

Fortnightly News

Issue 72nd July 2023

Welcome to this Special Summer Edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down. In this issue;

- Ards Community Network School Uniform recycling
- Peninsula Healthy Living Centre Uniform Exchange
- NDCN Free Family Fun Days
- Patrician Youth Summer Programme
- NMADD free summer events
- YMCA wellbeing events

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

Beating summer boredom! 

Create an activity jar, fill it with fun activities for your children to do when they are bored. Have fun creating your jar together, here are some activities to include...

Dry day 	Rainy day 
 Make a den/fort	 Go on a bike ride
 Play a board game	 Bake together
 Go for a walk	 Visit a play park
 Play hide and seek	 Create a scavenger hunt
 Pavement chalk art	 Garden obstacle course
 Indoor Picnic/Tea Party	 Arts and Crafts

What other activities can you add? 



Fortnightly News Contents

Community and Voluntary Support

- NMADD...P3
- SureStart SummerP4
- Patrician Youth Summer SchemeP5
- NDCN Family Fun DaysP6
- Ards Community Network....P7
- Peninsula Healthy Living....P8

Family Support

- Family Support Hub.....P9/10
- Baby Groups.....P12
- Domestic Abuse/Operation Emcompass P13
- Homestart volunteers wanted...P14
- Barnardo's Saturday ClubsP15
- Parentline/Autism NI.....P16

Poverty...

- Community Advice....P17

Child Development/Education.....

- NSPCC PANTS UPDATEP18
- Education Authority, Safer Schools APP.....P19
- Princes Trust...P20
- Has your Child had all their immunisations?P21
- Helping Kids Talk.....P22
- RISE NI....P23
- ABC PIPSP24
- Solihull ApproachP25
- Libraries NIP26
- YMCAP27

Wellbeing

- S E Mind Matters ...P28
- Self compassion..P29
- Youth Health Advice Service/Text a Nurse Service P30
- Dental Health ...P31
- Action Mental Health/RNIBP32
- Breast feeding...P33
- ASCERT May Training ... P34
- Gateway...P35
- Helplines/Make the CallP36
- CYPSP Cost of Living resource/Translation Hub... P37
- Recovery College....P38
- AWARE..... P39
- Inspire..... P40
- SAIL..... P41
- Cost of living guide ...P42
- Blood Transfusion Service P43

- Dates for Locality Planning meetings ...P44
- Please send us your NEWS!!

Free Summer Events



*Come Join Us
Free Event*

**FRIDAY
21st JULY**
5PM-8PM
1st Year & Up!

YOUTH DROP IN!!!!
**Killyleagh
Bridge Centre**

We Will Have:
Sporting Activities, Chip Van, Ice Cream,
PSNI Gaming Van, Drumming Circle,
Caricature Artist!

...and many more!

For more info contact: Paul.Fitzsimmons@eani.org.uk

*Come Join Us
Free Event*

**FRIDAY
11th AUGUST**
5PM-8PM
1st Year & Up!

YOUTH DROP IN!!!!
**Crossgar
Lislea Drive (Green
Space)**

We Will Have:
Sporting Activities, Chip Van, Ice Cream,
PSNI Gaming Van, Drumming Circle,
Caricature Artist!

...and many more!

For more info contact: Paul.Fitzsimmons@eani.org.uk

*Come Join Us
Free Event*

**FRIDAY
4th AUGUST**
5PM-8PM
1st Year & Up!

YOUTH DROP IN!!!!
**Saintfield
Community Centre**

We Will Have:
Sporting Activities, Chip Van, Ice Cream,
PSNI Gaming Van, Drumming Circle!

...and many more!

For more info contact: Paul.Fitzsimmons@eani.org.uk



SUMMER PROGRAMMES



Rhythm Rhyme & Story Time



Use Short Speech and Language Therapist activities to enhance early songs, rhymes and games with your child at weekend rhyme and story time.

Thursday 19th July to 9th August
10am to 10.30am
Ballyharan Family Centre

All children under 3 years are welcome. Children must be accompanied by an adult.

Please view the full programme on the back page.

