

Fortnightly News

Issue 57 November 2022

- Welcome to the 57th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down.
- In the run up to Christmas, 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**



<https://cypsp.hscni.net/youth-wellness>



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Sometimes when faced with an unplanned or crisis pregnancy it is difficult to discuss it with family and friends. This can leave you feeling vulnerable and isolated at a time when you need support. **Informing Choices NI**, formerly the Family Planning Association NI, provides non-directive pregnancy choices counselling to all age groups.

KNOWING YOUR OPTIONS:

Before and after using emergency contraception



Central Office
Informing Choices NI
3rd Floor, Ascot House
24-31 Shaftesbury Square
Belfast, BT2 7DB

Tel: 028 9031 6100
Email: info@informingchoicesni.org
Website: www.informingchoicesni.org
Twitter: @ICNI2019
Facebook: /InformingChoicesNI

Informing Choices NI (trading as ICNI) Ltd is a charity registered with the Charity Commission for Northern Ireland (NIC107581).

Companies House registration number NI668550.



Project supported by the PHA



NSPCC Child Sexual Exploitation Campaign (CSE) - 'The Full Story'

NSPCC

Weston House, 42 Curtain Road, London EC2A 3NH
020 7825 2500 | nspcc.org.uk

How to get involved

Please help spread awareness of the campaign, either by sharing our website or downloading Childline's CSE posters to feature in your area.

We are holding stakeholder breakfast/lunch sessions in early November to give professionals further insights into:

- Childline and the service we offer;
- What children are talking to us about;
- How Childline works, and;
- Our confidentiality promise.

There will be two sessions running during the campaign period:

- **Friday 4th November at 9:00am**
- **Tuesday 8th November at 1:30pm**

If you would like to attend a session, please email: workingtogether@nspcc.org.uk If you are not able to attend but would like to see more of these sessions available in the future, get in touch to let us know.

We truly appreciate your time and your support for our campaign and services. If you'd like to know more or wish to be more involved in our work, we would love to hear from you at the email address above.

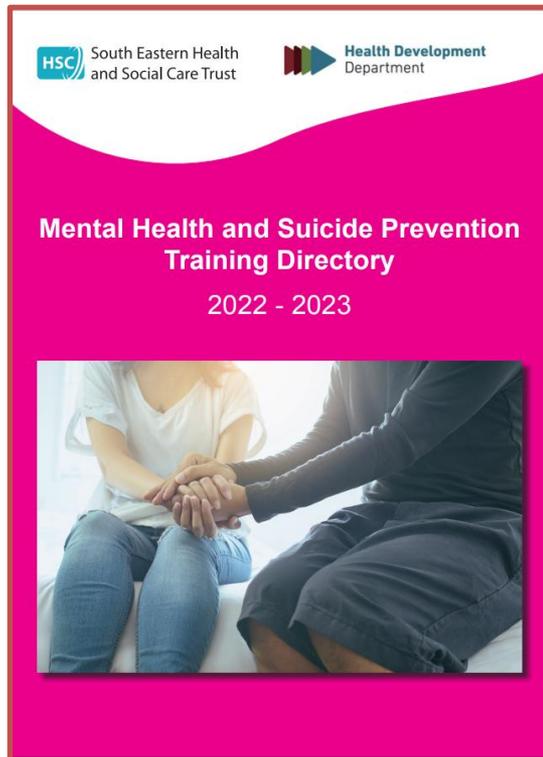
Yours sincerely,

D Harris

Danielle Harris
Team Manager – CSE project



Congratulations 25 years working with the Community Thank you for your dedication.



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

Newtownards
Office
02891828884

Follow us on
Facebook;

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



North Down Community Network- Wellbeing Centre

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

[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

North Down Community Network - Wellbeing Centre
1 h · 🌐

We're hosting a new drop in Benefits Advice service on Wednesday mornings. Friendly faces from the Benefits Office will be on hand to talk you through your entitlements, and help you with any queries.

