

Down and Ards & North Down CYPSP Locality Planning Groups

Fortnightly News

Issue 70 June 2023

Welcome to the 70th edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down. In this issue;

- 'Helping Kids Talk' information on effect of dummies on speech
- Ascertainment...check out the latest courses on drugs, alcohol & substance misuse.
- Check out updates on the NSPCC PANTS campaign
- Free courses for school leavers with Princes Trust
- 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 😊

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Mobile number **07872422101**



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- Please send us your NEWS!!

Who can Home-Start help?

Home-Start helps families who have at least one child under the age of five and who are going through a difficult time. We support families for many different reasons including:-

- Loneliness and isolation
- Multiple births or several pre-school children
- Ill health or disability of a child or a parent
- First time parenting
- Postnatal illness
- Family bereavement
- Relationship difficulties



Volunteer Support

Home-visiting volunteers are parents themselves or have parenting experience. They visit the family at home, usually once a week.

Volunteers are fully trained and are carefully matched with families. They also undergo a criminal records check to ensure the safety of children.

Volunteers offer practical help, a listening ear, help with keeping appointments, understanding, information on what else is available locally and an extra pair of hands.

Family Group

The Family Group complements the work of our home-visiting volunteers. It provides an opportunity for parents to have an enjoyable morning in a small group, to gain mutual support and make new friends. The children develop social skills as they play together in a safe and stimulating environment. If necessary, transport can normally be provided free of charge through a taxi service.

Wednesday mornings 10.00 to 12.00

Greyabbey – 9 Cuan Gardens, Greyabbey

Friday morning & afternoon sessions Newtownards – 2 Ann Street Newtownards (Upstairs)

Respite Playgroup

The Playgroup in Greyabbey premises which takes place one morning each week giving parents a break for 3 hours and allows children to mix and have fun with other children. The Respite Group can be offered to families living in the SureStart Ards Peninsula Areas also covering wider Newtownards & Comber area – Tuesday or a Thursday morning 10.30am-1.30pm.

Information Talks

From time to time talks take place within our Family Groups on various topics, for example Parenting/Self Esteem/Mental Health/Child Behaviour/Healthy Eating

Confidentiality

Parents choose whether or not to accept Home-Start support. Support is free and confidential. Personal information is not disclosed to anyone outside Home-Start without the parent's consent, except where there is a concern about the safety or welfare of a child.

HOME START

Ards, Comber and Peninsula Area



Home-Start Ards, Comber & Peninsula
Area

Data Protection

Home-Start keeps factual and statistical information about all the families it supports. You can ask to see your family file at any time. Our records comply with Data Protection requirements. We tell the person who referred you to Home-Start that we have started supporting you and when our support ends.

What to do if I am not happy with my support.

If you are unhappy about any aspect of Home-Start we want to know and will do our best to put it right. You could talk to your volunteer, scheme manager or scheme administrator. If you still have concerns, then the trustees – the people who manage your local Home-Start – can investigate using our structured complaints procedure.

CONTACT DETAILS

Home-Start Ards Comber & Peninsula Area
9 Cuan Gardens
Greyabbey
Co Down
BT22 2QG
Tel 02842788369

Family Support Centre
2 Ann Street
Newtownards
BT23 7AB
Tel 02891828468

Charity Shop (Children's Shop)
2 Ann Street
Newtownards
BT23 7AB
Tel 02891813865
(Usual Opening Hours Tues-Sat
10am-2pm)

Comber Charity Shop (General Shop)
52 Castle Street
Comber
BT23 5DZ (Usual Opening Hours Mon-Sat 10am-2pm, closed
Wednesday & Open Friday 1pm-5pm)

Scheme Manager	Joyce Ross
Administrators	Karen Carinduff/Louise Hull
Respite & Family Group	Jennifer Holohan
Family & Volunteer Project	Carolyn Hall
Co-Ordinator	



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 the app interface with two buttons: "I Need help now" and "I have a problem". It also includes logos for the App Store and Google Play, and a circular logo with the text "HERE2 HELP".