**SureStart
New Mums Getting Together**

04th, 20th & 27th
July 3rd Aug
11 12.30

Ballymatt SureStart

GUEST SPEAKERS
FUN FILLED ACTIVITIES
BOOKING ESSENTIAL

07872423540



**Little Movers
For 1-2yr olds**



Thursday 6th July to 20th July
12noon - 1pm
SureStart, Mount Crescent

Little Movers is a programme of exercises, songs and stories to promote:


- Physical activity to help children grow and to develop their gross and fine motor skills.
- Communication and language skills.
- Self-confidence and social skills, taking turns and interacting with others.

Booking Essential - contact SureStart on 0284403330



**Dad's & Toddlers
Football**

For dads/male carers and children aged between 18months to 3 years.



Thursday 6th & 20th July
9.30 - 10.30am
Ballymatt Sports & Well Being Centre

For more information or to register your interest please contact SureStart on 0284413330



FUN IN THE PARK

WELLBEE



Games, Songs & Fun!

Every Tuesday from
27th June to 22nd August
Delamont Park
9.45am - 11am

For more information please contact SureStart on 0284413330



Fun on the Beach



Wednesdays 7th, 14th, 21st, 28th June
&
5th, 19th, 26th July 2023

At Newcastle Beach
Time 10.30am to 11.30am

(Please meet at the Ferry French Restaurant at the end of the promenade - weather permitting)

Patrician Youth Downpatrick

Patrician Youth Centre SUMMER PROGRAMME 2023

July-Aug
Age 8-year 8
Times: 1-4pm

Dates for July and August
 Week 1 - Mon 3, Tues 4, Wed 5, Thurs 6,
 Week 2 - Mon 10, Tues 11, Thurs 13
 Week 3 - Mon 17, Tues 18, Wed 19, Thurs 20
 Week 4 - Mon 24, Tues 25, Wed 26, Thurs 27
 Week 5 - Mon 31st July, Tues 1, Wed 2, Thurs 3 August

Plus:
Out of Centre Trips on:
 Mon 10, Mon 17, & Mon 24th July
 trips are individually priced
 6.30-9.30pm

COST
 £2 PER SESSION

FUN AND CREATIVE ACTIVITIES
 MULTI-SPORTS - ARTS - MEDIA
 COOKERY - GAMES -
 AND SNACKS

REGISTER USE QR CODE
PAYMENT AT DOOR ON DAY OF ATTENDANCE
PAYMENT FOR TRIPS ON RECEIPT OF
PARENTAL CONSENT FORM



PATRICIAN YOUTH CENTRE

FRIDAY NIGHTS 6:30-9:30PM

SUMMER

vibes

COST:
 SESSION £2 EACH
 OUT OF CENTRE
 TRIP £7 OR
 £30 FOR FIVE
 ACTIVITIES

FRIDAY 7 JULY
 WATER FUN AND GAMES

FRIDAY 14 JULY
 PICNIC @ CASTLEWELLAN
 FOREST PARK

FRIDAY 21 JULY
 INFLATABLES NIGHT

FRIDAY 28 JULY
 SPORTS-GAMES-BBQ NIGHT

FRIDAY 4 AUGUST
 TRIP: ICESKATING/BOWLING

AGE:
 P7'S GOING INTO YEAR 8
 CURRENT YEAR 8 & YEAR 9

To register please use QR code.
 For more info please email
 reception@patricianyc.com

Friday Night Summer Vibes
 Registration



PATRICIAN YOUTH CENTRE

SUMMER PROGRAMME

JULY + AUGUST 2023

DROP IN EVENINGS
 6.30-9.30pm
 Tuesday 4th July and Tuesday 1st August
 Year 8 Plus
 Register via QR code
 £2 Entry
 For more info please email
 reception@patricianyc.com

