

# Fortnightly News

## Issue 60 January 2023

- Welcome to the 60th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down.
- In this first edition of 2023, 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](mailto:Noelle.Hollywood@setrust.hscni.net)

Mobile number **07872422101**

The infographic is displayed on a tablet screen. It features a central timeline with four key dates: 13 DEC 2022 (Admissions Criteria published on EA website), 10 JAN 2023 (Applications open at 12 noon), 27 JAN 2023 (Applications deadline at 12 noon), and 27 APR 2023 (Pre-School (Stage 1) and Primary 1 Parents/guardians informed of outcome via email). Supporting documentation submission is noted as 31 January 2023 at 4pm. The EA logo is at the bottom right.



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- Please send us your NEWS!!

## Restart;

Fancy getting back to learning, gaining new skills, confidence and meeting new friends, then why not try;

SERC's Restart Lite Courses.

16+

Free of charge

3.5 hours per week

[www.serc.ac.uk](http://www.serc.ac.uk)



LEARNING  
NEVER STOPS

# TELL US YOUR DREAM - WE'LL HELP YOU GET THERE...

Fancy dipping your toes back into learning, gaining new skills, confidence and meeting new friends, then try **South Eastern Regional College's Restart Lite courses.**

**FREE COURSES FROM 16 JANUARY - 19 JUNE 23**

**How long do classes last:** 3.5 hours per week

**What does the course include:** A range of subjects including English, Maths, Science, IT, Social Science and Wellbeing and Resilience

**What will it lead to:** A full range of courses at SERC

**Cost:** Free of Charge

**Who:** Available for anyone over 16 years old



Visit [serc.ac.uk/course/restart-Lite](http://serc.ac.uk/course/restart-Lite) or call us on **0345 600 7555**

**FIND OUT MORE ABOUT RESTART LITE HERE**



Bangor | Ballynahinch | Downpatrick | Hollywood | Lisburn | Newcastle | Newtownards



## **Here2Help App has Launched in Ards and North Down!**

Ards and North Down Borough Council, together with Ards and North Down's Strategic Community Planning Partnership, have officially launched the Here2Help app.

Sometimes it is hard to know where to find information... or where to even begin! The app offers a directory of local and regional non-profit organisations working in the Ards and North Down area, providing immediate support to people in crisis, those who have a problem or need some advice. This app could really make a difference and if it helps even one person find support, it will be worth it!

Please download the app today to your own phone – it is free and the advice and information it contains could help you, a colleague, a family member, or friend.

If you know of any local non-profit organisations who should be on the app or if you can help us promote the app to communities within our Borough, please get in touch and email: [communityplanning@ardsandnorthdown.gov.uk](mailto:communityplanning@ardsandnorthdown.gov.uk), we would love to hear from you!

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



 South Eastern Health  
and Social Care Trust

 Health Development  
Department

## Mental Health and Suicide Prevention Training Directory

2022 - 2023



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](mailto: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](http://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](mailto:info@ardscommunitynetwork.com)  
[www.ardscommunitynetwork.com](http://www.ardscommunitynetwork.com)

Follow us on;

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



## COMMUNITY

**Fancy a Coffee? Well, there are plenty of options in January!** Not only will our brilliant Wednesday Coffee and Connect mornings be starting up again on 11th January, we have also teamed up with our fabulous friends at Carrowdore Presbyterian and Carrowdore Church of Ireland to start a new, totally free, bi-weekly coffee morning which will be starting on Tuesday 17th January at 10:30am in Carrowdore Community Centre. There is absolutely no excuse now for not getting your caffeine and chat fixes in. Contact Allan on [allan@peninsulahealthyliving.org](mailto:allan@peninsulahealthyliving.org) or call 07519379428 if you would like more information.

**COFFEE IN CARROWDORE**

EVERY WEDNESDAY @ 10:30AM  
CARROWDORE COMMUNITY CENTRE

Better Days are ahead!

Our amazing 8 week, award winning, 'Better Days' chronic pain management programme will return on Tuesday 21st February. During these 8 weeks there will be sessions with a physiotherapist, a pharmacist, a sleep expert, a mental health expert, gentle movement, a dietician and a peer led session. This is a completely free programme and you can register or get more information by contacting Allan on 07519379428 or [allan@peninsulahealthyliving.org](mailto:allan@peninsulahealthyliving.org).

## HEALTHY MIND

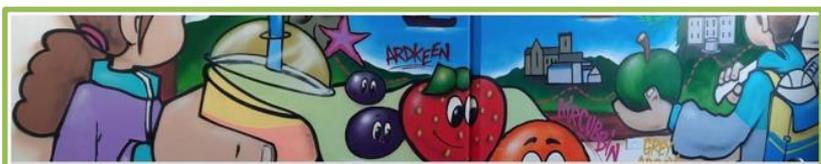
A healthy mind is essential for a healthy life. Our SE Mind Matters Wellbeing Hub will provide support to individuals (young people & adults) families and carers who are experiencing mental health issues or living with a mental health condition. The hub will provide a single point of contact for the core services of: Quick Access Counselling (age 11+), Social Prescribing (age 14+) and Therapeutic Interventions (age 5+). Please contact us for more info or a referral form.

