

Fortnightly News

Issue 67 May 2023

- Welcome to the 67th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down.
- Check out the NI Hospice Bereavement Café on P3
- If you wish to advertise any upcoming programmes or activities please see the guidance on the back page. Don't forget to share with your contacts 😊

Noelle.Hollywood@setrust.hscni.net

Mobile number 07872422101



Parenting Children's Challenging Behaviour

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

Suitable for those parenting children 2-10 years.

Please choose one of the following programme start dates:

- Tuesday 16th May 2023
(Please choose either 10am - 11.30am or 7pm-8.30pm)
- Wednesday 17th May 2023
(7pm-8.30pm)
- Thursday 18th May 2023
(7pm - 8.30pm)

This is an online programme and will run for 6 weeks

Call to Register
0808 8010 722
Mon-Thurs 9.30am - 3.30pm
Fri 9.30am - 12.30pm

ParentingNI parentingni.org



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Bereavement Café

Drop in group for anyone who
has experienced loss

*Old School House Café, Northern Ireland Hospice
First Wednesday of each month from 6pm-7.30pm*





A NEW FREE APP FOR EVERYONE...

INFO + ADVICE 24/7

A free app, designed to give quick advice on many subjects and fast contact info for a majority of life's problems

Download it today as a source of great info...

Available on the App Store

GET IT ON Google play

www.here2helpapp.com

HERE2 HELP

The advertisement features a smartphone displaying two speech bubbles: a red one saying "I Need help now" and a green one saying "I have a problem". It also includes logos for the App Store and Google Play, and a circular logo with a red cross and the text "HERE2 HELP".

SAVE THE DATE.....

**Ards & North Down LPG
Poverty Forum
Conference
21/6/23
10-12 Church House
Newtownards**

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

**NATIONAL STALKING
AWARENESS WEEK
24 - 28 APRIL 2023**

As part of National Stalking Awareness Week, The South Eastern Area Domestic and Sexual Violence and Abuse Partnership are hosting this event to update Partnership members on the New Stalking Legislation in NI, how Tech is being used by Perpetrators to control and abuse, and to provide an update on the roll out of Operation Encompass.

STOP STALKING
It's a crime.

Where: Millbrook Lodge Hotel, 5 Drumaness Road, Ballynahinch, BT24 8LS

When: Monday 24th April 2023

Times: Registration at 9 for 9.30 - 1pm

Speakers will include:

- James Draper from the EANI
- Louise Kyne from the PPS PSNI
- Steve McNeill from the SEHSCT


South Eastern Area
Domestic and Sexual Violence
and Abuse Partnership

To Register or to find out more information, contact:
traci.kimber@setrust.hscni.net

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>

HEALTH & WELLNESS

Getting Creative
Physical & Mental Health
Health Publications
Healthy Foods

YOUTH DEVELOPMENT

COMMUNITY DEVELOPMENT

Charity Registration
Community Development



WEEKLY ACTIVITY LIST				
Monday	Tuesday	Wednesday	Thursday	Friday
Walking Group Leaving from NDCN Wellbeing Centre 10am-11am	Chi Me Strength & Balance NDCN Wellbeing Centre 10am-11am	Creative Writing NDCN Wellbeing Centre 10am-12pm	Wise the BAP Art Club NDCN Wellbeing Centre 10am-12pm	Chi Me Strength & Balance NDCN Wellbeing Hub 10am-11am
Chair Yoga NDCN Wellbeing Hub 11:30am-12:30pm	Sew Healthy Classes Sewing Classes NDCN Wellbeing Hub 10:30am-12:30pm *Payable & must book	Book Club NDCN Wellbeing Centre 12pm - 1pm	Gardening Group Meet at NDCN Wellbeing Urban Garden 12pm-2pm	Ukulele Group NDCN Wellbeing Hub 12pm-1:30pm
Speakeasy NDCN Wellbeing Centre 1pm-3pm	Community Choir NDCN Wellbeing Centre Hub 12pm-1pm	Community Shed; Outdoor Activities & Events NDCN Wellbeing Centre 2pm-4pm	IT 1-1 Support NDCN Wellbeing Centre 10am-12pm *Book appointment*	
Wee Yarners Crochet Group NDCN Wellbeing Centre 2pm-4pm	Script Writing NDCN Wellbeing Centre 1.30pm-4pm	Living from the Inside Out Conversations NDCN Wellbeing Hub 2pm-3.30pm	Gentle Yoga NDCN Wellbeing Hub 1pm-2pm	