**BENEFITS
ADVICE**

**NEW DROP IN SERVICE
WEDNESDAYS
10AM-12PM**

NDCN

👍 Like 💬 Comment ➦ Share



Ards Community Network

6 d · 🌐



Free online stress control classes



www.ni.stresscontrol.org

Public Health Agency ✓

20 October at 12:01 · 🌐

Free online Stress Control classes will begin again on Monday 14 November.

There is no requirement to register or log in.

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



NOVEMBER 2022

THE PENINSULA POST

DELIVERING ALL THE LATEST NEWS FROM PHLP



COMMUNITY

EVERY WEDNESDAY @ 10AM
KIRKDAUN COMMUNITY CENTRE



Our new Coffee & Connect mornings, every Wednesday at 10:30am, are proving a great success and we have had some amazing speakers down to join us for a chat and a cuppa. Everyone from MLA Nick Mathison, our local neighborhood police team and even Kenny from Make the Call have called in and had a free cuppa and given out some free advice. So why not call down on a Wednesday morning for some Free Coffee, Free Biscuits and Free Craic.



IS THERE A BETTER TIME TO TRANSFORM YOUR TROLLEY

OVER THE 4 WEEK COURSE YOU WILL LEARN

- 12 ways to a healthier balanced food shop
- How to make a meal plan
- How to shop for a healthy diet
- How to eat well on a budget
- How to get ahead with batch cooking
- How to make your dishes healthier
- How to read food labels
- How to avoid wasting food

STARTING WEDNESDAY 23RD NOVEMBER @ 10:30AM @ THE WAREHOUSE, 3 GLENFORD WAY, NEWTOWNARDS

We are back with Transform your Trolley in association with SafeFood and The Warehouse in Newtownards. This is an amazing 4 week course that will be based in Newtownards starting on Wednesday 23rd Nov. Over the 4 weeks you will learn 12 ways to a healthier food shop, how to meal plan, eating well on a budget and batch cooking and how to avoid wasting food. Contact us on 02842739021 for more information.

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.

QUICK ACCESS COUNSELLING
Providing 1-1 support, connecting you to programmes and resources to give you the confidence to meet your needs at work, in your social, health, physical activities, general wellbeing and help available for people aged 11+.

SOCIAL PRESCRIBING
Providing 1-1 support, connecting you to programmes and resources to give you the confidence to meet your needs at work, in your social, health, physical activities, general wellbeing and help available for people aged 14+.

THERAPEUTIC INTERVENTIONS
Providing programmes and therapies supporting self-care and recovery of your mental, emotional and physical wellbeing for people aged 5+.

A Community Approach to Health & Wellbeing

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



HEALTHWISE & SPRING

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



Our 8-week award winning 'Better Days' chronic pain management programme has been a great success this year, there are only 3 weeks left of the current programme but if you would like to join us for those 3 weeks please contact me on allan@peninsulahealthyliving.org for details.



WHAT ELSE IS ON OFFER?

Our extensive timetable of physical activity classes is as good as ever and we have something for everyone, including a brand new Double Trouble class at 6:15pm every Monday, you get the amazing Emma and the incredible Carol instructing at the same time. 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. 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. There are also 3 weeks left of our current run of Yoga classes with the amazing Natalie Devoy from Nomad Yoga, they are here in the Community Centre every Thursday night at 6:30pm, contact me on 02842739021 or allan@peninsulahealthyliving.org for details. Namaste