**SE Mind Matters**  
HEALTH & WELLBEING HUB

The hub provides a single point of contact for the following services:

- QUICK ACCESS COUNSELLING** - Providing talking therapy support to people aged 11+
- SOCIAL PRESCRIBING** - Providing 1 to 1 support connecting you to programmes and activities in your local community to meet your needs, improve your health, and help you feel better, happier and more engaged in your community.
- THERAPEUTIC INTERVENTIONS** - Providing 1 to 1 support, tailored to your needs, to help you manage your mental health. This can include group and individual sessions.

A COMMUNITY APPROACH TO MENTAL HEALTH & WELLBEING



## HEALTHY BODY

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.

TO BOOK YOUR CLASS CALL 075 42739021 OR EMAIL: ALLAN@PENINSULAHEALTHYLIVING.ORG	CLASS & GYM TIMETABLE - JANUARY 23	WHEN WE ARE OPEN THE GYM IS OPEN
<b>MONDAY</b>	9:30am Pilates @ Braysherry	Carol
10:00am PUP Walking Group	Alan	
2:00pm Sorestart @ Ards	Carol	
5:00 - 6:30pm Free Body Analysis (Please Book)	Carol	
5:00pm Spin	Emma	
6:00pm Emma's Special Mix	Emma	
<b>TUESDAY</b>		
9:30am Sorestart @ TIC	Carol	
11:30am Chi-Me	Carol	
14:00pm Spin	Carol	
5:00pm Kettlebells	Carol	
5:30pm Spin	Emma	
6:15pm KITCH/Circuits	Emma	
7:00pm Men Only	Emma	
<b>WEDNESDAY</b>		
9:30am Spin & Free Weights	Carol	
10:00am Yoga Protection	Carol	
11:00am Gentle Aes II	Carol	
14:00pm Spin	Carol	
5:30pm Spin	Emma	
6:00pm Pilates	Carol	
6:40pm Spin	Emma	
<b>THURSDAY</b>		
5:45pm Spin	Emma	
<b>FRIDAY</b>		
6:00pm Spin	Emma	
11:00am Yoga @ Portavogie Community Centre	All Crawford	

MEMBERSHIP PER CLASSING TIME 10:00-10:30 MONDAY TO 10:00-10:30 WEDNESDAY. ALL OTHERS 10:00-10:30 WEDNESDAY TO 10:00-10:30 MONDAY. ALL OTHERS 10:00-10:30 WEDNESDAY TO 10:00-10:30 MONDAY. ALL OTHERS 10:00-10:30 WEDNESDAY TO 10:00-10:30 MONDAY.

Our extensive physical activity timetable is better than ever with new classes being added regularly. Our new Yoga class which starts on Friday 20th January in Portavogie Community Centre with instructor Jill Crawford looks like it's going to be a massive hit and our rebranded men only class (Bulls & Bells) starts back on Tuesday 10th January at 7pm. With our £20 monthly membership scheme giving you complete access to all our classes and gym is there a better time to get moving?

Coming in February 23 we will be holding 6 weeks of Autism Huddles in conjunction with the amazing Uhub. These huddles will be aimed at local people aged 18+ living with autism and their carers and with help with coping strategies, allowing them to accept who they are and encourage them to embrace their amazing personalities and differences. Contact Allan for more information on [allan@peninsulahealthyliving.org](mailto:allan@peninsulahealthyliving.org) or at 07519379428.

Our fabulous Inspire Hens Shed is going from strength to strength, meeting every Tuesday and Thursday and having some great craic and making some amazing items, these ladies really are an inspiration. If you would like more information on how to join them contact Susan on 02842739021. The phenomenal Gabriel Ellison is still here every Wednesday at 12:30pm teaching you all how to become a guitar maestros and our Monday walking group still meet every week at 10am exploring beautiful locations around the Ards Peninsula. Community Advice are here every Tuesday, so if you would like to make an appointment to see Helen, please let us know.





Check out the [www.familysupportni.gov.uk](http://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](mailto: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](http://www.surestartards.com)



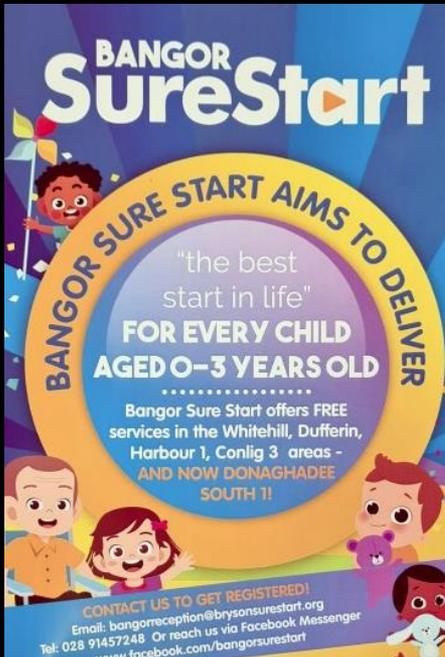

If you'd like some information on the services, programmes or advice we offer, please search;

[www.downsurestart.org](http://www.downsurestart.org)

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

028 44 613 630

[down.surestart@setrust.hscni.net](mailto: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](mailto:bangoreception@brysonsurestart.org)  
 Tel: 028 91457248 Or reach us via Facebook Messenger  
[www.facebook.com/bangorsurestart](http://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

## Take notice of the Beautiful Blue Monday 16 January 2023

This year in the Trust we want people to **'Take notice of the Beautiful'**, we encourage you to go outdoors and get active in your local area, take notice of the beautiful and enjoy nature.



