

# Fortnightly News

## Issue 73rd July 2023

Welcome to this 73<sup>rd</sup> 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 .....Volunteer Now
- Patrician Youth Summer Programme
- NMADD free summer events
- Ballynahinch Counselling
- 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](mailto:Noelle.Hollywood@setrust.hscni.net)

Mobile number 07872422101

## Free School Meals and Uniform Allowance 2023



Applications should be submitted before **28 July** to ensure support is in place for September 2023



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- 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 Activites, Chip Van, Ice Cream,  
PSNI Gaming Van, Drumming Circle,  
Caricature Artist!

*...and many more!*

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

clanmil County Down Rural Community Network ea Education Authority RSP Policing & Community Safety Partnership Northern Ireland Executive T:buc Housing for all Housing Executive choiceit

Made with PosterMyWall.com

*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 Activites, Chip Van, Ice Cream,  
PSNI Gaming Van, Drumming Circle,  
Caricature Artist!

*...and many more!*

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

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Made with PosterMyWall.com

*Come Join Us  
Free Event*

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

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

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

*...and many more!*

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

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clanmil County Down Rural Community Network ea Education Authority RSP Policing & Community Safety Partnership Making Heavy, Mournie & Down safer Northern Ireland Executive T:buc Housing for all Housing Executive choiceit

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# ASD & ADHD friendly sports camp

**1ST - 4TH AUGUST**

**11AM-1.30PM**

**CASTLEWELLAN 3G PITCH**

**KINDLY SPONSORED BY**



Registration open

Contact Gareth

07515267467

[interactivefootball@yahoo.com](mailto:interactivefootball@yahoo.com)



# Patrician Youth Downpatrick



**Patrician Youth Centre  
SUMMER PROGRAMME 2023**

July-Aug  
Age 8-year8  
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**   
**ME** *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



**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



## HEALTH & WELLNESS

Getting Creative

Physical & Mental Health

Health Publications

Healthy Foods

## YOUTH DEVELOPMENT

## COMMUNITY DEVELOPMENT

Charity Registration

Community Development



## Volunteering Opportunities



Volunteer Now has partnered with Be Collective to bring a dedicated online platform for volunteering to Northern Ireland.

The platform supports volunteers through the volunteering process and helps connect more people with a wider range of opportunities. There's lots of great features to Be Collective like messaging, making a profile, and being able to compile all your experiences, training and roles as well as the skills gained within a social CV. You can search and apply for volunteer roles below. If you can't find anything you like you at the moment – register now, then check back soon – new opportunities are added all the time!

[Register To Join](#)

## 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 <sup>th</sup> - Thurs 22 <sup>nd</sup> June	10am – 4pm
Mon 26 <sup>th</sup> - Thurs 29 <sup>th</sup> June	10am – 4pm
Mon 3 <sup>rd</sup> - Thurs 6 <sup>th</sup> 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](mailto: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](mailto:info@ardscommunitynetwork.com)**  
**[www.ardscommunitynetwork.com](http://www.ardscommunitynetwork.com)**

*Follow us on;*

**[www.facebook.com/ArdsCommunityNetwork](http://www.facebook.com/ArdsCommunityNetwork)**



# THE PENINSULA POST

July 2023



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



## COMMUNITY



**HERITAGE 4 HEALTH**  
Improve your health and wellbeing through environmental heritage.

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.



Heritage 4 Health initiative

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, shore foraging and outdoor cooking, a physiotherapist session and so much more. Please contact Allan on 02519378428 or email [allan@peninsulahealthyliving.org](mailto:allan@peninsulahealthyliving.org) for more details and a registration form. Let's learn our heritage whilst improving our health.

## HEALTHY MIND

A healthy mind is essential for a healthy life. Our SE Mind Matters Walking 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**  
Mental Health Support

**QUICK ACCESS COUNSELLING**  
Providing a safe space to talk about your mental health.

**SOCIAL PRESCRIBING**  
Providing a safe space to talk about your mental health.

**THERAPEUTIC INTERVENTIONS**  
Providing a safe space to talk about your mental health.



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](mailto:info@peninsulahealthyliving.org).