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

WHEN WE ARE OPEN THE GYM IS OPEN

| MONDAY | 9:30AM 10:00AM 2:00PM 5:30PM 6:15PM | PLATES @ GREYABEY PHLP WALKING GROUP SUSSEXTART @ AIGIS SPIN DOUBLE TROUBLE CLASS | CAROL ALLAN CAROL EMMA CAROL & EMMA |
|-----------|--|---|--|
| TUESDAY | 9:30AM 11:30AM 1:00PM 5:00PM 5:30PM 6:15PM 7:00PM | SUSSEXTART @ PENINSULA HEALTHY LIVING CHI-HE SPIN KETTLEBELLS SPIN HITSTEP-CORSETS MEN ONLY | CAROL CAROL CAROL CAROL EMMA EMMA EMMA |
| WEDNESDAY | 9:15AM 10:00AM 11:00AM 1:00PM 5:30PM 6:00PM 6:15PM | SPIN & FREE WEIGHTS FALLS PREVENTION GENEY DOES IT SPIN SPIN PLATES CAROL | CAROL CAROL CAROL CAROL EMMA CAROL CAROL |
| THURSDAY | 6:45PM | SPIN | EMMA |
| FRIDAY | 6:00AM | SPIN | EMMA |

WE REPEAT OURS COURSE THE TOP OF EACH MONTH
EVEN IF YOU ARE ON A WAITING LIST - THIS IS BY THE GYM ONLY IN THE
NO CLASSES HELD AT KIRKDAUN COMMUNITY CENTRE, ALLS PLEASE CONTACT US
ALL COURSE INFORMATION CAN BE FOUND ON THE WEBSITE TO BOOK TO
THE GYM OBJECT TO BOOK

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

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>

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



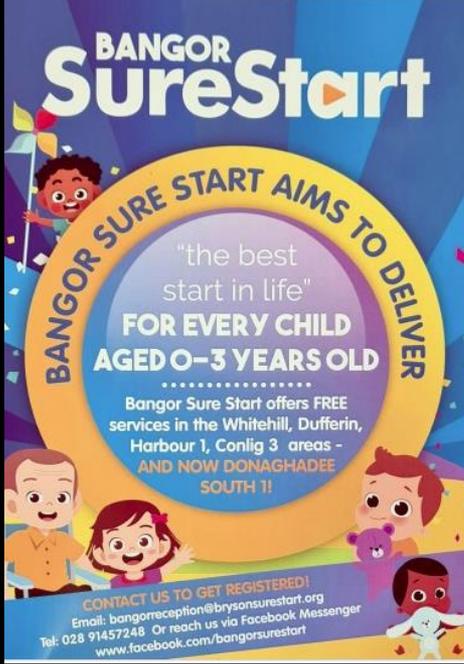

If you'd like some information on the services, programmes or advice we offer, please search;

www.downsurestart.org

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

028 44 613 630

down.surestart@setrust.hscni.net



BANGOR SureStart

BANGOR SURE START AIMS TO DELIVER

"the best start in life"

FOR EVERY CHILD AGED 0-3 YEARS OLD

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

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



BANGOR SureStart PROGRAMMES

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

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



For most of us, our mobile phones and tablets are the gateway to our online world. They make it easy for us to do anything we can do on a computer and much, much more, thanks to go-anywhere connectivity and our choice from thousands of apps.

However, as with a computer, you need to set your devices up correctly and take care when going online, to avoid becoming a victim of cybercrime.

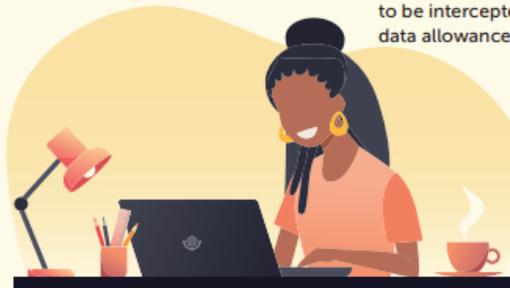


The size and convenience of your mobile devices also bring risks. Their loss or theft would be at best, a hassle, but if someone gained access to your financial or other confidential information via your devices or their apps, you could become a victim of fraud or identity theft ... or both.