As part of the campaign we are asking you to submit a photo of something beautiful in your local area, taken on **Blue Monday**.

There will be a prize for the 2 best photos that focus on something beautiful.

Closing date for submissions: **Wednesday 18 January 2023**

Please submit your photos to: [brien.frazer@setrust.hseni.net](mailto:brien.frazer@setrust.hseni.net)

# Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practise every day:

- Connect**  
Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.
- Be active**  
Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy, one that suits your level of mobility and fitness.
- Take notice**  
Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.
- Keep learning**  
Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.
- Give**  
Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foreign Office as part of the MIND Project on Mental Capital and Wellbeing. See [www.mindingyourhead.org](http://www.mindingyourhead.org).  
Artwork designed in association with Better Strategic Planning.

[www.mindingyourhead.info](http://www.mindingyourhead.info)

## We stay in touch

We will stay in contact with you and see you through the whole investigation.

Our aim is to contact you within 24 hours of you reporting the offence to let you know what's happening. You can also call us directly to find out how your case is going or talk about anything that might be worrying you.

## Practical help

We know that victims of sexual and domestic abuse can sometimes find the criminal justice process daunting and this can stop them from coming forward for help.

**Assist NI** is a Northern Ireland wide advocacy service passionate about supporting victims of these crimes to navigate the criminal justice system. If you choose to report to Police, officers will refer you to this free service for further help and support.

For more information visit:  
[www.assistni.org.uk](http://www.assistni.org.uk)

## Safe places

All Police Stations are designated safe places where any victim of domestic abuse can come to confidentially access information.

[www.psnl.police.uk/  
domestic-abuse](http://www.psnl.police.uk/domestic-abuse)

## Other support available to you

**24 Hour Free Phone Domestic and Sexual Violence Helpline: 0808 802 1414**

This domestic abuse and sexual violence helpline is available 24 hours, seven days a week to anyone affected by domestic violence and sexual violence.

**The Rowan: 0800 389 4424 (free from landlines only)**

If you have been sexually assaulted you can report this to the police directly who will arrange for you to visit the Rowan. This is a specialist regional Sexual Assault Referral Centre which provides a range of services for people who have been raped or sexually assaulted, either in the past or recently. They provide a wide range of services for all – adults and children.

**Victim Support: 028 90 244 039**

Victim Support NI helps people affected by crime. It offers a free and confidential service, whether or not a crime has been reported and regardless of how long ago the event took place.



 **Police Service of Northern Ireland**



## This is Domestic Abuse

## What is domestic abuse?

Anyone can become a victim of domestic abuse regardless of ethnicity, age, gender or social background.

If you are being threatened/intimidated or suffering from physical, sexual, psychological/emotional or financial abuse by a current or previous partner or close family member – **this is domestic abuse.**

You may be feeling frightened, isolated, ashamed and confused and if you have children it may be that they too are suffering whether they witness abuse or not.

**Remember, you are not to blame for what is happening. You are not alone and you do not have to suffer in silence – help is available.**



## The Police can help you

If you or someone you know is suffering from abuse you can contact us in different ways.

**Call 999 – if a crime is currently taking place and someone is in immediate danger.**

**Call 101 – if you wish to speak to the police and it is not an emergency.**

## Silent Solutions

**In danger, need the police, but can't speak?**

This can help you alert police when in imminent danger but are unable to speak. Follow the steps below:

1. **Dial 999**
2. **Listen to the questions from the 999 operator**
3. **Respond by coughing or tapping the handset if you can**
4. **If prompted, press 55, this will let the operator know it's an emergency and you will be put through to Police.**

## Police protection

Our first priority is to ensure your safety and that of any children that may be with you. Our officers will ensure that you are dealt with respectfully and spoken to away from the person responsible for the abuse.

On arrival at a domestic incident, the officer will conduct an initial investigation, including examination of the scene and where appropriate capturing that on Body Worn Video. If a crime has been committed, the officer will also record a 'witness statement' from you at your own pace.

If you have been physically injured then it is important that your injuries are examined by a doctor and we will arrange medical care as a matter of priority.

If a child is residing with you or was present at the home at the time of the domestic abuse, we will share information with the local Family and Child Care Manager.

If appropriate, we will arrest the suspect at the time to protect you from further harm. If that's not possible, we will do all we can to locate them.

If you are required to give evidence in court at a later date we will ensure you are supported through this process.

# Domestic Abuse

[www.ndawomensaid.org](http://www.ndawomensaid.org)

[info@ndawomensaid.org](mailto: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 coen 24/7

we care · we listen · we act  
Report online. Call 101. In an emergency call 999  
[psni.police.uk](http://psni.police.uk)



**Police Service of Northern Ireland**

[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



Our Wellbeing service particularly focuses on mental health for 16-25 year olds , we're an organisation that supports young people who may be experiencing homelessness, substance abuse, self-harm, mental health issues, leaving care or young people that are generally at risk. We provide a tailored mental health programme with either 1:1 support from a Wellbeing Worker or 1:1 support from a volunteer mentor in the community.

At the moment, we're open for referrals in the Lisburn and Downpatrick areas. If you have any young people who might benefit from our service, we'd be very happy to contact them and arrange an initial meeting. I've attached a referral form so it would be brilliant if you could fill that in but you're welcome to get in touch if you have any questions or need some help. My contact details are below.