FOOTBALL TOURNAMENTS WITH PRIZES
 BEAUTY ROOM, XBOX ROOM,
 MUSIC, FOOD
 AND MORE

Patrician Youth Centre Registration
 For April Summer 2023



HEALTH & WELLNESS

Getting Creative

Physical & Mental Health

Health Publications

Healthy Foods

YOUTH DEVELOPMENT

COMMUNITY DEVELOPMENT

Charity Registration

Community Development



CLANDEBOYE RECREATIONAL FACILITY

family FUN DAY

TUES. 11TH JULY
7.30 - 9.30PM

BOUNCY CASTLES
10FT RUSH SLIDE
FOOTBALL DARTS
PONY RIDES
CLIMBING WALL
TRAMOLINES
FACE PAINTING
BUNGEE RUN
RODEO BULL
TEA COFFEE
HOT FOOD
DJ

WILLOW BURNER LIT AT 10pm

CLANDEBOYE VILLAGE COMMUNITY ASSOCIATION
Hobby Skills

CLANDEBOYE RECREATIONAL FACILITY

NDCN
THE PROJECTS
arts and health teams
North Devon

The poster features a vibrant purple and yellow background with images of children playing on bouncy castles and a bungee run. A small circular logo for 'Hobby Skills' is in the top right.

BREEZEMOUNT FUN DAY

11TH JULY

GREEN ROAD COMMUNITY CENTRE

FREE EVENT

TUESDAY
1PM-3PM

EVERYONE WELCOME

FREE EVENT

BOUNCY CASTLES &
ASSAULT COURSES
DISCO
REFRESHMENTS & SNACKS

BreezeMount
Better Together

The poster has a green and blue background with a wooden sign graphic. It features images of Union Jack bunting and colorful triangular bunting. The text is arranged in a clear, festive layout.

HAVE YOU GOT SCHOOL UNIFORMS THAT YOU NO LONGER NEED?

Ards Community Network and the CYPSP Ards and North Down Locality Planning Group is supporting families with a **Back to School Uniform Project** making life a little less stressful for families!

If you have school uniforms that are clean and in good condition please donate items to Ards Community Network Centre

Drop Off Dates & Times:

Mon 19 th - Thurs 22 nd June	10am – 4pm
Mon 26 th - Thurs 29 th June	10am – 4pm
Mon 3 rd - Thurs 6 th July	10am – 4pm

Please place your items in the black box outside the Network

Telephone or message our office on:

Telephone: 02891814625

Email: info@ardscommunitynetwork.com

or

Ards Community Network Facebook Messenger

Primary and Secondary School Uniforms:

- Blazers, Jumpers & Sweatshirts
- Shirts, Trousers, Skirts & Pinafores, Ties
- Coats, Schoolbags / Book Bags
- PE shorts, skorts, sports tops, PE bags



Let's work together to reuse and recycle our uniforms!

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



THE PENINSULA POST

July 2023



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



COMMUNITY

HEALTHY MIND



Heritage 4 Health is here! We have an incredible new programme in collaboration with Strangford Lough & Liscala Partnership starting in September called Heritage 4 Health, which is aimed at improving your health and wellbeing through environmental heritage. Included in this free 20 week programme will be a Strangford Lough boat tour, front geese/bird watching, tree planting in Bellamont Country Park, horse therapy with StableMinds in Portlerry, a guided heritage tour of Portlerry, a mental health session, share foraging and outdoor cooking, a physiotherapist session and so much more. Please contact Allan on 02519378428 or email allan@peninsulahealthyliving.org for more details and a registration form. Let's learn our heritage whilst improving our health.

Schools on the breadline! Our initiative to supply loaves of bread every week to local schools has ended. We were able to supply over 800 loaves of bread, along with milk, pancakes and muffins to our great friends at Victoria PS, Kircubbin Community Nursery and St. Mary's PS, helping their hungry pupils get through the day by providing healthy and nutritious snacks for them, whilst also hopefully taking some financial burden away from parents. We were also able to supply some much needed food and equipment to Gastry College along with mental health leadders to Victoria PS.



INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



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?

Individuals require professional advice when it comes to their health and wellbeing. The Healthwise Scheme offers the support of qualified exercise professionals. The programme offers 12 weeks of free membership, access to mainstream fitness classes and gym access. The 12 week scheme offers support and motivation for people to become and remain physically active.