Top tips for using your mobile devices

- Update software and apps when prompted, including operating systems. These often contain security updates.
- Download security apps on all your mobile devices, including Apple devices.
- Always protect your mobile devices with a PIN or password, even if they come with biometric protection.
- Review your device settings regularly to ensure your privacy is protected.
- Set your devices to back up automatically to protect confidential or irreplaceable files or other information from loss.
- Wi-Fi hotspots should be avoided for confidential communications or transactions, as there's no guarantee that they're secured. Use a VPN or instead, use your data or wait until you get back to your secure Wi-Fi.
- Think before you click: clicking on email attachments or links in emails and social media posts could infect your devices with various types of malware, including ransomware and spyware.
- Giving a caller remote access to your devices could result in malware or fraud. Grant access only to an authorised support person *who you have contacted* with a problem.
- Keep mobile devices secure in the home and office. The information on them is normally worth a lot more to a criminal than selling on the device itself.
- Never leave mobile devices unattended, including in a café, the gym or your vehicle.
- Keep your device protected when out and about in crowded areas. Mobiles make attractive targets for pickpockets and ride-by thieves.



Top tips for using apps

- Avoid downloading fake apps by using only the official store for your device's operating system. Even then, read reviews and choose with care, as some rogue apps sometimes make their way into app stores.
- Read terms and conditions when downloading apps to understand aspects like data sharing and in-app payments.
- Consider the permissions you grant for apps to access your location, photos, camera, contacts or other functions or data.
- Check app settings to determine whether downloading updates and day-to-day data are enabled automatically. If they are, it could make it easier for your data to be intercepted, and may use up your data allowance.
- Observe apps' minimum age ratings, which may vary from store to store. This is important for apps which may be accessed by children.
- Log out of apps – particularly those for banking, shopping or payments – when you've finished using them. This also goes for location-based apps, when you want to protect your whereabouts.
- Always download app updates when prompted. As well as providing new features and better functionality, updates usually contain security fixes.
- Be aware of the data used by apps when you're out and about, including roaming charges abroad. And remember that some apps enable in-app purchases, which can be very attractive to use – especially to children – but at a price.
- Remove apps you haven't used for a while, apart from security apps. If you're disposing of your device by any means, erase all data and apps, also preferably doing a factory re-set.

Domestic Abuse

www.ndawomensaid.org info@ndawomensaid.org



@north_down_ards_womens_aid @NDAWomensAid @NDAWomensaid


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

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

women's aid
North Down and Ards
02891 273196



in case of
emergency **999**

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

Please search using the link to find a summary of the multiagency safeguarding and domestic abuse briefing CASPAR.

Providing an overview of the Child Safeguarding Practice Review Panel's briefing on learning from rapid reviews and child practice reviews about domestic abuse in England.

<https://learning.nspcc.org.uk/research-resources/2022/multi-agency-safeguarding-domestic-abuse-caspar-briefing>

[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



Ards and North Down's Community Support Steering Group¹ has developed a **WARM welcome here campaign**. The purpose of this campaign is to encourage people who may struggle with the cost of heating their home this winter to think about other warm spaces they could go to. Warm spaces include libraries, museums, churches, community premises or other spaces with free or low-cost activities.

A campaign graphic has been developed to encourage people to **'stay WARM and connect'** and is supported by the **question 'where can you go, what can you do to stay warm and find company this winter'**. This is provided as a Jpeg that can be used on social media channels to promote the campaign to the public.



Campaign Briefing

Find a WARM Welcome Here this Winter

Where can people go, and what can they do, to stay warm and find company this winter?



Figure 1: Campaign Graphic

Ards and North Down's Community Support Steering Group¹ has developed a **WARM welcome here campaign**. The purpose of this campaign is to encourage people who may struggle with the cost of heating their home this winter to think about other warm spaces they could go to. Warm spaces include libraries, museums, churches, community premises or other spaces with free or low-cost activities.

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Figure 2 Warm Welcome Heart Graphic

Organisations who have a warm space are encouraged to advertise this using the **Warm Welcome heart graphic**. This is provided in both Jpeg and PNG format and can be used on your advertising or within your premises.

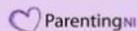
Organisations can choose to use the campaign graphic, the Warm Welcome heart graphic or both. If you have your own branding for your warm space, you may wish to use the strap lines **'stay warm and connect this winter'** and/or **'find a warm welcome here this winter'**.