**What is the Healthwise Scheme?**

Individuals require a GP referral to access the Healthwise Scheme. The Healthwise Scheme is a 12-week programme of 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](mailto:info@peninsulahealthyliving.org).

Schools out for summer  
No 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.

**WHEN WE ARE OPEN THE GYM IS OPEN**

CLASS	TIME	INSTRUCTOR
9:30am	Playtime with Carol - Year One	Carol
10:00am	PE4 Walking Group	Allan
1:00pm	Spin	Janice
2:30pm	Spin	Janice
4:00pm	Musical Core	Janice
9:30am	Spin	Carol
12:00pm	Chi-Me	Carol
1:00pm	Spin	Carol
2:00pm	Ballet/Barre	Carol
5:45pm	Spin 4 Kids (5-10)	Janice
7:00pm	Yoga & Pilates (Over 18)	Janice
9:00am	Spin & Free Weights	Carol
10:00am	Falls Prevention	Carol
1:00pm	Healthy Backs II	Carol
1:30pm	Chair Yoga	Carol
2:30pm	Spin	Janice
4:00pm	Yoga	Carol
5:00pm	Spin	Janice
9:30am	Spin	Janice
1:00pm	Spin	Janice
4:00pm	Spin	Janice

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.

WWW.PENINSULAHEALTHYLIVING.ORG

**BACK 2 SCHOOL UNIFORM EXCHANGE**

BRING OLD OR PICK UP GOOD QUALITY USED SCHOOL UNIFORMS  
KIRCUBBIN COMMUNITY CENTRE  
ALL PENINSULA SCHOOLS AND DUNS WELCOME

INFO@PENINSULAHEALTHYLIVING.ORG  
WWW.PENINSULAHEALTHYLIVING.ORG  
02842739021





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

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

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

Do you have vacancies? Have you indicated other offerings for parents looking for childcare?

Send additions / amendments to [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

Latest COVID-related information available via dedicated COVID Information Section

## **Family Support Hub Service**

The Family Support Hubs provide early intervention family support services to vulnerable families and children aged 0-17. A Family Support Hub is a multi-agency network of statutory, community and voluntary organisations that either provide early intervention services or work with families who need early intervention services. The Hub accepts referrals for families who need early intervention family support and uses their knowledge of local service providers to signpost families with specific needs to appropriate services. The Hub also has a number of contracts with voluntary/community organisations who provide support on their behalf.

The specific purpose of Hubs is as follows –

- a. To improve access to early intervention family support services by matching the needs of referred families to family support providers
- b. To improve co-ordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers
- c. To improve awareness of early intervention family support services

The Hubs look at the needs of families and work to match families' needs to the best possible service or services that can help.

The Hubs cover all of South Eastern Trust area.

**Karen Otley**

**Family Support Co-ordinator (Trustwide)**

**Laganside House**

**Lagan Valley Hospital**

**For any queries please contact:**

**Direct Dial: 02892501357**

**Internal ext: 84441**

**Please check out the latest edition or the Family Support Newsletter to share with families**

**<http://www.cypsp.hscni.net/download/fs-hubs/Family-Support-Newsletter.pdf>**



SureStart Ards are excited to announce the launch of our new webpage with lots of information and fun activities for families and children.

Make sure to visit at:  
[www.surestartards.com](http://www.surestartards.com)



## SUMMER PROGRAMMES

**Rhythm Rhyme & Story Time**

Join our team of Singers, Musicians and Storytellers for a fun-filled session of rhymes, songs and stories with a special guest speaker.

Thursday 10<sup>th</sup> July to 8<sup>th</sup> August  
10am to 11.30am  
Ballyhenan Family Centre

**SureStart New Mums Getting Together**

04.6.2016 & 27th July 3rd Aug  
11.30-12.30  
Ballynatt SureStart

GUEST SPEAKERS  
PLAY FILLED ACTIVITIES  
BOOKING ESSENTIAL  
07872423540

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

Thursday 6<sup>th</sup> July to 20<sup>th</sup> July  
12noon - 1pm  
SureStart, Mount Crescent

Little Movers is a 10-week programme of fun, music and movement for 1-2 year olds. It is designed to help children develop their gross and fine motor skills, communication and language skills, and social and emotional skills.