What is your Healthwise Scheme membership fee? 12 weeks of 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.

Schools out for summer

So sooner are the schools off and we are already thinking about the kids going back in September. With the ever rising costs of uniforms we are going to try and make things a little bit easier for parents by offering a school uniform exchange, so if you have any good quality clean school jumpers, blazers, shirts, ties, shoes, trousers, skirts or even P.E gear drop them into us here at Kircubbin Community Centre and we will offer them up for collection to anyone who may need them. Please ensure that the items are able to be reused, they are clean and from a local school, please keep an eye on our facebook page for more details. Thank you all and hopefully we can help just a little.



WWW.PENINSULAHEALTHYLIVING.ORG
BACK 2 SCHOOL UNIFORM EXCHANGE



KEEP CLEAN OR PICK UP GOOD QUALITY USED SCHOOL UNIFORMS
KIRCUBBIN COMMUNITY CENTRE
ALL PENINSULA SCHOOL BUS DUNS WELCOME

CLASS & GYM TIMETABLE - JULY 23

MORNING		
9:30am	Playtime with Carol - Year One	Carol
10:00am	PE & Walking Group	Allan
1:00pm	Spin	Janice
2:30pm	Spin	Janice
4:00pm	Musical Care	Janice
EVENING		
6:30am	Spin	Carol
12:00pm	Chi-Me	Carol
1:00pm	Spin	Carol
2:00pm	Ballet/Stretch	Carol
5:45pm	Spin & Tone (55 Min)	Janice
7:00pm	Yoga & Balls (60 Min)	Janice
WEEKEND		
9:00am	Spin & Tone	Carol
10:00am	Falls Prevention	Carol
1:00pm	Healthy Bites II	Carol
1:30pm	Chair Yoga	Carol
2:30pm	Spin	Janice
4:00pm	Yoga	Carol
5:00pm	Spin	Janice
6:30am	Yoga	Carol
6:00am	Spin	Janice

WHEN WE ARE OPEN THE GYM IS OPEN

Our July timetable is live and we have a few changes this month. Carol has added a new playtime with Carol (your choice) class at 9:30am on a Monday morning and also an extra spin class at 1pm on a Monday afternoon. There is definitely enough there to get your pulses racing this July. Please also note that both Carol and Janice will be taking holidays this month so keep an eye on our facebook page for updates on any changes.



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



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: bangorrecption@brysonsurestart.org
Tel: 028 91457248 Or reach us via Facebook Messenger
www.facebook.com/bangorsurestart

welcome to BANGOR SureStart

WE'RE HIRING!

We are looking for:

- Permanent Early Years Assistant - 18 hours
- Temporary Early Years Supervisor - 20 hours
- Temporary Early Years Assistant - 20 hours
- Temporary Family Worker - 20 hours

Temporary contracts are fixed term until 31 March 2024

What we have to offer -

- Training Provided
- Competitive salary
- 20 Days Holiday pro rata 12 Stat Days pro rata
- Full induction
- Free Uniform
- Optional Company Pension contributions
- Family friendly hours of work with shifts being primarily in the morning

Are you over 18?
Interested in working in Early Years or Family Support?
Apply Now!

Scan me to apply Online!

Call for more info: 02891 457248

South Eastern Health & Social Care Trust

19 h · 🌐

**Local Health Visiting Groups
in the Down Area 📍**

👶 **Infant Health Club (Age 0-1)**

👩 **Health Promotional
Group (Age 1-4)**

You don't have to worry
about booking just drop in!
Need more info? 📞 (028)
4451 3728

Local Health Visiting Groups Down Area

Drop in - No booking required

Need more information?
Contact: (028) 4451 3728

Infant Health Club (Age 0-1)

- Infant Feeding
- Weaning
- Colic / Reflux
- Developmental Milestones
- Routines

Commencing 4 July 2023
Every Tuesday, 10am-11:30am

St Patrick's Centre, Downpatrick



Health Promotional Group (Age 1-4)