**Amy Devlin**  
 Wellbeing Worker  
 MACS Supporting Children & Young People  
 Mobile: 07584353697  
 T: 028 90 313163  
 Working hours: Mon, Wed, Thurs, Fri 9.30am-5pm, Tues 8.30am-4pm





## WELLBEING SUPPORT SERVICE

### REFERRAL FORM

MACS Wellbeing Support Service support young people with their Mental Health. MACS supports young people through a tailored mental health programme designed to improve their overall health and wellbeing.

- 1 to 1 Support from your MACS Worker
- 1-to-1 support from a mentor to participate in our mentoring programme – this is bespoke to your individual interests and hobbies

Criteria Checklist : Please tick which applies to you/young person	Tick if yes:
Are you 16-25 years old and currently being supported by one of MACS other services?	
Are you currently experiencing anxiety, low mood or other mental health difficulties?	
Have you ever harmed yourself or had thoughts of life not worth living?	
Are you feeling lonely or isolated?	
Do you feel you would benefit from a volunteer mentor?	
Are you ready to meet weekly with a volunteer mentor 1-to-1 in the community?	

**Please choose one of the following options below;**

- Tailored one-to-one support sessions from a worker to help support you with your mental health

OR

- 1-to-1 support from a volunteer mentor to take part in our Mentoring Programme for up to 10 weeks.



**Our one-to-one support can help you with the following areas. Please tick which areas you feel you need help with:**

1. Managing mental health	<input type="checkbox"/>	6. Identity and self esteem	<input type="checkbox"/>
2. Physical Health and self-care	<input type="checkbox"/>	7. Addictive Issues	<input type="checkbox"/>
3. Social Networks	<input type="checkbox"/>	8. Trust and Hope for your future	<input type="checkbox"/>
4. Work and Education	<input type="checkbox"/>	9. Responsibilities	<input type="checkbox"/>
5. Relationships	<input type="checkbox"/>	10. Living Skills	<input type="checkbox"/>

Your Wellbeing Worker will build a programme that will help improve your mental health tailored on your individual needs – the sessions will cover a range of topics that help with the areas you have ticked above.

**Our mentoring programme can help you with the following areas. Please tick which areas you feel you need help with:**

1. Social activities	<input type="checkbox"/>	8. Confidence Building	<input type="checkbox"/>
2. Arts and Crafts	<input type="checkbox"/>	9. Community activities	<input type="checkbox"/>
3. Music and Media	<input type="checkbox"/>	10. Community Volunteering	<input type="checkbox"/>
4. Cooking/Baking	<input type="checkbox"/>	11. Mindfulness/Yoga	<input type="checkbox"/>
5. Physical Activity	<input type="checkbox"/>	12. Budget management	<input type="checkbox"/>
6. Personal Goal Setting	<input type="checkbox"/>	13. CV building/job hunting	<input type="checkbox"/>
7. Personal development	<input type="checkbox"/>	19. Confidence using public transport	<input type="checkbox"/>

Please note this list is not exhaustive and will be tailored based on a plan made between you and your volunteer mentor. **If you have any specific interests/hobbies/activities you would like to complete with your mentor please make a note of them below;**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Is there anything we need to know regarding keeping you and/or others safe?**  
 (This includes information on self-harm, thoughts of life not worth living, physical health, mental health needs or any lone working risks)  
 YES  NO

If yes please give details below

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Are there any concerns or issues with a worker or volunteer working 1-to-1 with this young person? Please highlight as appropriate: Yes  No

*If yes, please give details below and ensure any relevant current Keeping Safe Plans are included as part of the referral;*

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Young Person's Details:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_ D.O.B.: \_\_\_\_\_ Age: \_\_\_\_\_

Mobile No: \_\_\_\_\_ Telephone No.: \_\_\_\_\_

Email: \_\_\_\_\_

**If under 18 years of age, has the parent/guardian been notified of the referral?**  
 Yes  No

If the parent or guardian has not been informed of the referral please explain why below;

\_\_\_\_\_

\_\_\_\_\_

**Referrer details (if different from above):**

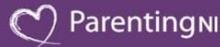
Worker Name: \_\_\_\_\_ Service/Org: \_\_\_\_\_

Worker Contact Number: \_\_\_\_\_ Workers E-Mail \_\_\_\_\_

Date: \_\_\_\_\_

Please return to [wellbeing@macsni.org](mailto:wellbeing@macsni.org)  
**PLEASE COMPLETE REFERRAL FORM FULLY, ANY REFERRAL FORM NOT COMPLETED FULLY WILL NOT BE ACCEPTED.**

## Resilient Teens - Top Tips



### Home Environment

A stable & nurturing relationship with an adult builds key capacities, e.g the ability to plan, monitor & regulate behaviour. Enabling children to respond adaptively to adversity and thrive.

### Emotions

Parents have an important role to play in supporting children to manage their emotions. One of the most important things you can do to help them understand what emotions are to talk about them.



### Resilient Parent

Be a role model. Children and young people are very good at copying what they see in their parents behaviour.



### Nurture Resilience

Children will have different levels of resilience. They will also have different ways of showing when the demands that are being put upon them outweigh their capacity to cope (become emotional, withdrawn, defiant, angry or resentful) even the most resilient of children have days where it all gets too much. The great news is that resilience is something that can be nurtured in all children.