Booking Essential - contact SureStart on 02844613630

**Dad's & Toddlers Football**

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

Thursday 6<sup>th</sup> & 20<sup>th</sup> July  
9.30 - 10.30am  
Ballynatt Sports & Well Being Centre

For more information or to register your interest please contact SureStart on 02844613630

**FUN IN THE PARK**

WFMBC  
Games, Songs & Fun!

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

For more information please contact SureStart on 02844613630

**Fun on the Beach**

Wednesdays 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> June & 5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> July 2023

At Newcastle Beach  
Time 10.30am to 11.30am

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

**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@brysonsuresstart.org](mailto:bangoreception@brysonsuresstart.org)  
Tel: 028 91457248 Or reach us via Facebook Messenger  
[www.facebook.com/bangorsurestart](http://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

# 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

### 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

# 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**




**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.homestartadpa.org.uk  
Or call us on: 02894278839

**Ards, Comber and Peninsula Area**



**Home-Start Ards, Comber & Peninsula Area**



### 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.

### 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)

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

## 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



**Believe in  
children**  
 **Barnardo's**  
Northern Ireland

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](mailto:siobhan.stratton@barnardos.org.uk)

**Believe in  
children**  
 **Barnardo's**  
Northern Ireland




## Teenagers and body-image: Top Tips

SUMMERTIME PARENTING

<p><b>Encourage open communication</b></p> <p>Create a safe and non-judgmental environment where your teen feels comfortable discussing body image concerns. Let them know that you are there to listen and support them without criticising or dismissing their feelings.</p> 	<p><b>Promote a positive self-image</b></p> <p>Help your teen develop a healthy &amp; positive self-image by focusing on their strengths, talents, &amp; achievements. Encourage them to engage in activities that they enjoy and that promote their overall well-being rather than solely focusing on appearance.</p> 	<p><b>Challenge unrealistic beauty standards</b></p> <p>Discuss with your teen the unrealistic beauty standards portrayed in media. Encourage critical thinking and help them understand that these standards are often unattainable and do not define their worth or value as individuals.</p> 
<p><b>Encourage self-care</b></p> <p>Promote self-care practices that contribute to your teen's overall wellbeing. Encourage them to engage in activities that promote physical health, such as regular exercise and balanced nutrition. Also emphasise the importance of self-care for mental and emotional wellbeing.</p> 	<p><b>Teach media literacy</b></p> <p>Help your teen develop media literacy skills to critically analyse and interpret what they see on media sources, especially social media. Discuss the impact of photo editing, filters, and digital manipulation.</p> 	<p><b>Be a positive role model</b></p> <p>Be mindful of the way you talk about your own body and avoid making negative comments. Embrace a positive body image yourself and model healthy behaviours. Remember that your own attitudes and behaviours towards your body can greatly influence your teen.</p> 

📞 0808 8010 722
📍 ParentingNI
🌐 parentingni.org



**Autism NI**

16 h · 🌐

## Sensory Activities 🖐️👂👁️

We have a range of free activities on our website, which can be used at home with your family, and to help build on sensory experiences.

Download here ➡️

[www.autismni.org/sensory-activities](http://www.autismni.org/sensory-activities)

Community  
Advice

Ards and North Down



Advice Line

0300 123 9287

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



like us on

facebook



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



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

## ABC PiP

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

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

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

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.





# 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](https://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](mailto:solihull.approach@uhb.nhs.uk)

🌐 [solihullapproachparenting.com](https://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>

The logo for Community Helpdesk, featuring a purple icon of two people and the text "Community Helpdesk".

**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

**2<sup>nd</sup> JULY** **JAM PACT**

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

**23<sup>rd</sup> JULY** **THE VIBES**

Belfast based reggae band playing originals and soul & folk covers

**13<sup>th</sup> AUG** **DAISY TUNES**

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

**9<sup>th</sup> JULY** **EL CLASH COMBO**

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

**30<sup>th</sup> JULY** **FLEETWOOD DREAMS**

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

**30<sup>th</sup> AUG** **JOHNNY HASH**

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

**16<sup>th</sup> JULY** **ARMS OF VENUS DE MILO**

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

**6<sup>th</sup> AUG** **THE 19TH STREET BAND**

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

**27<sup>th</sup> 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](mailto: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](mailto:mentalhealthproject@countydownrcn.com)

### PENINSULA HEALTHY LIVING PARTNERSHIP

4 Church Grove, Kircubbin, BT22 2SU.

**T: 028 427 39021**

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

### POLEGLASS COMMUNITY ASSOCIATION

#### @SALLY GARDENS COMMUNITY CENTRE

Steele Road, Poleglass, BT17 0UJ.