If you would like us to help promote your warm space, and to let the public know when it is available, please complete **this form**. We will share this information with our contacts and include it on the Council's website.

¹ The Steering group is facilitated by Ards and North Down Borough Council as part of the Community Planning Partnership



Stages of Development



Stage 1: Infancy



Can trust these people?

- Trust, bonding and attachment
- Explain rules, boundaries and consequences
- Learning through exploration and being stimulated
- Between 10-18 months emotions are fully developed

0-18 months

Stage 2: Toddlers



Learning to think

- Trust, bonding and attachment
- Working on ways to have needs met
- Lack skills to do everything they want, this may lead to frustration
- Not able to handle complex emotions, this may lead to tantrums
- Not able to share

18 mts - 2 years

Stage 3: Pre-School



Other people

- 'No', 'I want', 'gimme' stage
- High energy stage
- Begin to master three skills - language, movement and imagination
- Act out emotions & needs as unable to express them
- Will copy everything you do
- Learns through repetition

2 - 4 years

Stage 4: Primary School



I'll do it my own way!

- Building confidence
- More responsibility & independence at school & home
- learn important social skills, playing with others, learning to share, to take turns, how to get along and make friends
- Frequently fall in and out of friendships

4 - 11 years

Stage 5: Adolescence

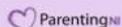


Establishing independence

- "Who am I?" Developing identity separate from parents - parents are in the background
- Frequently fall in and out of friendships
- Mistake prone by design
- Learn from doing & making mistakes
- Child to adult
- Seeks peer approval
- The brain is not fully developed until mid 20's

12-18 years

0808 8010 722



parentingni.org

Parent Support



We're here
for you



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

0808 8020 400



Autism NI - Some Hints & Tips on Managing Behaviours

Leaflet on using visuals and strategies
for managing behaviour.

Download Leaflet -

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

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

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

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

Advice and guidance can be provided on issues such as:

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

CAAND ADVICE LINE NUMBER: 0300 123 9287

Specialist support is available in the following areas:

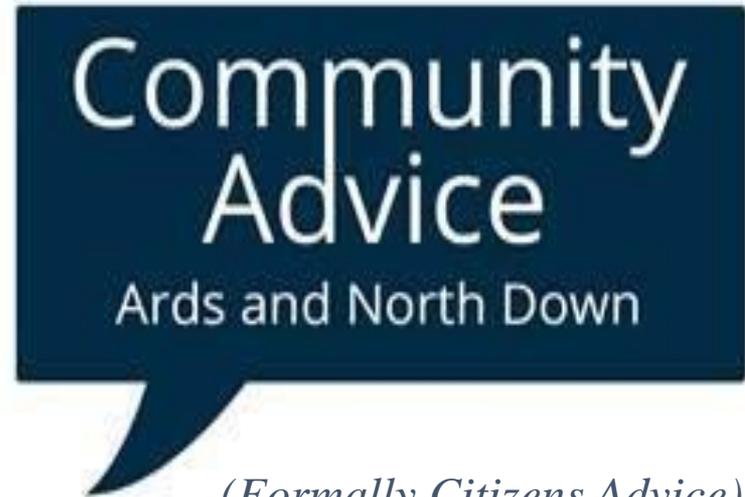
- Debt
- Social Security Appeal Tribunals
- Welfare Reform
- Legal
- Employment Issues

CAAND offices are based in:

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

CAAND Outreach services are currently located at:

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



(Formally Citizens Advice)

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



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](tel:0800 232 1271)

Emailmakethecall@dfcn.gov.uk

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

The **Safer Schools NI** App contains contextual safeguarding information, advice and guidance, researched and written by online safeguarding experts. It's interactive, with engaging content which is easy-to-access, simple to understand and intuitive to use.

We provide contemporary, credible and relevant content and resources for your entire school community. The **Safer Schools NI** App is updated with the latest news and alerts as-and-when they happen so you'll also be in the know, in the here and now.

This App is designed to be a one-stop-shop for accessing essential safeguarding information, advice, and guidance. It's a reference point you can turn to any time, right there on your phone!