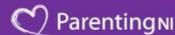


### Problem Solve

Encourage children to persevere through things they are finding difficult. Only then can they form habits that will help them handle future adversity. When something goes wrong ask them how they think they could improve the situation instead of jumping in with the solution.



# 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



# Cost of Living Support in North Down

## Supporting clients in fuel poverty



### Energy Efficiency Advice

The Councils Health Improvement Team can offer tailored energy efficiency advice to residents of the District. This advice is based on the condition of the property and the lifestyle habits of its occupants.

### Energy Efficiency Grants

The Health Improvement Team have in-depth knowledge with regards to the range of energy efficiency grant schemes available to residents of Northern Ireland. The team can guide the client to choose the most appropriate grant scheme/s for their circumstances and support them through the application process.



### Energy Efficiency Seminars

These seminars showcase how attendees can become more energy efficient within their homes and promote the support that is available locally to assist them. These sessions are available to any group or organisation within the District.

### Keep Warm Packs

The Health Improvement Team currently have a supply of Keep Warm Packs in stock, for both adults and children up to the age of 5.



## Supporting clients in fuel poverty



### Energy Efficiency Advice

The Councils Health Improvement Team can offer tailored energy efficiency advice to residents of the District. This advice is based on the condition of the property and the lifestyle habits of its occupants.

### St Vincent de Paul Fuel Stamp Scheme

St Vincent de Paul currently operate a Fuel Stamp Scheme within the District. Stamps can be purchased from a number of retailers. Local SVP conference details can be found at: <https://www.svp.ie/what-we-do/local-offices/north-region/conference-contact-details-north.aspx>



### Food Banks

There are a number of foodbanks within North Down & Ards who can support those in need.

**The Warehouse** – (028 9182 1721)  
<http://www.thewarehousenewtownards.com>  
info.northdowncfc.com  
3 Glenford Way Newtownards

**The House Church** (formerly *Trinity Life Church*) 07902933297 or 02891 7487  
<http://www.trinitylfechurch.co/>  
info@housechurchni.com  
18c Crawfordsburn Road, N. Ards

**Bangor NI Foodbank** – 07821 791674  
24 Ballinoo Avenue, Bangor



## Supporting clients in fuel poverty



### Community drop-ins

**YMCA Bangor** – 10-23 High Street, Bangor  
Community lunches available on Monday & Wednesday from 12:0-2:00pm

**NDCN** – Units 24/25 Flagship, Main Street, Bangor  
Community Cafe on Thursday 12:00-1:00pm (minimum donations £2)

**The Warehouse** – 3 Glenford Way, Newtownards  
Drop in for lunch on Wednesday & Thursday 12:00-2:00pm  
Drop in for breakfast on Friday mornings at 10:00am



### Advise on benefits, debt & housing

**YMCA Bangor** – 10-23 High Street, Bangor  
Community lunches available on Monday & Wednesday from 12:0-2:00pm

**NDCN** – Units 24/25 Flagship, Main Street, Bangor  
Community Cafe on Thursday 12:00-1:00pm (minimum donations £2)

**The Warehouse** – 3 Glenford Way, Newtownards  
Community Advise meet from

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](mailto: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](http://www.rootsofempathy.org) and click on **Participate**

For more information please contact:

[Noelle.hollywood@setrust.hscni.net](mailto:Noelle.hollywood@setrust.hscni.net)

## The Daily Mile

The South Eastern HSC Trust and the Belfast Health and Social Care Trust support the Daily Mile initiative with over 140 schools and pre-schools across the South Eastern area regularly taking part in The Daily Mile.

**Get Strong! Reduce Inactivity! & Move More and aim to achieve 60 minutes of activity that makes you breath faster and feel warm.** The Daily Mile is a great free, fun way that schools can implement the good habit of fun physical activity for their pupils which can set them up for healthier lives. For any schools or pre-schools who would like to register for the future please get in touch for support at

[Jayne.mckillen@setrust.hscni.net](mailto:Jayne.mckillen@setrust.hscni.net).

For more information on The Daily Mile itself, please visit: <https://thedailymile.co.uk/>



# Wash your hands



bugs and germs are particularly active during the winter months.

# 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](mailto: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](mailto:info.riseni@setrust.hscni.net)



ABC PiP  
8 Moss Road  
Ballygowan  
BT23 6JE  
tel:028 95988056

## ABC PiP

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

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

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

 South Eastern Health  
and Social Care Trust

 PiP

 Mellow  
Bumps

## Mellow Bumps Virtual Group

**For more information please contact:**



Nicola: 07857699811  
Bronagh: 07971334640





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.

**Online courses available for parents**  
**FREE (prepaid) for residents of Northern Ireland**

- 1. Understanding pregnancy, labour, birth and your baby**  
 Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.
- 2. Understanding your baby**  
 Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.
- 3a. Understanding your child (0-19 yrs) (main course) or 3b. Understanding your child with additional needs**  
 Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.
- 4. Understanding your teenager's brain (short course)**  
 Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

For technical support contact:  
[solihull.approach@heartofengland.nhs.uk](mailto:solihull.approach@heartofengland.nhs.uk)  
 or 0121 296 4448 Mon-Fri 9am-5pm  
[www.inourplace.co.uk](http://www.inourplace.co.uk)  
[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

Go to:  
[www.inourplace.co.uk](http://www.inourplace.co.uk)  
 and enter the 'access code'  
**NIBABIES**  
 To return to the course(s) go to  
[www.inourplace.co.uk](http://www.inourplace.co.uk) and sign in!