SAVE THE DATE.....
Ards & North Down
LPG
Poverty Forum
Conference
21/6/23..... 10am-12
Church House
Newtownards

Summer Scheme Registration for Kids P1-P7

Ards and North Down Borough Council

The illustration shows a group of diverse children playing in a park. A girl is on a slide, a boy is on a bicycle, a girl is painting on an easel, and a boy is playing with a soccer ball. A dog is also present. The Ards and North Down Borough Council logo is in the bottom right corner.

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



Toss it? No way!



Neighbors Helping Neighbors Fix their Stuff. **FOR FREE.**

A Repair Cafe is a local meeting place that brings together people with broken items and repair coaches, or volunteers, with the expertise to fix them

SATURDAY 24TH JUNE, 10am-12noon
BALLYMOTE COMMUNITY CENTRE
Killough Road Downpatrick BT30 6PY

Have a coffee and a wee bun, see your repair being done.

What can be fixed? If it's broken, ripped or not working & you can carry it in, the volunteers will try to fix it

• Electrical items	• Wooden items
• Mechanical items	• Tool sharpening
• Bicycle repairs	• Clock repairs
• Ornaments	• Sewing & Stitching

If you would like more information or can offer to help, phone 0788 8166 565

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



WELLBEING CENTRE

WEEKLY ACTIVITY LIST

NDCN

Monday

Walking Group
Leaving from
NDCN Wellbeing
Centre
10am-11am

Chair Yoga
NDCN Wellbeing
Hub
11:30am-12:30pm

Speakeasy
NDCN Wellbeing
Centre
1pm-3pm

**Wee Yarners
Crochet Group**
NDCN Wellbeing
Centre
2pm-4pm

Tuesday

Chi Me
Strength & Balance
NDCN Wellbeing
Centre
10am-11am

**Sew Healthy
Classes**
Sewing Classes
NDCN Wellbeing
Hub
10:30am-12:30pm
*Payable & must
book

Community Choir
NDCN Wellbeing
Centre
Hub 12pm-1pm

Script Writing
NDCN Wellbeing
Centre
1.30pm-4pm

Wednesday

Creative Writing
NDCN Wellbeing
Centre
10am-12pm

Book Club
NDCN Wellbeing
Centre
12pm - 1pm

**Community Shed;
Outdoor Activities
& Events**
NDCN Wellbeing
Centre
2pm-4pm

**Living from the
Inside Out
Conversations**
NDCN Wellbeing
Hub
2pm-3.30pm

Thursday

**Wise the BAP Art
Club**
NDCN Wellbeing
Centre
10am-12pm

Gardening Group
Meet at NDCN
Wellbeing Urban
Garden
12pm-2pm

IT 1-1 Support
NDCN Wellbeing
Centre
10am-12pm
*Book
appointment*

Gentle Yoga
NDCN Wellbeing
Hub
1pm-2pm

Friday

Chi Me
Strength & Balance
NDCN Wellbeing
Hub
10am-11am

Ukulele Group
NDCN Wellbeing
Hub
12pm-1:30pm

You are Invited to:

ARDS & NORTH DOWN POVERTY FORUM ENGAGEMENT EVENT

Date: Wednesday 21st June | 10 am - Lunch
Venue: House Church
18C Crawfordsburn Rd, Newtownards,
BT23 4EA

RSVP: info@ardscommunitynetwork.com
by **Friday 16th June 2023**



"Working Together to Make a Difference "

Come along and get involved in addressing local
poverty across Ards & North Down



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

THE PENINSULA POST

June 2023

FOLLOW OUR SOCIALS OR SCAN THE QR CODE TO VISIT OUR WEBSITE!!

Peninsula Healthy Living

COMMUNITY

CANCER SUPPORT GROUP



The first meeting of the new Cancer Support group took place in May and we have to say it was so nice to see so many amazing people come out and show their support. A huge well done to Dolores Palmer and Dr. Gwyneth Hinds for all their hard and dedication in bringing this together. We will be meeting on the third Wednesday of every month at 7:30pm here in Kircubbin Community Centre, so if you or a loved one has been affected by cancer please come along and meet-talk and share similar experiences with others. We are stronger together.