**ARDS
COMMUNITY
NETWORK**

WHAT WOMEN WANT:



Relaxation Workshops



**4 TUESDAYS- 16TH
MAY - 6TH JUNE**

2PM-4PM

**55 FRANCES STREET
NEWTOWNARDS
BT23 7DX**

ESSENTIAL
OILS

POSITIVE
AFFIRMATIONS

MASSAGE

MEDITATION

Places are limited

To book a place or for more information on other
activities please contact us:

Email - info@ardscommunitynetwork.com

Phone- 028 9181 4625

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

Save the Date;

You are warmly invited to join us....

AAND LPG Poverty Forum Conference

21/6/23

10-12

Church House

Newtownards



COMMUNITY



Our Menopause Wellbeing Event turned out to be a great success with Dr. Gayneeth Hinds giving some much needed advice on what to expect when experiencing the Menopause. We would also like to thank all the local community groups and the PSNI who showed up to promote their services and give out some awesome Froebles. We will be looking to run more of these types of events so please keep an eye out for details.

Through some very generous funding from The Public Health Agency we have been lucky enough to be able to supply local schools with some much needed food and equipment for their amazing pupils. Victoria PS, Kircubbin Community Nursery, St. Mary's PS and Glaslary College have all been supplied with bread, ingredients and equipment to keep their amazing pupils stocked up. We would also like to say a huge thanks to Euzagar Kircubbin in their help in sourcing all the goods. Here is Archie from Glaslary College gladly accepting a delivery of ingredients and goods for their H.E Department. Please get in touch with us if there are any initiatives you think we may be able to help you with.



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 care 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.

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



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.



Our Monday walking group is still going strong, meeting every Monday morning at 10am in various beautiful locations across the Ards Peninsula, if you would like to join us please contact allan@peninsulahealthyliving.org for all the details.

Our April timetable is live and we have enough classes to cater for all tastes. From our Men Only Bells & Bells class to the high intensity Spine and new Circuits class right through to the slightly more gentle (says who?) Gently Does It and new Chair Yoga, there is something here for everyone. So get these monthly memberships in and join us in helping you achieve your fitness goals.



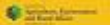
Our 6 weeks of Autism Huddles in collaboration with the amazing UHUB and funded by the Elevate Mentoring Scheme have come to an end and what a 6 weeks they have been. In these sessions both parents and carers of autistic children and autistic adults themselves, were able to come along and learn coping mechanisms, express their emotions and relax with crafts, painting and pottery. A huge thank you to the incredible Nicola and Amanda from UHUB for all their amazing work.