**T: 028 90 627250**

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

### RESURGAM HEALTHY LIVING CENTRE

69 Drumbeg Drive, Lisburn, BT28 1QJ.

**T: 028 92 528233**

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



The Community Foundation

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

## 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.

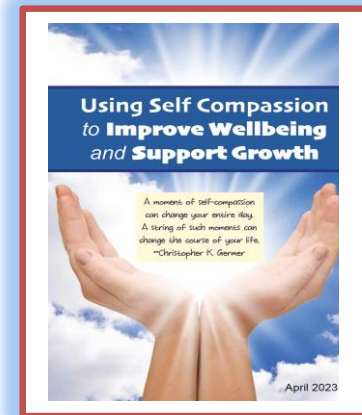
A workbook with an introduction to self-compassion is available at <https://setrust.hscni.net/wp-content/uploads/2023/05/SELF-COMPASSION-BOOK-APRIL-2023-smallest-file-size.pdf>

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**

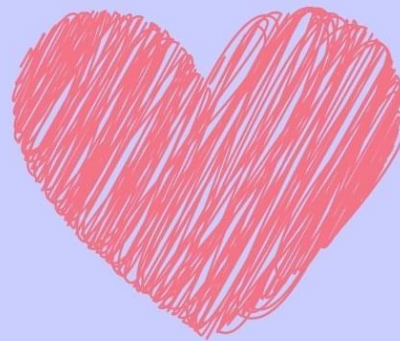
and chat in confidence with a school nurse.

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:

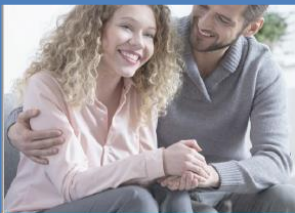
<https://ilab420850.typeform.com/to/k8xZaq4k>



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



**Ballynahinch  
Counselling  
Service**

professional counselling on your doorstep

Formerly known as **The Hub**



**Ballynahinch  
Counselling  
Service**

professional counselling on your doorstep



**Ballynahinch  
Counselling Service**

**Professional Counselling  
on your doorstep**

## Core Values

Ballynahinch Counselling Service recognizes that people who identify the need to address difficult issues in their lives by engaging in the counselling process are making a courageous and positive choice.

Ballynahinch Counselling sees the basic values of Counselling as being integrity, impartiality and Respect.

We place the needs of all our clients at the centre of our practice.

We believe people in our communities deserve the best.

We value a creative approach.

We value partnership and team work.

"This has been a safe space to explore what it means to be me. I have been given tools to help me that I will continue to use. This is an excellent programme and has enabled change in my mental health."

## Get in touch

If you require further information about Ballynahinch Counselling that is not included in this leaflet, you are welcome to forward a query by email to either:

[clinicalcoordinator@ballynahinchcounselling.com](mailto:clinicalcoordinator@ballynahinchcounselling.com)  
[centremanager@ballynahinchcounselling.com](mailto:centremanager@ballynahinchcounselling.com)

## Ballynahinch Counselling Service

48-50 Windmill Street  
Ballynahinch, Co-Down  
BT24 8HB

02897561100  
07835305411

Registered Charity NO. NIC106583  
BACP Organizational Member NO. 275285

The Project is partially funded through Public Health Agency.



# Ballynahinch Counselling Service

Professional counselling  
on your doorstep

**028 97561100**

## Why Choose US?

All our counsellors are professionally trained and have a wide range of work and life experience.