WE ARE STRONGER TOGETHER



It's growing season! Some of the amazing ladies from our Hens Shed have been planting and sowing in our Polytunnels and raised beds already, but we have more space and if anyone from the community would like to come along and get their fingers green please get in touch. Ready Set! Grow!

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



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 Wellbeing Hub

QUICK ACCESS COUNSELLING

SOCIAL PRESCRIBING

THERAPEUTIC INTERVENTIONS



HEALTHY BODY

Do you have a health related condition that could benefit from regular exercise, under the guidance of a qualified exercise professional? If so, then maybe our amazing GP referral Healthwise Scheme is for you. This programme helps individuals manage and improve their health conditions while offering support and motivation for people to become and remain physically active. Within the programme you will receive 12 weeks free membership, access to mainstream fitness classes and gym access. For more info on this incredible service please contact us on 02842739021 or email info@peninsulahealthyliving.org.

What is the Healthwise Scheme?

Healthwise is a unique service that provides support and motivation for people to become and remain physically active. It is a free membership scheme that provides access to mainstream fitness classes and gym access. The scheme is designed to support people with health conditions or those who are recovering from an injury or illness.

What to expect: During the 12 weeks of the Healthwise Scheme you will receive 12 weeks free membership, access to mainstream fitness classes and gym access.

How to apply: Contact us on 02842739021 or email info@peninsulahealthyliving.org



Councillors and Coffee! Our Coffee in Carrowdore mornings, that we have are working alongside The Church of Ireland and also Carrowdore Presbyterian Church to run, are still going strong, and we had the pleasure of a recent visit from newly elected Ulster Unionist Councillor Pater Wray. Who had a great question and answer session with the Carrowdore residents to discuss some of the ongoing issues in the village. The coffee mornings take place every other Tuesday at 10:30am in Carrowdore Community Centre, so why not pop along for free coffee, free biscuits and free craic.

CLASS & GYM TIMETABLE - JUNE 23

CLASS	LOCATION	START	END
8:30am	Public in Workplace	8:30	9:30
9:00am	Men's Walking Group	9:00	10:00
9:30am	Senior's Tai Chi	9:30	10:30
9:30am	Tai Chi	9:30	10:30
9:30am	Seniors Tai Chi	9:30	10:30
10:00am	Seniors Tai Chi	10:00	11:00
10:30am	Seniors Tai Chi	10:30	11:30
11:00am	Seniors Tai Chi	11:00	12:00
11:30am	Seniors Tai Chi	11:30	12:30
12:00pm	Seniors Tai Chi	12:00	1:00
12:30pm	Seniors Tai Chi	12:30	1:30
1:00pm	Seniors Tai Chi	1:00	2:00
1:30pm	Seniors Tai Chi	1:30	2:30
2:00pm	Seniors Tai Chi	2:00	3:00
2:30pm	Seniors Tai Chi	2:30	3:30
3:00pm	Seniors Tai Chi	3:00	4:00

Our June timetable is live and we have enough classes to cater for all tastes. From our Men Only Bells & Bells class to the high intensity Spin, right through to the slightly more mellow (says who?) Gently Does It and with a new 45 min Tuesday evening Spin & Tone class, there is something here for everyone, and don't forget about our amazing gym. So get these monthly memberships in and join us in helping you achieve your fitness goals.



Let's get floored! Our new spin room floor is down and looking great. So why not call in and see it and while you are here jump on a bike for a class.

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021





Check out the www.familysupportni.gov.uk website, making it easier for people in NI to find out about family support services and ALL REGISTERED childcare providers in NI

Childcare Providers, as services continue to re-open, please check your details are correct and up-to-date

(Quick Tip: Type name into Keyword Search in 'Childcare' Section)

Do you have vacancies? Have you indicated other offerings for parents looking for childcare?
Send additions / amendments to info@familysupportni.gov.uk

Latest COVID-related information available via dedicated COVID Information Section

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."