THANK YOU TO ALL OUR ACTIVE SENIORS, ALAN PENINSULA HEALTHY LIVING

WHEN WE ARE OPEN THE GYM IS OPEN

CLASS	TIME	LOCATION	STATUS
5:00pm	Men's 50+ Aerobics	Ards	Open
6:00pm	POST Walking Group	Ards	Open
7:00pm	Seniors 60+	Ards	Open
8:00pm	Men's 40-50 Aerobics	Ards	Open
9:00pm	Men's 30-40 Aerobics	Ards	Open
10:00pm	Men's 20-30 Aerobics	Ards	Open
11:00pm	Men's 10-20 Aerobics	Ards	Open
12:00pm	Men's 50+ Aerobics	Ards	Open
1:00pm	Men's 40-50 Aerobics	Ards	Open
2:00pm	Men's 30-40 Aerobics	Ards	Open
3:00pm	Men's 20-30 Aerobics	Ards	Open
4:00pm	Men's 10-20 Aerobics	Ards	Open
5:00pm	Men's 50+ Aerobics	Ards	Open
6:00pm	Men's 40-50 Aerobics	Ards	Open
7:00pm	Men's 30-40 Aerobics	Ards	Open
8:00pm	Men's 20-30 Aerobics	Ards	Open
9:00pm	Men's 10-20 Aerobics	Ards	Open
10:00pm	Men's 50+ Aerobics	Ards	Open
11:00pm	Men's 40-50 Aerobics	Ards	Open
12:00pm	Men's 30-40 Aerobics	Ards	Open
1:00pm	Men's 20-30 Aerobics	Ards	Open
2:00pm	Men's 10-20 Aerobics	Ards	Open
3:00pm	Men's 50+ Aerobics	Ards	Open
4:00pm	Men's 40-50 Aerobics	Ards	Open
5:00pm	Men's 30-40 Aerobics	Ards	Open
6:00pm	Men's 20-30 Aerobics	Ards	Open
7:00pm	Men's 10-20 Aerobics	Ards	Open
8:00pm	Men's 50+ Aerobics	Ards	Open
9:00pm	Men's 40-50 Aerobics	Ards	Open
10:00pm	Men's 30-40 Aerobics	Ards	Open
11:00pm	Men's 20-30 Aerobics	Ards	Open
12:00pm	Men's 10-20 Aerobics	Ards	Open

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>



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



WHEN KIDS SAY, "LEAVE ME ALONE!" THEY MEAN...

"I don't know how to express my anger."

"I am feeling stressed and anxious."

"I need space to feel like me again"

"I am overwhelmed by my emotions."

"I need support and love from a distance"

"I can't hear my thoughts."



Follow @gozenlove

5-7 Mount Crescent, DOWNPATRICK BT30 6AF 028 4461 3630

ISSUE 04
APRIL - MAY 23

DOWN SureStart Newsletter

GOOD NEWS!! WE ARE NOW ON FACEBOOK!
We have taken on board feedback from families requesting a face book page so we invite you to join our new Facebook group to access up to date information.



TOOTHFAIRY EVENTS



As part of NATIONAL SMILE MONTH DOWN Surestart run an exciting and informative Dental event. Come and join us on:

Friday 2nd June Ardglass Play together, St Nicholas Primary School 10-11.30am

Monday 22nd May St Marys primary school Newcastle 9.45-10.45am

MAY IS SMILE MONTH SO HERE ARE SOME TIPS TO KEEP YOUR CHILD'S TEETH HEALTHY.

Reduce the quantity and frequency of foods and drink that contain sugar and only give sweet foods and dried fruit at mealtimes

Brush your child's teeth twice daily with fluoride toothpaste (1350-1500ppm) last thing at night and at least on one other occasion, after brushing spit don't rinse

Under 3s should use a smear of toothpaste
Parents/carers should brush or supervise tooth brushing until their child is at least 7yrs

Take your child to the dentist when the first tooth erupts at about 6 months and then on a regular basis.

SENSORY PLAY

Young babies learn and develop using their senses. Within **DOWN SureStart** our team have developed a fun programme which aims to stimulate your babies senses and promote exploration and investigation. **Sensory Play runs over 4 weeks** and parent/carer with baby will join in a range of free play fun activities.

Newcastle 3rd to 24th May 10.30am-11.30am for babies approximately aged 8-12 months.



DOWN SureStart offers a range of programmes and support services for antenatal families up until your child's 4th Birthday. SureStart services and programmes are FREE and funded by the Department of Education. www.downsurestart.org