- Sleep
- Healthy Eating
- Routines
- Speech
- Behaviour
- Toileting

Commencing 4 July 2023
First Tuesday of each month, 12pm-1pm

St Patrick's Centre, Downpatrick



Domestic Abuse; Operation Encompass

Operation Encompass;

Operation Encompass was rolled out on Wednesday 17 May 2023, to the final tranche of schools, across the Belfast Trust area, meaning it is now fully operational across all 1162 schools and Education (Other Than at School EOTAS) centres in Northern Ireland. This follows its initial pilot launch in 2021 in Downpatrick and staged expansions to other districts across Northern Ireland since. The scheme is a partnership between the Police Service of Northern Ireland, the Education Authority, the Safeguarding Board of Northern Ireland and schools. If officers attend a domestic abuse call, and children are present, Operation Encompass allows the officer to pass on relevant information to the safeguarding team at the child's school the following morning, so the right support can be put in place. Across the previous areas within the Northern, Western, Southern and South Eastern Trust areas, police have attended 2121 domestic incidents with 3774 children exposed to domestic abuse from the start of the 2021 school year, until 30 April 2023. This has resulted in 3160 referrals being made by police to the designated teacher at the relevant school.

we care · we listen · we act
Report online. Call 101. In an emergency call 999
psni.police.uk



Police Service
of Northern Ireland

RECRUITING
NOW



HOME
START

VOLUNTEERS NEEDED

Are you a mum, dad, grandparent or carer?

We need people with your experience to volunteer

- Make a difference to the lives of parents and children
- Enhance your well-being
- Access free, high quality training

Find out more at:

www.homestartacapa.org.uk

Or call us on: 0289427883 69

HOME
START



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

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

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

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

Summer Activities



Summer Activities 🕶️☀️🍦

With the summer school term ending, we have created a resource to help you show your children what each day has in store, along with some fun ideas and activities you could do with your family.

You can download our new summer activity resource at, www.autismni.org/using-structure

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

- **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](#)





Get ready now for your 2023-24 application for Free School Meals and Uniform Allowance

If you are in receipt of one of the following:

- Income Support;
- Income Based Jobseeker's Allowance;
- Income Related Employment and Support Allowance;
- Guarantee Element of State Pension Credit;

you will need a Proof of Benefits letter when you apply for Free School Meals and Uniform for the 2023-24 school year.

Request one now via [Get a proof of benefit letter](#). It will take at least five days to be sent to you. Once you receive the letter keep it securely.

You must upload a copy of the letter when you apply. It must be dated no earlier than the beginning of the month before you submit your application.

If you receive Tax Credits or Universal Credit you do not require the above letter.

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.





Help Kids Talk
Bitesize sessions

Introducing Help Kids Talk Bitesize session:

"Top tips for using the dummy"

Help Kids Talk have teamed up with parents to share advice and tips about using the dummy.

Click link below or scan QR code to find out more.



WHAT IS AVAILABLE?

**SHORT VIDEO
PARENT TIPS
ADVICE LEAFLETS**

[Click here for Help Kids Talk Dummy Bitesize Session](#)



Get in touch for more information about other Help Kids Talk training sessions which are free, available regionally and suitable for parents, family members and practitioners.

Tel: 02892670755

Email: helpkidstalk@resurgamtrust.co.uk



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



Walkie Talkies

Walking group for mums and their babies and/or toddlers in their buggies.

Summer Group Starting 29 June 2023

Every Thursday, 11am

Meeting point at the Walled Gardens, Bangor



Contact 07525349711 for more information.



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.

UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

School's Out

Take an emotional health check

Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child, read their behaviour and help them look after their emotional health.**

inourplace.co.uk

Understanding your child online course has been paid for by **Public Health Northern Ireland**, so you can access it **completely free** using the code **NIFAMILIES**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.