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 (1500-1500ppm) 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@bysonsurestart.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 - 8 May 2023	"IN THE MERRY MONTH OF MAY"	Cook It 10.30 am - 11.30 am Church of the Nazarene	Aggly Tots 10.30 am - 11.30 am Killybeggy Community Centre	Rhythms, Rhyme, Story Time 11 am - 12 noon Bangor Library	Working Group 12 - 1 pm Meeting Point TBC
8 May - 12 May 2023		Cook It 10.30 am - 11.30 am Church of the Nazarene	Aggly Tots 10.30 am - 11.30 am Killybeggy Community Centre	Rhythms, Rhyme, Story Time 11 am - 12 noon Bangor Library	Working Group 12 - 1 pm Meeting Point TBC
15 May - 19 May 2023	WHEN GREEN LEAVES BEGIN TO SPRING	Aggly Tots 10.30 am - 11.30 am Church of the Nazarene	Aggly Tots 10.30 am - 11.30 am Killybeggy Community Centre	Rhythms, Rhyme, Story Time 11 am - 12 noon Bangor Library	Working Group 12 - 1 pm Meeting Point TBC
22 May - 26 May 2023		Aggly Tots 10.30 am - 11.30 am Church of the Nazarene	Aggly Tots 10.30 am - 11.30 am Killybeggy Community Centre	Rhythms, Rhyme, Story Time 11 am - 12 noon Bangor Library	Working Group 12 - 1 pm Meeting Point TBC
29 May - 31 May 2023	LITTLE LAMBS DO SHIP LIKE FAMILIES, BIRDS DO COOPEL, BEEPS DO BUZZ, AND SING!	Aggly Tots 10.30 am - 11.30 am Church of the Nazarene	Aggly Tots 10.30 am - 11.30 am Killybeggy Community Centre	Rhythms, Rhyme, Story Time 11 am - 12 noon Bangor Library	Working Group 12 - 1 pm Meeting Point TBC



Principles of Positive Parenting

Set clear Rules and Boundaries

Children benefit when the rules and boundaries are defined, explained and kept to



Talk and listen

Encourage communication with your child. Children who talk out their needs and feelings are less likely to act out.



Give praise

Everyone needs praise. It helps build confidence and self-esteem. Do you praise your child? How?



Show Correct Behaviour

Children repeat what they see and hear. Model the behaviour you want.



Avoiding/ Preventing

Plan ahead. What are the triggers in your home?



Reinforcing Good Behaviour

Acknowledge changes no matter how small.



Follow-up

Keep consequences realistic, ensuring they are age appropriate.



Consistency

Stick with it no matter how bad your day has been.



ParentingNI

We're here for you



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](https://www.instagram.com/north_down_ards_womens_aid)

 [@NDAWomensAid](https://twitter.com/NDAWomensAid)

 [@NDAWomensaid](https://www.facebook.com/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

GO TO.....FOR YOU  **0808 8020 400**

Are you the 'engine' of your family's 'car'? Taking care of yourself is not a luxury, it is essential maintenance.

No one can pour from an empty cup.

Your children will learn their self compassion and self care from you. Looking after yourself is not being selfish

Thoughts are not facts. Try to challenge your thoughts. Are they true, what is your evidence? Are you putting false 'I should' pressures on yourself?

*** Listen to people who know you well. Are they suggesting you slow down or are they offering to help? Others often see the cracks before we do. It can be lovely to be given permission to be kinder to ourselves.

*** Parenting can raise memories and feelings from our own past experiences. Try to find support for that part of yourself if necessary. Be gentle with yourself.

Try to be aware of any **Stinkin' Thinkin'**

- Jumping to conclusions
- Catastrophising
- Seeing negatives and ignoring positives
- All or nothing, black or white
- Taking everything personally

HOPE is important. It changes your outlook and reframes your situation. What you expect is often what you see

Some signs of emotional overload :-

- * trying to control everything
- *keeping super busy
- *irritability
- *being tearful
- *changes in sleep or appetite
- * worry/fear
- *ignoring own needs
- *feeling tired
- *becoming withdrawn