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

Programme Schedule May 2023

DAY/DATES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 May - 5 May 2023	"IN THE MERRY MONTH OF MAY"	Cook It 10.30 am - 11.30 am Church of the Nazarene	Jiggly Tots 10.30 am - 11.30 am Kilcooley Community Centre	Rhythm, Rhyme, Story Time 11 am - 12 noon Bangor Library	Walking Group 12 - 1 pm Meeting Point TBC
8 May - 12 May 2023		Cook It 10.30 am - 11.30 am Church of the Nazarene	Jiggly Tots 10.30 am - 11.30 am Kilcooley Community Centre	Rhythm, Rhyme, Story Time 11 am - 12 noon Bangor Library	Walking Group 12 - 1 pm Meeting Point TBC
15 May - 19 May 2023	WHEN GREEN LEAVES BEGIN TO SPRING	Cook It 10.30 am - 11.30 am Church of the Nazarene Hypnobirthing 6 - 7.30 pm 22 Hamilton Road	Jiggly Tots 10.30 am - 11.30 am Kilcooley Community Centre	Rhythm, Rhyme, Story Time 11 am - 12 noon Bangor Library	Breastfeeding Support Group 11 - 12.30pm Marquis Hall, Abbey Street
22 May - 26 May 2023		Cook It 10.30 am - 11.30 am Church of the Nazarene Hypnobirthing 6 - 7.30 pm 22 Hamilton Road	Jiggly Tots 10.30 am - 11.30 am Kilcooley Community Centre Book Start Corner 12 noon - 1 pm Kilcooley Community Centre	Toddler Sensory Workshop 10.30 - 12 noon Bangor Library	Breastfeeding Support Group 11 - 12.30pm Marquis Hall, Abbey Street
29 May - 31 May 2023	LITTLE LAMBS DO SHIP LIKE FARMERS, BIRDS DO COUPLE, BUILD, AND SING"	Cook It 10.30 am - 11.30 am Church of the Nazarene Hypnobirthing 6 - 7.30 pm 22 Hamilton Road	Jiggly Tots 10.30 am - 11.30 am Kilcooley Community Centre Book Start Corner 12 noon - 1 pm Kilcooley Community Centre	Rhythm, Rhyme, Story Time 11 am - 12 noon Bangor Library	SATURDAY 27th May 2023 Dad's Club 10.30 am - 12 noon 90b Skipperstone Road

Parents Talk ADHD

Same boat different storm Sharing your journey through ADHD

Wed 29th March
7.30-8.30pm
on Zoom

creative, impatient, inventive, risk-taking, frustrated, athletic, meltdowns, anxious, gifted, disorganised, ADHD, kind, hyperactive, sleep, humorous, impulsive, loving, inattentive, smart, inspirational, irritable

Is this discussion group for me?

- Are you the parent or carer of a child with ADHD?
- Would you appreciate a space to connect with others who can offer empathy, support and solutions.

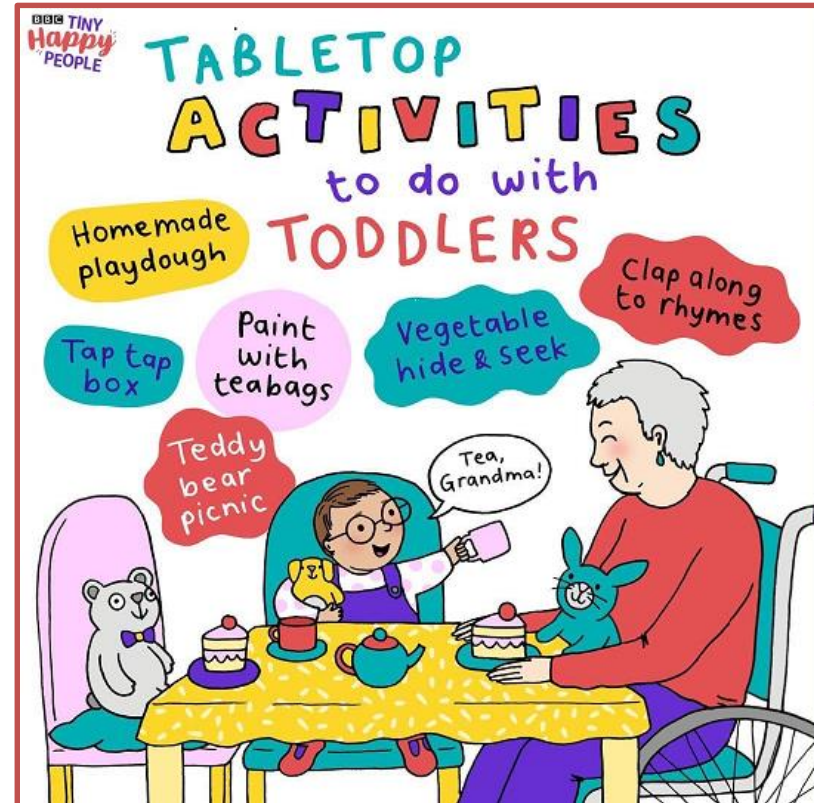
If you answered yes we would love you to join us for our online parent discussion group

What do I need to do?