✉ 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



Supported by
Ards and North Down
Borough Council

A summer of free live music in Ward Park

Pack a picnic and join us in Bangor every Sunday in July & August 3-5pm

2nd JULY **JAM PACT**

A Belfast tribute to The Jam. All the hits 1977-1982 live at 100 miles an hour

23rd JULY **THE VIBES**

Belfast based reggae band playing originals and soul & folk covers

13th AUG **DAISY TUNES**

Local six-piece covering contemporary songs in a bossa nova, jazzy funk style

9th JULY **EL CLASH COMBO**

A celebration of the band some describe as the greatest ever... The Clash

30th JULY **FLEETWOOD DREAMS**

Six-piece Fleetwood Mac tribute show. All the hits of the Buckingham-Nicks era

30th AUG **JOHNNY HASH**

Celtic folk punk seven-piece from Belfast, four of which are from Doghouse Ské

16th JULY **ARMS OF VENUS DE MILO**

Energetic classic rock which will take you from Led Zeppelin to Guns 'N' Roses

6th AUG **THE 19TH STREET BAND**

From the USA, a constellation of americana, country and folk rock

27th AUG **BLUEGRASS PICNIC**

L.A. based Water Tower are bluegrass & folk alchemy with psychedelic punk influences

OPENHOUSEFESTIVAL.COM



Relax & Recharge Well-being Sessions

Tuesday 8th & 15th August
10.30-12.30pm

The sessions will focus on relaxation & self care and participants will explore a range of techniques such as journaling, forest bathing, art therapy and other activities which will promote a sense of calm and enhance well-being.



To book your place contact Julie-Ann on
075918 40539 or
Email julieann@northdownymca.org



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.

Using Self Compassion to Improve Wellbeing *and* Support Growth

People in Northern Ireland do tend to be hard on themselves. Selfcriticism is rife. People tend not see strengths but dwell on weaknesses and mistakes. How does that contribute to well-being?

Self-compassion holds significant potential to help people achieve goals, improve wellbeing or address longer term chronic challenges.

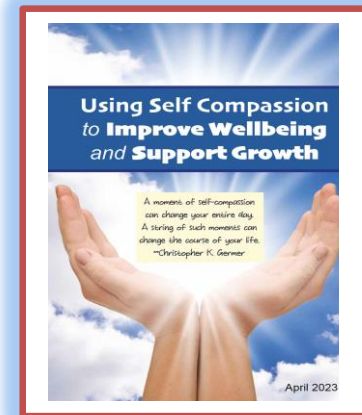
A workbook with an introduction to self-compassion is available at <https://setrust.hscni.net/wp-content/uploads/2023/05/SELF-COMPASSION-BOOK-APRIL-2023-smallest-file-size.pdf>

There is a clear link between the amount of practice and lasting change. People have asked we create a visual means to access what is in the workbook, so we have created 11 clips to go along with the workbook. This is now on ASERT's website [Self Compassion | ASCERT](#)

Parents may ask, how do I help my children be more selfcompassionate? The leading thinkers behind self-compassion, Kristin Neff and Chris Germer suggest the best way for parents to teach it our kids is model it. Let them see us using it when we have struggles or make mistakes.

We hope you find this helpful.

Ed Sipler
South Eastern Trust



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

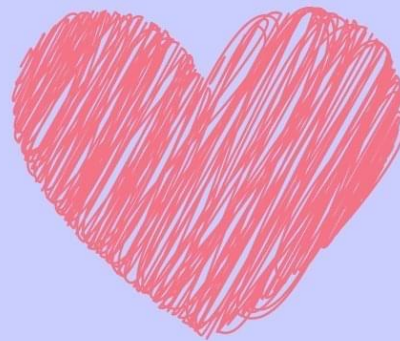
and chat in confidence with a school nurse.

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

Dental Health Survey

Please see information below from the Innovation Lab.

The survey is with regard to primary school age children and any support you can give to encourage dissemination and completion is greatly appreciated.

Many thanks in advance

Oral health differs greatly based on where you live.

The Innovation Lab would like parents help to take their children through a survey asking questions about oral health.

Please follow the link below:

<https://ilab420850.typeform.com/to/k8xZaq4k>



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/download/426/cyp-resource-pack/40962/cyp-resource-pack-summer-edition-2023.pdf>

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 2023

Ards & North Down LPG

TBC

Down LPG

TBC

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