs	05/10/2022 10.00-13.00	Online Training-ZOOM
Understanding Illicit Drugs	06/10/2022 10.00-13.00	Online Training-ZOOM
Understanding Alcohol	07/10/2022 10.00-13.00	Online Training-ZOOM
Substance Misuse Awareness	10/10/2022 10.00-13.00	Online Training-ZOOM
Safeguarding Children Affected by Parental Substance Misuse	12/10/2022 10.00-13.00	Online Training-ZOOM
Working With Young People& Substance Misuse	13th & 14th October 2022 10.00-13.00	Online Training-ZOOM
Understanding Prescription& OTC Drugs	17/10/2022 10.00-13.00	Online Training-ZOOM
Understanding Illicit Drugs	18/10/2022 10.00-13.00	Online Training-ZOOM
Understanding Alcohol	19/10/2022 10.00-13.00	Online Training-ZOOM
Supporting Family Member	20th & 21st October 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)

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

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.

CYPSP
Children & Young People's Strategic Partnership

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 TIMETABLE (SEPTEMBER – DECEMBER)

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

COURSE	SESSION	DATES	TIME	LOCATION	REGISTER
Learning skills & strategies to help with my anxiety: Anxiety Management	4	THU: 06, 13, 20, 27 OCT	2:00pm-4:00pm	Downpatrick: Journey Centre	Click here
The aim of this course is to provide you with some general education about anxiety, to describe the types of symptoms common to anxiety, and discuss what can cause anxiety. The course will also explore recovery strategies that can help you deal with worry and manage setbacks. Each week there is an emphasis on the importance of consistent and continuous practice of recovery strategies for managing anxiety.					
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	Click here
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.					
Lived Experience & Quality Improvement Workshop	1	WED: 19 OCT	10:00am-2:00pm	Newtownards: Londonderry Park Pavilion	Click here
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.					
safeTALK Workshop	1	TUE: 04 OCT	10:30am-2:30pm	Lisburn: Atlas Women's Centre	Click here
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.					
Learning to Achieve Balance: Finding Your Pace	2	TUE: 11, 18 OCT	2:00pm-4:00pm	Lisburn: Atlas Centre	Click here
Because of the speed at which changes & events occur in our lives, it might sometimes feel that we're in a race & need to sprint to catch up. This course has been co-produced to help you plan a routine that will help you look after your physical & mental wellbeing.					
Planning My Recovery: Wellness Recovery Action Plan (WRAP)	2	TUE, WED: 08, 09 NOV	9:30am-4:30pm	Bangor: North Down Community Network	Click 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.					
Living life as an Autistic Adult	5	TUE: 15, 22, 29 Nov & 06, 13 Dec	2:00pm-3:15pm	Online: Zoom	Click here
Autism is a lifelong developmental condition which may be diagnosed any time from early childhood into adulthood. Autism, Asperger Syndrome and high functioning Autism are all part of the autistic spectrum. The course will offer an understanding of the clinical aspects of the condition. It will also consider the experience of living with autism and reflect on the unique skills and strengths that people with Autism have to offer. The course will explore issues that are common for individuals such as navigating the social world, dealing with anxiety and developing independence. We will also provide strategies to deal with some of these challenges.					

To register call; SET Recovery College Team
(028)9041-3872
2nd Floor, Lough House, Ards
Community Hospital BT23 4AS
South Eastern Recovery College | Facebook
Recovery College Website

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

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

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 programmes 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

HSC Public Health Agency
Project supported by the PHA

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.*

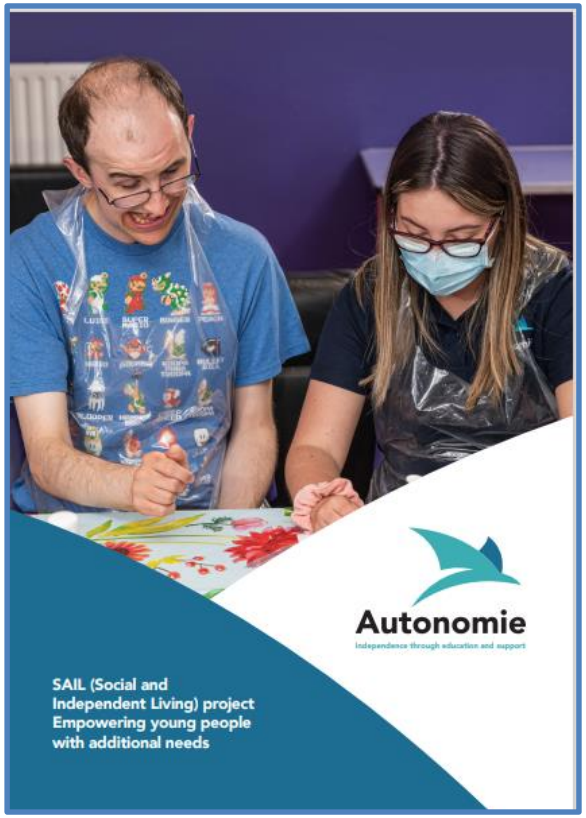
One to One Advocacy Support

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

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Autonomie
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Belfast BT7 1PW

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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

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.

This is a full-day training programme; morning session 10am to 1pm and afternoon session 1:30pm to 3:30pm. **Participants must be available to attend both sessions.**
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/
27th October - Derry/Londonderry, St Columb's Park House
15th November - Newtownards, Sketrick House
24th November - Carrickfergus, Carrickfergus Town Hall

Locality Planning Meetings for 2022/23

Ards & North Down LPG

To be confirmed

Down LPG Ballymote

To be confirmed

Fortnightly News

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

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

For more information on' Fortnightly News ' contact noelle.hollywood@setrust.hscni.net or 07872422101