About the Safer Schools NI partnership

Safer Schools NI is a partnership between Department of Education Northern Ireland and iNEQE Safeguarding Group.

About iNEQE Safeguarding Group

iNEQE Group Ltd registration number: NI606984

Connect

Call: +44(0) 2896 005777

Email: saferschoolsni@ineqe.com

Media Enquiries



Volunteer as a Roots of Empathy Instructor!

Seeking volunteers for an exciting opportunity for the 2022-23 school year!



"Roots of Empathy is about changing the world, child by child."

Mary Gordon, Founder/President
Roots of Empathy

Roots of Empathy is an evidence-based program that has shown significant effect in reducing levels of aggression, including bullying, among elementary school children while raising social and emotional competence and increasing empathy.

Listen to our Roots of Empathy Instructors share their experiences on our website [HERE](#).

"As a school principal and Roots of Empathy Instructor this is a valuable combination as I am able to deliver the program and create a culture of caring throughout my Roots of Empathy classroom and school with opportunities to build upon the themes all year long. Relationships are enhanced with students, staff, and families which is integral to an inclusive school community." - **Instructor and Principal, Okanagan Falls Elementary, BC**

Instructors attend a 4-day in-person training. Three days at the beginning of the school year and a fourth day mid-way through the school year.

- Programs are delivered by the trained Instructor in their local community school starting in the fall and going to the end of the school year.
- All Instructors are matched with a volunteer family, a classroom of students and their teacher and a ROE Mentor who will support them in and out of the classroom.
- All candidates are encouraged to apply, however experience with children is an asset.

To find out more about what's involved, please go to our website:

www.rootsofempathy.org and click on **Participate**

For more information please contact:

Noelle.hollywood@setrust.hscni.net



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](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

 ABC PiP

 Mellow
Bumps

Mellow Bumps Virtual Group

For more information please contact:



Nicola: 07857699811
Bronagh: 07971334640

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

 ABC PiP
Attachment, Bonding & Communication
Parent Infant Partnership





The Solihull Approach is all about emotional health and well-being. We provide training and resources for practitioners working with children and families. We provide online courses and face to face groups for parents. We provide training for schools. We provide training for teams and organisations.



Antenatal and Perinatal Teams



Nurseries and Early Years



Schools



Online Courses for Professionals



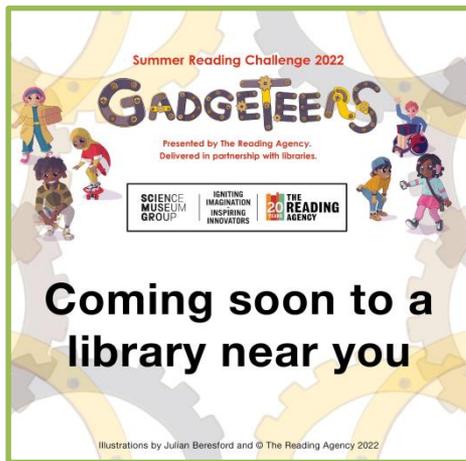
Online Courses for Parents



Foster Carers

 solihull.approach@uhb.nhs.uk

 solihullapproachparenting.com



A Library is a World of Discovery

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

You can:



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

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

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

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

YMCA



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

What is Y's Girls mentoring?

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

How does it work?