We are in your corner here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm

AutismNI
 Northern Ireland's Autism Charity

Understanding Autism Parent/Carer Training Course

Tuesday 20th June 6pm-9pm
 Tuesday 27th June 6pm-9pm

Delivered via Zoom

Funded For Parents/Carers in Ards & North Down Area



- **NSPCC PANTS UPDATE**

- As mentioned at the launch we welcome your ideas and lightbulb moments that could help us to increase the reach of this campaign in the south east. You can add these to the free comment section of the evaluation or contact me directly at john.mcbride@nspcc.org.uk or by calling 020 3772 9646. We are particularly keen to find out about family friendly community events over the coming months for Pantosaurus to visit and perhaps to organise a reading session with parents and children.
- Details of the Talk PANTS familiarisation sessions for professionals will be published soon and we anticipate these will run during September and October. These last 90 minutes and are the ‘how to’ element of the campaign.
- We will be holding special sessions for schools to promote our new school’s Talk PANTS education resources in the autumn. (October – November)
- If you are planning a Talk PANTS event / discussion with children or parents, please get in contact if you require parent’s books / guides, children’s activity pack, or a Pantosaurus reading book (one per site).

If you are worried about a child and need support you can contact the NSPCC Helpline 0808 800 5000 (Monday to Friday from 10am – 4pm) or at anytime by emailing help@nspcc.org.uk

For Education Settings (Currently being updated for autumn 2023) [PANTS resources for schools and teachers | NSPCC Learning](#)

Parents and carers can find more information on the Talk PANTS Underwear rule at: [Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

For further reading on preventative approaches in safeguarding in schools please see: [Keeping Safe: cluster randomised trial evaluation | NSPCC Learning](#)



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!





START SOMETHING

Free Courses July, August & Sept 2023

July 2023

Explore Plus

Ages: 16-30

Info session: 19th July **Dates:** 24th July - 31st Aug

Location: PT Centre, Belfast

Progress into employment, education or training. Gain qualifications, build your CV and interview skills. Tailored 1-2-1s and Progression Planning Support.

Get Started in Gaming

Age: 16-30

Dates: 24th - 28th July

Location: PT Centre, Belfast

Prepare for a career in the gaming industry. Examine the history of gaming. In-depth look at VR and multiplayer games. Build and present your own game.

Explore

Ages: 16-24

Dates: 24th July - 1st September

Location: PT Centre, Belfast

Personal development programme. Improve your social skills, take part in group activities, as well as employability & goal setting sessions.

Get into Retail with TK Maxx

Age: 16-30

Taster: 26th July **Dates:** 7th Aug - 1st Sept

Location: Belfast, Craigavon, L'Derry, Lisburn, N'abbey

Complete work experience in TK Maxx/Homesense. Learn about stock control, good customer service and sales skills. Job opportunities at the end.

August 2023

Explore

Ages: 16-24 **Dates:** 21st Aug - 8th Sept

Location: PT Centre, Belfast

Personal development programme. Improve your social skills, take part in group activities, as well as employability & goal setting sessions.

August 2023

Team

Ages: 16-25

Dates: 28th August

Location: Oasis (East Belfast) and L'Derry

12-week personal development programme offering work experience, qualifications, practical skills, and community projects.

September 2023

Get Hired with Galgorm

Age: 16-30

Dates: To be confirmed

Locations: PT Centre, Belfast

Two-day course to connect you with jobs in the Galgorm. You will learn interview skills, conduct mock interviews, and then have interviews with the Galgorm for live positions across their locations.

Explore

Ages: 16-24

Dates: 18th September - 6th October

Location: PT Centre, Belfast

Personal development programme. Improve your social skills, take part in group activities, as well as employability & goal setting sessions.

Get into Retail with Boots

Age: 16-30

Taster: W/C 18th September

Dates: Begins 25th September

Locations: Across NI

Complete work experience with Boots. Learn about stock rotation/control, good customer service and sales skills. Opportunity to gain employment with Boots after the programme.

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

HSC Public Health Agency

HSC Belfast Health and Social Care Trust
caring supporting improving together

Rubella and Pregnancy

Vaccination with MMR is the best protection against rubella.

If you are not immune to rubella, you will be offered two doses of the MMR vaccine, at least four weeks apart, after the birth of your baby.

Please get your first dose of the MMR vaccine prior to discharge from hospital.

If you have any questions / concerns speak to your midwife or GP.