Our service is a member of the British Association of Counselling & Psychotherapy and we abide by their Ethical Framework for Good Practice.  
[www.bacp.co.uk/media/3103/bacp-ethical-framework-for-the-counselling-profession-2018.pdf](http://www.bacp.co.uk/media/3103/bacp-ethical-framework-for-the-counselling-profession-2018.pdf)

All our counsellors are members of either BACP or National Counselling Society. Some are accredited members and others are working towards their accreditation. For more information see: [www.bacp.co.uk](http://www.bacp.co.uk) or [www.nationalcounsellingsociety.org](http://www.nationalcounsellingsociety.org)



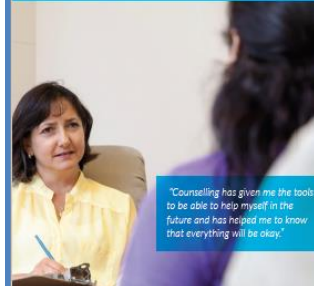
"Ballynahinch Counselling Service helped restore my confidence in my own abilities and to identify situations that could be stressful and action to take to minimize stress."

## Counselling Confidentially

At Ballynahinch Counselling we aim to offer the highest possible standards regarding confidentiality. What you talk about to your counsellor is kept confidential and this is an essential part of building trust in the counselling relationship. However, there are occasions when confidentiality may have to be overridden because of risk to you or others and to uphold Children and Vulnerable Adult protection laws.

## Opening Hours

9 AM - 1PM MONDAY - FRIDAY  
4PM - 9PM MONDAY - WEDNESDAY - THURSDAY



"Counselling has given me the tools to be able to help myself in the future and has helped me to know that everything will be okay."

## Our Counselling Service

We all experience times in our lives when emotional distress has been triggered by a personal or family crisis. Counselling will provide you with an opportunity to explore your feelings and make sense of what is happening in a safe and confidential manner. Ballynahinch Counselling offers Professional counselling to all over the age of 10. We offer one to one Counselling which takes place in a non-judgmental and supportive environment. It is a collaborative process that can lead to enhanced emotional wellbeing and self - knowledge.

**Ballynahinch Counselling provides support for a wide range of issues including:**

Abuse, Anxiety, Anger, Bereavement, Depression, Relationships, Stress, Suicidal ideation and Self-esteem

"It has been fantastic to talk about what I was feeling. Ballynahinch Counselling is a warm caring place and I felt like home. Very lovely caring people"

**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](mailto:info@ascert.biz)

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

# Gateway

Gateway is a social work service for children and families. It is the first point of contact for people who wish to share a concern about a child/young person who is not already known to social services. It exists to respond quickly to the needs of children and families who are referred for a social work service.

The Gateway Service can be directly contacted for help in the Lisburn, Dunmurry, Moira, Hillsborough, Ballynahinch Downpatrick, Newcastle, Bangor, Newtownards and Comber areas on:

**0300 100 0300**

Monday to Friday: 9.00am – 5:00pm (excluding public and bank holidays)

## **Out of Hours**

Contact the Emergency Duty Service on:





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

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

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

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

All previous numbers will be ceased in due course

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

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

Download your copy at:

<https://cypsp.hscni.net/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>

The Local Government District interactive reports on how children and young people are doing in each LGD area have been updated on the CYPSP website – visit

<https://www.reports.esriuk.com/view-report/60f0110b469f47ff99d6c20f83f14e6f> - and click on the Council area you are interested in – reports can be downloaded and printed





## South Eastern Recovery College.

A few points of note:

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

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

Additionally you can contact the recovery team at :

### **Recovery College Team**

Tel: 028 9041 3872

Address: Floor 2, Lough House  
Ards Community Hospital  
Newtownards

BT23 4AS

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

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



*The only thing more  
exhausting than being  
depressed is pretending  
that you're not.*

## **PEER SUPPORT & WELLBEING GROUPS FOR PEOPLE WITH ANXIETY & DEPRESSION IN NEWTOWNARDS**

An 18-30-year-old wellbeing group runs every other Wednesday & includes refreshments, mindfulness activity and supportive chat to promote better mental health.

A general 18 plus peer support group runs on the alternate Wednesdays & offers a chance to talk to those who understand what you are going through, in a safe, non-judgemental place.