**Two online courses exclusively for teenagers!**

**Understanding your brain (for teenagers only!)**  
**and**  
**Understanding your feelings\* (for teenagers only!)**

*\*Includes the emotional effects of the COVID-19 pandemic*

[inourplace.co.uk](http://inourplace.co.uk) **FIND OUT MORE...**

**Do you live in Northern Ireland?**

1. Visit [www.inourplace.co.uk](http://www.inourplace.co.uk)
2. Enter Access Code
3. Begin learning

Access Code: **NIBABIES**

PREPAID  
 Locally funded

A **NEW** online course '**Understanding your feelings (for teenagers only!)**'. Solihull advised the course was created because of the rise in mental health problems in young people during the COVID-19 pandemic. It introduces teenagers to mental health...recognising and processing feelings in the context of relationships. It presents Solihull's view of why the COVID-19 pandemic has had such an impact on emotional health. The course suggests how this can be processed. For those in Northern Ireland you can take advantage of this prepaid, locally funded offer, [www.inourplace.co.uk](http://www.inourplace.co.uk) Access code: **NIBABIES**. Create an account (or sign in), to start learning.

✉ [solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk)

🌐 [solihullapproachparenting.com](http://solihullapproachparenting.com)



 Libraries NI

9 h · 🌐

Your local library can provide you with a list of nearest foodbanks and social supermarkets.

Find your local library on our website 🖱️  
<https://bit.ly/LNIFind>



**Community  
Helpdesk**

Connecting people with  
useful information

## 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](mailto:solveig@lisburnymca.com) | 07541892140  
[ymca.org.uk/ysgirls](http://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

### Happier January 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

**ACTION FOR HAPPINESS** Happier · Kinder · Together

# SE Mind Matters Health & Wellbeing Hub



The Hub will provide support to individuals (young people and adults) families and carers who are experiencing mental health issues or living with a mental health condition.

The Hub will provide a single point of contact for the following core services:

## QUICK ACCESS COUNSELLING

Providing talking therapy support to people aged 11yrs+

## SOCIAL PRESCRIBING

Providing 1 to 1 support, connecting you to programmes and activities in your local community to meet your needs e.g. social clubs, youth groups, physical activities, general wellbeing programmes and sign posting to people aged 14yrs+

## THERAPEUTIC INTERVENTIONS

Providing programmes and therapy supporting self-care and recovery e.g. play, music, animal and art therapy. Available to families and individuals aged 5yrs+.



**A COMMUNITY APPROACH TO MENTAL HEALTH & WELLBEING**



## ACCESSING SE MIND MATTERS HEALTH & WELLBEING HUB SERVICES



**STEP 1**

Contact is made with your local Healthy Living Centre to access SE Mind Matters services.

**STEP 2**

SE Mind Matters team will arrange a meeting with you to discuss your support needs and options.

**STEP 3**

You and/or your family will be supported to engage in community-based services, therapies and activities.

**STEP 4**

SE Mind Matters team provides on-going support throughout your journey.

For Further information about accessing our services please contact the Healthy Living Centre in your Area.

### COUNTY DOWN RURAL COMMUNITY NETWORK

Ballymote Centre, 40 Killough Road,  
Downpatrick, BT30 6PY.

**T: 028 44 612311**

E: [mentalhealthproject@countydownrcn.com](mailto:mentalhealthproject@countydownrcn.com)

### PENINSULA HEALTHY LIVING PARTNERSHIP

4 Church Grove, Kircubbin, BT22 2SU.

**T: 028 427 39021**

E: [info@peninsulahealthyliving.org](mailto:info@peninsulahealthyliving.org)

### POLEGASS COMMUNITY ASSOCIATION @SALLY GARDENS COMMUNITY CENTRE

Steele Road, Poleglass, BT17 0UJ.

**T: 028 90 627250**

E: [laura@sallygardens.org](mailto:laura@sallygardens.org)

### RESURGAM HEALTHY LIVING CENTRE

69 Drumbeg Drive, Lisburn, BT28 1QJ.

**T: 028 92 528233**

E: [healthylivingcentre@resurgamtrust.co.uk](mailto:healthylivingcentre@resurgamtrust.co.uk)



The Community Foundation

This programme is funded by the Department of Health's Mental Health Support fund and administered by the Community Foundation Northern Ireland.

## A resource for parents to help deal with their children's big feelings

This resource is for parents and looks at managing our children's emotions, developing self-regulation skills, and understanding what your child or young person might need during an emotional meltdown.

It explores the following topics,

- ☑ How to help us all deal with the ups and downs of emotions
- ☑ How to develop ways of regulating our emotions
- ☑ Understanding how children's brains develop and what they might need at different stages of their development
- ☑ What can we as parents/carers do in helping to support our children and young people in managing their emotions more effectively

If you click on the link below (or paste it into your browser), you will see a range of video clips, visuals and written material for you to go through at your own pace.

<https://view.pagetiger.com/selfcareforfamilies>

**NB – this should work on a phone but would be better viewed on a tablet or desktop if possible**

We hope you find these useful.