- Phone 0808 8020 400 to book a place
- There are a maximum of 12 places per group
- If the discussion group is not for you please contact us to arrange 1:1 support from one of our experienced parent support officers on 0808 8020 400 or request a helpful resource via email



FREE LOCAL HELPLINE
0808 8020 400



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

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

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

IF YOU FEEL LIKE YOU'RE
**WALKING
ON EGGHELLS**
THIS IS DOMESTIC ABUSE

we care · we listen · we act

Report online. Call 101. In an emergency call 999

 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





Barnardo's Saturday Clubs



in

Downpatrick
Saintfield
Bangor &
South Belfast



- The club is run by a leader and volunteers
- The club is suitable for children who have a high level of independence.
- a Non disabled sibling or friend is welcome to join the club
- The club runs for 2 hrs twice a month
- Parents drop children off and pick up at the end of the session



Children's places
Available



Barnardo's Saturday club were established to provide disabled children with the opportunity to participating in a range of activities including craft, art, games, music and trips .



If you have a child who would like to join one of the Saturday clubs or you have a query, please contact:
Siobhán Stratton,

siobhan.stratton@barnardos.org.uk

We're here for you



Parent Support

The children's behaviour Iceberg Model



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

Community Advice

Ards and North Down



Advice Line

0300 123 9287

Local rate - 10am - 4pm - Monday - Friday



Service Hours and Locations

Ards Office

9am - 5pm Monday to Thursday
(9am - 4pm - Friday)

30 Frances Street
Newtownards
BT23 7DN

Bangor Office

9am - 5pm Monday to
Thursday (9am - 4pm -
Friday)

39A Hamilton Road
Bangor
BT20 4LF

Holywood Office

Monday - 10am - 4pm

Wednesday - 10am - 4pm

Friday - 10am - 1pm

Queen's Leisure Complex
Sullivan Close
Holywood
BT18 9JF

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@warehousenewtownards.com
3 Glenford Way Newtownards

The House Church (formerly *Trinity Life Church*) 07902933297 or 02891 7487
<http://www.trinitylfechurch.co.uk>
info@housechurchnmi.com
18c Sarsfield Road, Newcastle

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

Media Enquiries

<h3>Introduction to Solids</h3> <p>A complete guide to weaning and starting solids with your baby, hosted by a dietitian.</p> 	<h3>Healthy Eating during the Primary School Years</h3> <p>Find out what balanced nutrition for your 5-11 year olds.</p> 	<h3>Fact or Fiction? Nutrition Myths & Fad Diets.</h3> <p>There are so many nutrition trends and fads in the media it can be hard to know what to believe. Our registered dietitian will bust some of the most common myths about food.</p> 	<h3>Top Tips for a Healthier You</h3> <p>Learn about healthy eating and lifestyle improvements if you are overweight.</p> 
<h3>Fussy Eating</h3> <p>Are reactions of background noises from a Registered Dietitian to tackle fussy eating.</p> 	<h3>Nutrition for Teenagers</h3> <p>Whether you're a teen or a parent, this website will help you understand the unique nutritional requirements for growth and development.</p> 	<h3>Gut Health</h3> <p>Perfect for anyone wanting to find out nutrition and lifestyle tips for a healthy, happy gut.</p> 	<h3>Nutrition for Sport</h3> <p>Whether a weekend warrior or a committed athlete, learn the basic fundamentals of sports nutrition from a Dietitian to help you fuel correctly and enhance performance.</p> 
<h3>Lunchbox & Snack Ideas</h3> <p>Inspiration for healthy packed lunches & snacks for school aged children.</p> 	<h3>Sustainable Diets</h3> <p>Find out how to eat more sustainably to benefit your health and the environment.</p> 	<h3>How to Save Money on Your Food Shop</h3> <p>Top tips for meal planning, cooking & savvy shopping.</p> 	<h3>Eating Well as You Age</h3> <p>Find out about good nutrition for the later years from a Registered Dietitian.</p> 
<h3>Feeding the Under 5s</h3> <p>Advice on a healthy well balanced diet, portion sizes and snacks for kids under 5.</p> 	<h3>Food & Mood</h3> <p>Explore the links between what you eat & how you feel - with tips to improve both your nutrition and mood.</p> 	<h3>Healthy Diet, Healthier You</h3> <p>Find out about healthy eating and how to make positive changes to improve your health & wellbeing.</p> 	<h3>Eating Well During Menopause</h3> <p>Healthy eating advice for during the perimenopause and menopause.</p> <p>MENOPAUSÉ</p> 