Wednesdays 7pm, IG Podiatry & Wellbeing Clinic,  
69 Frances Street

To attend either group, please email [info@aware-ni.org](mailto:info@aware-ni.org)



# ADVOCACY FOR ALL



## Inspire's Regional Advocacy Service

**Telephone:** 0808 189 0036

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

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

Monday—Friday 10.00 am—4.00 pm



**Inspire's regional advocacy service will support people over 18 with mild/moderate mental health needs eg low mood or motivation, anxiety, poor coping skills, loss of control, stress, isolation, who would have no access to any other statutory commissioned advocacy support.**

Advocacy seeks to support people to be listened to and have their views heard. It is concerned with empowerment, autonomy and self-determination, the safeguarding of citizenship rights and the inclusion of otherwise marginalised people. Empowerment, choice and information is critical for people facing mental health challenges because a lack of insight or sense of powerlessness can translate into low coping strategies, leading to demotivation, feelings of low self-worth, non-help seeking and difficulties accessing relevant services.

### What we can provide:

- *One to one support to resolve advocacy issues available to every person with mild to moderate mental health issues across Northern Ireland;*
- *Information and signposting for family members and carers;*
- *Access to i-connect, a unique digital wellbeing platform enabling participants to monitor and improve their mental health and wellbeing.*

### Referrals will be widely accepted, including from:

- *Individuals;*
- *GPs and primary health and social care;*
- *Voluntary and community organisations;*
- *Local political representatives;*
- *NIHE, Probation Board and other relevant statutory services.*

### How to get in touch:

- *A direct telephone referral line;*
- *An online enquiry form;*
- *Live web-chat;*
- *E-mail;*
- *Post;*
- *Advocacy drop in clinics.*

### One to One Advocacy Support

We will provide support to people with a wide range of advocacy issues:

- understanding mild/moderate mental health issues and how to engage the appropriate support;
- information and advice on accessing or navigating health and social care services;
- support to engage with health and social care professionals;
- support with physical health needs which impact on their mental health;
- support to formulate complaints to address health and social care concerns;
- facing increased life stressors which may have been aggravated by COVID-19 or symptoms of Long Covid;
- information on navigating the benefit system;
- struggling with housing, employment, debt or substance use issues;
- feeling socially isolated in relation to accessing services.

By creating an advocacy service for people at Steps 1 and 2, we broaden the scope of advocacy and peer support helping to develop resilience and self-help which is consistent with early intervention and prevention and reduces the need for more intensive mental health support services.

For more information contact the team [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org). This project is funded by the Department of Health's Mental Health Support Fund administered by the Community Foundation for Northern Ireland.



**SAIL (Social and Independent Living) project**  
Empowering young people with additional needs



## SAIL

### What do we do?

SAIL (Social and Independent Living) project provides young people aged 16-30 with physical disabilities, mild to moderate learning disabilities, and allied conditions access to an interactive and fun learning experience.

This community-based programme helps young people build self-confidence and develop self-awareness and provides emotional and practical support during transition between adolescence and adulthood.

SAIL offers participants structured opportunities to develop or improve basic independent living skills and empowers them to live more independent and confident lives within their own communities.

### Themes and activities include:

- Life choices – How these can impact on all aspects of living
- Keeping safe – Living in local communities
- Living a more independent life – Basic cookery skills, Housekeeping, Budgets and Responsibilities
- Personal awareness – Self-Awareness, Personal Safety, and Personal presentation
- Looking after Mental health – Coping Skills, Triggers and Distractions

### Interested?

This 3-year programme launched in May 2021 and is suitable for young people with physical disabilities and allied additional needs aged between 16-30 years old.

SAIL is delivered across 7 local council areas and each 6-month long programme is FREE of charge to attend.





FIND OUT MORE  
[www.autonomie.org.uk](http://www.autonomie.org.uk)

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

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

### KEEP IN TOUCH

  @autonomieinfo

Patron: **Oliver Jeffers**

Autonomie is an award-winning charity registered with Fundraising Regulator



Charity Reg. No. NI420100

SAIL (Social Independent & Living) is supported by The National Lottery Community Fund NI



## Cost of Living Guide

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

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

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



Can I donate



Where to donate



Register to donate



The donation process

Freecall us on: 08085 534 653

## Who we are

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

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

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

Changes to donor eligibility

Additional testing for Hepatitis B (HBV)

Safety of Donors and Staff

COVID-19 Coronavirus

# Locality Planning Meetings for 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