I am delighted to let you all know that Help Kids Talk Bitesize session 'Top tips for dummy use' is now available. Having spoken with many of our early years staff across all sectors we are aware of a reported increased use in dummies – this resource is designed to be supportive and to encourage parents to make a plan for reducing/getting rid of the dummy and in doing so we hope to ensure stronger speech, language and communication development.

The bitesize session is comprised of a short 4 minute video (including a clip of a little one playing with and without his dummy in) and two supporting leaflets – one leaflet provides top tips/guidelines for dummy use (including practical tips from parents about how to get rid of the dummy) and the other leaflet provides information about the impact of the dummy on speech sounds and teeth.

The Help Kids Talk Dummy Bitesize can be accessed via the following link → <https://setrust-hscni.pagetiger.com/helpkidstalkdummybitesize>

Please feel free to share this resource with wider teams and anyone who you think may find this useful.

Any feedback is welcome and can be sent directly to me or there is also an option to send us feedback anonymously via a button in the pagetiger link above.

We hope that you all find this to be a really useful resource.

Best wishes

Sarah

Sarah Ratcliffe

Help Kids Talk Co-ordinator

Speech and Language Therapist- Reg. MRCSLT

Mon-Wed (8.30am-4.30pm) and Thur (9.00am-12.45pm)

✉ Early Intervention Lisburn Office, Laganview Enterprise Centre, Drumbeg Drive, Lisburn

☎ 07715801635

Email: sarah.ratcliffe@setrust.hscni.net



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.

HSC South Eastern Health
and Social Care Trust



Mellow Bumps Virtual Group

For more information please contact:



Nicola: 07857699811
Bronagh: 07971334640

Begins
Tuesday 15th
November
2022
Aimed at antenatal
mums between
25-35 weeks gestation

Walkie Talkies

Every Thursday at nam
Meeting point at the Wall Gardens.
For further information, contact:
Natasha Higgins
Health Visitor

07525349711

HSC South Eastern Health
and Social Care Trust





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.

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!

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 Refresher Day 1 Day training*

When: 28th June 2023
Where: Live Training via Zoom

View prices, book training and order required resources at:
<https://solihullapproach.helapply.com/application/>

*Pre-training requirements - attendees must have already attended the Solihull Approach 2 Day Foundation training.

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:
solvelg@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

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

POLEGLASS 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,

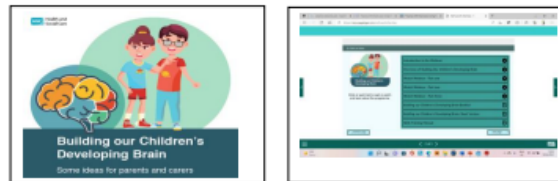
- ☑ How to help us all deal with the ups and downs of emotions
- ☑ How to develop ways of regulating our emotions
- ☑ Understanding how children's brains develop and what they might need at different stages of their development
- ☑ What can we as parents/carers do in helping to support our children and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

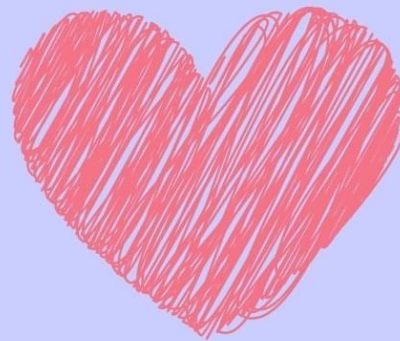
and chat in confidence with a school nurse.

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:



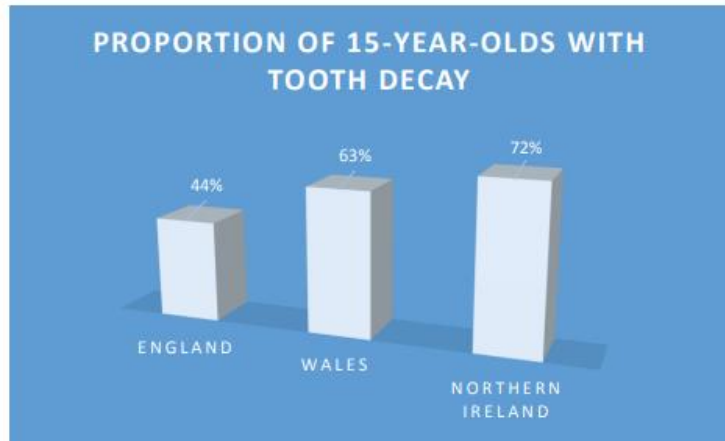
- UNPROTECTED SEX
- INCREASED RISK OF SEXUALLY TRANSMITTED INFECTIONS
- UNPLANNED PREGNANCY

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

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>

DID YOU KNOW YOU CAN DONATE BREASTMILK?