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

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

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

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



Y'S GIRLS MENTORING

Enabling girls to belong, contribute and thrive



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



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

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

Weekly Programme - Autumn/Winter 2022

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| <p>Yspace Community Cafe 10-2pm Pop in for a cuppa, everyone is welcome</p> <p>Creative Connections 10-12pm Booking is Required (Creche spaces are available)</p> <p>BME Women's Group 10am -12pm</p> <p>Community Lunch 12-2pm Everyone is welcome, enjoy a delicious hot lunch.</p> | <p>Yspace Community Cafe 10-2pm Pop in for a cuppa, everyone is welcome</p> <p>Health & Well-Being 4 - week Programmes 10-12pm more details on our social media channels</p> <p>CHAT@ the HUB (12+) 3-6pm</p> <p>Skills and Training (16+) 7-9pm</p> | <p>Yspace Community Cafe 10-2pm Pop in for a cuppa, everyone is welcome</p> <p>Community Lunch 12-2pm Everyone is welcome, enjoy a delicious hot lunch.</p> <p>55+ Friendship Group 2-3.30pm Social group for people aged 55+</p> <p>Afternoon drop in @the HUB (12+) 3-6pm</p> <p>Junior Youth Club (7-11 yr olds) 6.30-8pm Senior Drop In (12-17 yr olds) 8-9.30pm</p> | <p>ESOL Class 10am-12pm (Creche available Booking is Required)</p> <p>Drop-In Advice Clinic 10am-12pm For Ukrainians and their Sponsors</p> <p>Men's Group 11-1pm</p> <p>Afternoon drop in @the HUB (12+) 3-6pm</p> <p>Junior Youth Club (7-11 yr olds) 6.30-8pm Senior Drop In (12-16 yr olds) 8-9.30pm</p> | <p>Welcome Cafe 10-12pm For Ukrainians and their Sponsors (Creche available Booking is Required)</p> <p>Afternoon drop in @the HUB (12+) 3-6pm</p> |



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:



- 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



South Eastern Health and Social Care Trust

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

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



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



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

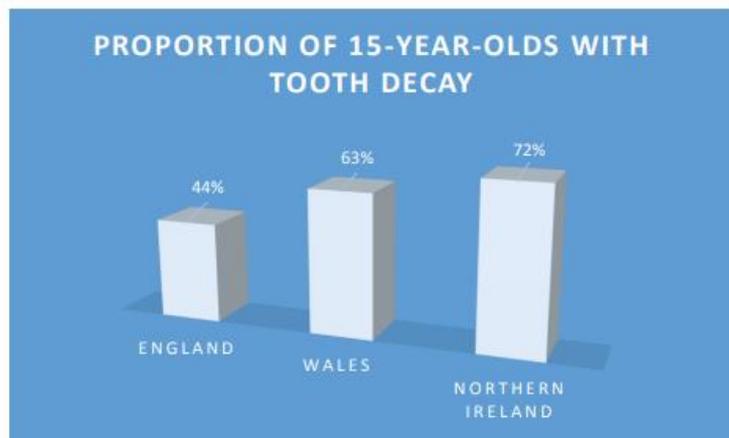
<https://pha.site/textanurse>

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



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



ASCERT Training Courses Nov/Dec

Head Office, 23
Bridge Street,
Lisburn,
BT28 1XZ

E:
info@ascert.biz

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

| | | |
|---|---|---|
| Understanding Alcohol | 2 nd November 2022 10.00-13.00 | ZOOM Online Training Free |
| Understanding Illicit Drugs | 3 rd November 2022 10.00-13.00 | ZOOM Online Training Free |
| Understanding Prescription & OTC Drugs | 7 th November 2022 10.00-13.00 | ZOOM Online Training Free |
| Safeguarding Children Affected by Parental Substance Misuse | 10 th November 2022 10.00-13.00 | ZOOM Online Training Free |
| Conversations on Recovery- Beginning Change | 14 th &15 th November 2022 10.00-13.00 | ZOOM Online Training Free |
| Working With Young People & Substance Misuse | 22 nd &23 rd November 2022 10.00-13.00 | ZOOM Online Training Free |
| Conversations on Recovery- Maintaining Change | 24 th &25 th November 2022 10.00-13.00 | ZOOM Online Training Free |
| Parental Substance Misuse | 29 th &30 th November 2022 10.00-13.00 | ZOOM Online Training Free |
| Understanding Illicit Drugs | 5 th December 2022 10.00-13.00 | ZOOM Online Training Free |
| Working With Young People & Substance Misuse | 6 th &7 th December 2022 10.00-13.00 | ZOOM Online Training Free |
| Conversations on Recovery- Beginning Change | 8 th &9 th December 2022 10.00-13.00 | ZOOM Online Training Free |
| Understanding Alcohol | 12 th December 2022 10.00-13.00 | ZOOM Online Training Free |
| Menopause Awareness Workshop | 13 th December 2022 10.00-13.00 | ZOOM Online Training £30.00 Per Person |
| Understanding Prescription Drugs | 14 th December 2022 10.00-13.00 | ZOOM Online Training Free |
| Conversations on Recovery- Maintaining Change | 15 th &16 th December 2022 10.00-13.00 | ZOOM Online Training Free |