Before your child starts school, they usually get their vaccinations at your doctor's surgery or local health clinic. The Child Health system or the doctor's surgery usually sends you the invitation to make a vaccination appointment. Your child can get some vaccinations in school. The school will contact you before they give your child a vaccine. If you have any questions, ask your health visitor, doctor, school nurse or a practice nurse in the doctor's surgery.


CHILDHOOD IMMUNISATION

- 2 months old**
 - 6 in 1
 - Rotavirus
 - MenB
- 3 months old**
 - 6 in 1
 - Rotavirus
 - Pneumococcal
- 4 months old**
 - 6 in 1
 - MenB
- 1 year**
 - MMR
 - Hib / MenC
 - Pneumococcal
 - MenB
- 3 years, 4 months**
 - 4 in 1 pre-school booster
 - MMR
- 12 to 13 years**
 - HPV boys and girls
- 14 to 18 years**
 - 3 in 1 teenage booster
 - MenACWY

MAKE SURE IMMUNISATIONS ARE UP-TO-DATE




STUDENT IMMUNISATION CATCH-UP PROGRAMME



- 3 in 1 booster
- MenACWY
- HPV

CATCH-UP CLINICS ARE BEING HELD IN COLLEGES ACROSS NORTHERN IRELAND IN MARCH. CHECK WITH YOUR COLLEGE IF THEY ARE TAKING PART.



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**



Old McDonald

Old McDonald had a farm, ee-i-ee-i-o
and on that farm he had a cow, ee-i-ee-i-o
with a moo moo here, and a moo moo there
here a moo, there a moo, everywhere a moo-i-o
Old McDonald had a farm, ee-i-ee-i-o



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

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

The multidisciplinary team supports children by:

- Working alongside the teacher in the classroom for whole class, small group or individual programmes
- Providing training to teachers to help them support pupils learning and development
- Supporting parents

The Team:

•**Team Co-ordinator**

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

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

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

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

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

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

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

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

Clerical Staff

Contact Details;

RISE NI

8 Moss Road

Ballygowan

Co Down

BT23 6JE

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

info.riseni@setrust.hscni.net



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

ABC PiP

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

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

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

 South Eastern Health
and Social Care Trust

 PiP

 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.









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

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
 or 0121 296 4448 Mon-Fri 9am-5pm
www.inourplace.co.uk
www.solihullapproachparenting.com





Solihull Approach

presents

Two online courses exclusively for teenagers!

Understanding your brain
(for teenagers only!)

NEW

and

Understanding your feelings*
(for teenagers only!)

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

inourplace.co.uk **FIND OUT MORE...**

Do you live in Northern Ireland?

1. Visit 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 Access code: **NIBABIES**. Create an account (or sign in), to start learning.

✉ solihull.approach@uhb.nhs.uk

🌐 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 | 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

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

PENINSULA HEALTHY LIVING PARTNERSHIP

4 Church Grove, Kircubbin, BT22 2SU.

T: 028 427 39021

E: info@peninsulahealthyliving.org

POLEGASS COMMUNITY ASSOCIATION @SALLY GARDENS COMMUNITY CENTRE

Steele Road, Poleglass, BT17 0UJ.