What parents have said about this work:

- "Thanks. My child's anxiety levels have lowered from what they were."
- "It is the kind of stuff every parent should look at; I wish I had it a long time ago."

If the link does not open for you, the material can also be found on the Children and Young people's Strategic Partnership's website in the Youth Wellness Hub in the parent's zone



## Winter vaccines - who is eligible

Where to get your vaccine	COVID-19	Flu
GP's	<ul style="list-style-type: none"> <li>• 50+</li> <li>• 18-49 clinical risk group</li> <li>• Pregnant women</li> <li>• 18-49 who are carers</li> <li>• 18-49 household contacts of immunosuppressed</li> </ul>	<ul style="list-style-type: none"> <li>• 50+</li> <li>• 16- 49 clinical risk group</li> <li>• Pregnant women</li> <li>• Pre school children</li> <li>• 16-49 who are carers</li> <li>• 16- 49 Household contacts of immunosuppressed</li> </ul>
Community Pharmacy	<ul style="list-style-type: none"> <li>• Care home residents and staff 18+</li> <li>• Frontline HSC workers 18+</li> <li>• 50+</li> <li>• Pregnant women 18+</li> <li>• 18-49 who are carers</li> <li>• 18-49 clinical risk group</li> <li>• 18- 49 household contacts of immunosuppressed</li> </ul>	<ul style="list-style-type: none"> <li>• Care home residents and staff 18+</li> <li>• Frontline HSC workers 18+</li> <li>• 50+</li> <li>• Pregnant women 18+</li> <li>• 18 - 49 who are carers</li> <li>• 18- 49 clinical risk group</li> <li>• 18- 49 Household contacts of immunosuppressed</li> </ul>
HSC Trusts	<ul style="list-style-type: none"> <li>• Frontline HSC workers</li> <li>• Pregnant women</li> <li>• 5-49 clinical risk group</li> <li>• 5-49 household contacts of immunosuppressed</li> <li>• Carer aged 16 and over</li> <li>• Housebound via home visits</li> <li>• 50+</li> </ul>	<ul style="list-style-type: none"> <li>• Frontline HSC workers</li> <li>• Pregnant women</li> <li>• 18-49 clinical risk group</li> <li>• 18-49 household contacts of immunosuppressed</li> <li>• Carer aged 18 and over</li> <li>• Housebound via home visits</li> <li>• 50+</li> </ul>
In school	<ul style="list-style-type: none"> <li>• Children aged 5 - 17 who attend a special school</li> </ul>	<ul style="list-style-type: none"> <li>• Children in primaries 1 to year 12</li> </ul>

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

# YOUTH HEALTH ADVICE SERVICE

RELATIONSHIP & SEXUALITY EDUCATION (RSE)

SEXUAL HEALTH

S.T.I. TESTING & FREE CONDOM SCHEME

DRUGS & ALCOHOL

BASELINE ASSESSMENT & SUPPORT

EMOTIONAL HEALTH & WELLBEING

SIGNPOSTING TO APPROPRIATE CARE



**ANNA JOHNSTON**  
YOUTH SUPPORT WORKER  
YMCA NORTH DOWN  
07591 840723

FOR 16 TO 25 YEAR OLDS

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

FOR MORE INFO ON YOUTH HEALTH ADVICE

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

YHAS@setrust.hscni.net

07753 310352



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

## Exam results celebrations

Talk about alcohol and drugs to our young people

### Do

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

### Don't

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



Free Relationships & Sexuality Education For Young People

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

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

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

12-14 year olds  
Contact hello@commonyouth.com

15-16 year olds  
Contact office@relateni.org

17-19 year olds  
Contact nigel@acet-ni.com



## Text-A-Nurse to chat about your health concerns



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

**07507 327263**

and chat in confidence with a school nurse.

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

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

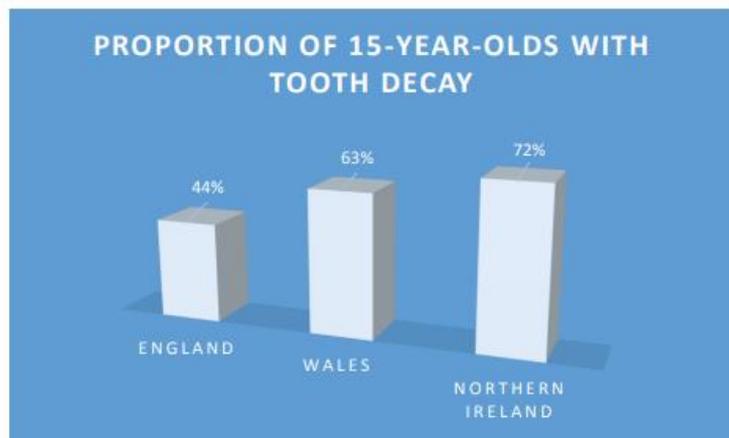
<https://pha.site/textanurse>

## Key facts

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

## Dental health inequalities

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



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

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

The three main elements of the Happy Smiles

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

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

- Mindset training is available to the following age groups:

Mindset - young people aged 14 – 17

Mindset – Adults (18+)

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

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

- Worksheets and a certificate of attendance are provided.