THE HUMAN MILK BANK PROVIDES VITAL BREASTMILK TO NEONATAL UNITS

BECOME A BREASTMILK DONOR



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



Breast feeding Support Group

BANGOR

Marquis Hall, Bangor, BT20 4JE, every 1st and 3rd Thursday of each month, 11am-12:30pm.

SAINTFIELD

2nd Saintfield Presbyterian Church, BT24 7AE, every Thursday, 10:30am-11:30am.

NEWCASTLE AREA

Seaforde Presbyterian Hall, BT30 8PB, every 1st and 3rd Tuesday of each month, 10:30am-11:45am.

LISBURN

Lisburn Library, Linehall Street, Lisburn, BT28 1FJ, every Monday, 9:30am-11:30am.

CASTLEWELLAN

The Lodges Business and Cultural Centre, Dublin Road, Castlewellaan, BT31 9AG, every 2nd and 4th Thursday of each month, 10:30am-11:45am.



ASCERT Training Courses June 2023

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

E:
info@ascert.biz

Working With Young People & Substance Misuse	19 th & 20 th June 2023 10.00-13.00	Online Training-ZOOM
Understanding Alcohol	28 th June 2023 10.00-13.00	Online Training-ZOOM
Supporting Family Members	29 th & 30 th June 2023 10.00-13.00	Online Training-ZOOM
Conversations on Recovery- Beginning Change	3 rd & 4 th July 2023 10.00-13.00	Online Training-ZOOM
Substance Misuse Awareness	5 th July 2023 10.00-13.00	Online Training-ZOOM
Safeguarding Children Affected by Parental Substance Misuse	6 th July 2023 10.00-13.00	Online Training-ZOOM
Conversations on Recovery- Maintaining Change	10 th & 11 th July 2023 10.00-13.00	Online Training-ZOOM
Understanding Illicit Drugs	20 th July 2023 10.00-13.00	Online Training-ZOOM
Understanding Prescription Drugs	21 st July 2023 10.00-13.00	Online Training-ZOOM
Understanding Alcohol	25 th July 2023 10.00-13.00	Online Training-ZOOM
Working With Young People & Substance Misuse	26 th & 27 th July 2023 10.00-13.00	Online Training-ZOOM

**ARE YOU CONCERNED ABOUT THE SAFETY OR
WELFARE OF A CHILD?
IF SO, PLEASE CONTACT:**

**SOUTH EASTERN HSC TRUST
CHILDREN'S SERVICES GATEWAY TEAM**

Tel: 0300 1000 300

9.00am - 5.00pm

Monday - Friday

RESWS

Tel: (028) 9504 9999

5.00pm - 9.00am

Monday - Friday

(24hrs Saturday/Sunday/Bank Holidays)



Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to Coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response to coronavirus. For more information visit: www.helplinesni.com

- **Lifeline** tel:0808 808 8000 www.lifelinehelpline.info
- **Childline** tel:0800 1111 www.childline.org.uk
- **Samaritans** tel:116 123 www.samaritans.org
- **NSPCC** tel:0808 800 5000 www.nspcc.org.uk

SEHSCT Children's Disability Community Teams are moving to a single telephone number system.

The new single number for the service will be **(028) 4451 3938 or EXT 71170.**

All previous numbers will be ceased in due course

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

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

Download your copy at:

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

Resources and activities are free and in the public domain.

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



Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

<https://cypsp.hscni.net/translation-hub>





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



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

4th July Ballymote

Fortnightly News

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

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

[For more information on' Fortnightly News ' contact noelle.hollywood@setrust.hscni.net](#) or 07872422101