T: 028 90 627250

E: laura@sallygardens.org

RESURGAM HEALTHY LIVING CENTRE

69 Drumbeg Drive, Lisburn, BT28 1QJ.

T: 028 92 528233

E: 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

YOUTH HEALTH ADVICE SERVICE

RELATIONSHIP & SEXUALITY EDUCATION (RSE)

SEXUAL HEALTH

S.T.I. TESTING & FREE CONDOM SCHEME

DRUGS & ALCOHOL

BASELINE ASSESSMENT & SUPPORT

EMOTIONAL HEALTH & WELLBEING

SIGNPOSTING TO APPROPRIATE CARE



ANNA JOHNSTON
YOUTH SUPPORT WORKER
YMCA NORTH DOWN
07591 840723

FOR 16 TO 25 YEAR OLDS

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

FOR MORE INFO ON YOUTH HEALTH ADVICE

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

YHAS@setrust.hscni.net 07753 310352



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

Text-A-Nurse 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

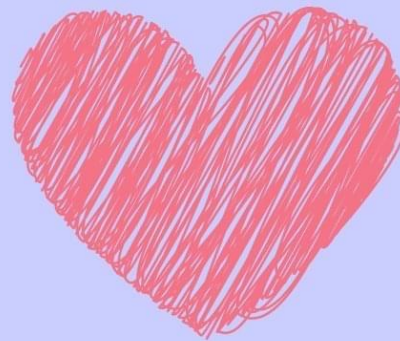
and chat in confidence with a school nurse.

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>

HAVING SEXUAL INTERCOURSE AT AN EARLY AGE HAS BEEN LINKED TO:



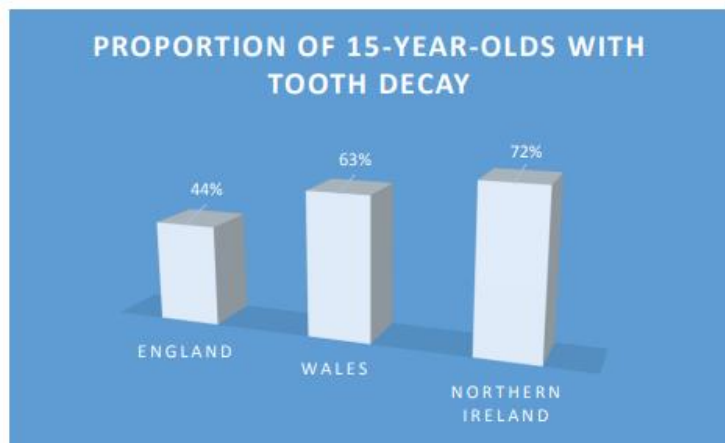
- UNPROTECTED SEX
- INCREASED RISK OF SEXUALLY TRANSMITTED INFECTIONS
- UNPLANNED PREGNANCY

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](https://twitter.com/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 May 2023

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

E:
info@ascert.biz

Life and Community training courses in May 2023.

Understanding Prescription & OTC Drugs	3 rd May 2023 10.00-13.00	ZOOM Online Training Free
Substance Misuse Awareness	4 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Illicit Drugs	9 th May 2023 10.00-13.00	ZOOM Online Training Free
Working With Young People & Substance Misuse	10 th & 11 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Alcohol	15 th May 2023 10.00-13.00	ZOOM Online Training Free
Parental Substance Misuse	17 th & 18 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Prescription & OTC Drugs	22 nd May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Illicit Drugs	24 th May 2023 10.00-13.00	ZOOM Online Training Free
Understanding Alcohol	26 th May 2023 10.00-13.00	ZOOM Online Training Free
Safeguarding Children Affected by Parental Substance Misuse	30 th May 2023 10.00-13.00	ZOOM Online Training Free

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

**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>





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) 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



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



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.

<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>

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



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

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

Poverty Forum
Conference

21/6/23

10-12 Church House
Newtownards

Down LPG

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