**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 TIMETABLE (SEPTEMBER – DECEMBER)



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

| COURSE | SESSION | DATES | TIME | LOCATION | REGISTER |
|---|---------|--------------------------------------|-----------------|--|----------------------------|
| <u>Learning skills & strategies to help with my anxiety: Anxiety Management</u> | 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. | | | | | |
| <u>Improving my Mood: Living Life to the Full</u> | 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. | | | | | |
| <u>Lived Experience & Quality Improvement Workshop</u> | 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. | | | | | |
| <u>safeTALK Workshop</u> | 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. | | | | | |
| <u>Learning to Achieve Balance: Finding Your Pace</u> | 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. | | | | | |
| <u>Planning My Recovery: Wellness Recovery Action Plan (WRAP)</u> | 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. | | | | | |
| <u>Living life as an Autistic Adult</u> | 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](#)



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



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



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'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.*

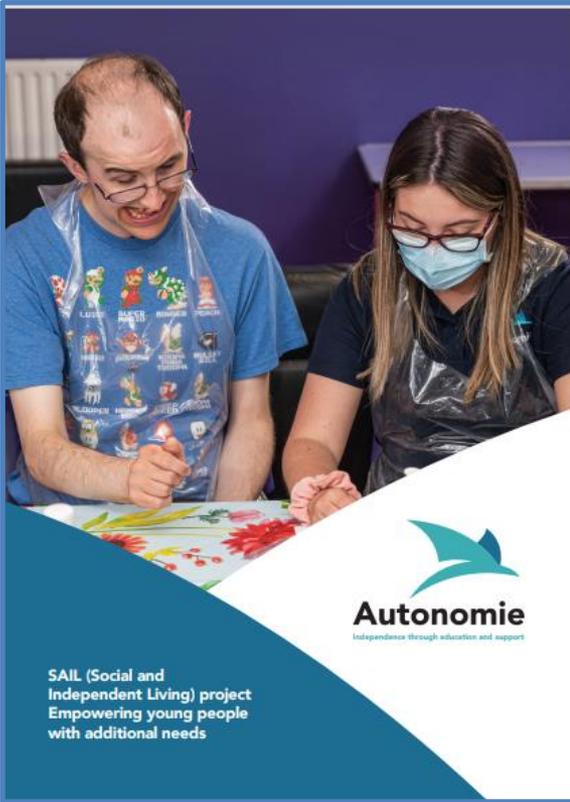
One to One Advocacy Support

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



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



Northern Ireland
Blood Transfusion Service

Text 'BLOOD' to 60081

Freecall us on: 08085 534 653

www.nibts.org



Can I donate



Where to donate



Register to donate



The donation process

Freecall us on: 08085 534 653

Who we are

The Northern Ireland Blood Transfusion Service exists to fully supply the needs of all hospitals and clinical units in the province with safe and effective blood and blood products and other related services. The discharge of this function includes a commitment to the care and welfare of our voluntary donors.

It is an independent, Special Agency of the Department of Health and is responsible for the collection, testing and distribution of over 55,000 blood donations each year. The Service operates three mobile units at nearly 180 locations throughout the province. Including headquarters, located on the site of the Belfast City Hospital, a total of almost 800 donation sessions are held each year.

Changes to donor eligibility

Additional testing for Hepatitis B (HBV)

Safety of Donors and Staff

COVID-19 Coronavirus

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