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

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

#### **Aims of the Mindset Programme:**

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

- Raise awareness of signs and symptoms of mental ill health

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

- Promote self-care

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

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

Hugh Roarty

AMH MensSana Project Worker

Email: [hroarty@amh.org.uk](mailto:hroarty@amh.org.uk)

Office: 028 90 278283

Mobile: 07740403724

Twitter: @hugh\_amh

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



**RNIB**

See differently

#### **RNIB Parent Carer Facebook Group**

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

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

#### **Need to Talk Project**

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

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



## Breastfeeding

Good for baby. Good for mum

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

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

For more info see [www.breastfedbabies.org](http://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](mailto:info@ascert.biz)

## Alcohol in Pregnancy Awareness Training

Some research findings show that babies born to women who use alcohol, illegal drugs or tobacco when they are pregnant may have brain structure changes that persist into early adolescence. Find out more about the effects of Alcohol in Pregnancy.....

Save the date;

Tuesday 17<sup>th</sup> January 2023

10-1pm via Zoom

Registration details to follow

**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](http://www.helplinesni.com)

- **Lifeline** tel:0808 808 8000 [www.lifelinehelpline.info](http://www.lifelinehelpline.info)
- **Childline** tel:0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- **Samaritans** tel:116 123 [www.samaritans.org](http://www.samaritans.org)
- **NSPCC** tel:0808 800 5000 [www.nspcc.org.uk](http://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>





## South Eastern Recovery College.

A few points of note:

- You'll notice this timetable is for the entire year but registration for courses open the month prior to the upcoming semester (registration for next semester is open now)
- There will be spotlight courses added throughout the year to facilitate our student, organisation and community needs. These courses will be advertised via emails to our distribution list, and flyers sent our community partners, and Trust Colleagues. Flyers will also be posted on Facebook, Twitter and our website
- Registering for courses is easy, there are self-registration links on the timetable if you are viewing an electronic version, or you can email ([recovery.college@setrust.hscni.net](mailto:recovery.college@setrust.hscni.net)) or you can call us at (028)9041-3872.

To view the online timetable, click on the image below or go to <https://view.pagetiger.com/autumn22/autumn-22>

Additionally you can contact the recovery team at :

### **Recovery College Team**

Tel: 028 9041 3872

Address: Floor 2, Lough House  
Ards Community Hospital  
Newtownards

BT23 4AS

Visit our website: <https://view.pagetiger.com/recovery-college/rc-page>

Like us on FaceBook: <https://www.facebook.com/setrecoverycollege/>



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](mailto:info@aware-ni.org)



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

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

This programme teaches you practical skills to:

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



20th Sept 2022 - 25th Oct 2022



Tuesday Evenings 7pm - 9pm



Online: Zoom

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



Project supported by the PHA

# ADVOCACY FOR ALL



## Inspire's Regional Advocacy Service

**Telephone:** 0808 189 0036

**Webchat:** [www.inspirewellbeing.org](http://www.inspirewellbeing.org)

**Email:** [Infoline@inspirewellbeing.org](mailto: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.*

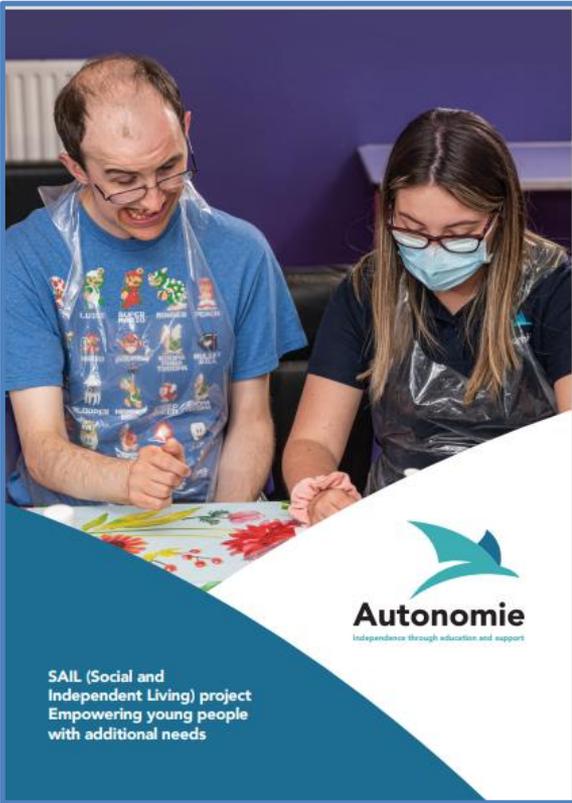
### One to One Advocacy Support

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](mailto: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](http://www.autonomie.org.uk)

**SAIL**  
Autonomie  
Lilac House  
4 Sandhurst Road  
Belfast BT7 1PW

T: 028 9591 8051  
E: [nicoleautonomieorg@gmail.com](mailto: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



## Cost of Living Guide

The cost of living guide continues to get high numbers of downloads and is being well shared on social media and through organisations intranets and newsletters etc.

We have also had a number of requests for the guide in different languages so it is available on the translation hub section of the cypsp website.

<http://cypsp.hscni.net/cost-of-living-resource/>

Please encourage your members to share the link to the resource with their own members, families, and service users.



Northern Ireland  
Blood Transfusion Service

Text 'BLOOD' to 60081

Freecall us on: 08085 534 653

[www.nibts.org](http://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.

[www.nibts.org](http://www.nibts.org)

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

**Tuesday 14<sup>th</sup> March**

Zoom

Meeting ID: 894 7196 8126

Passcode: 458327

# 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