

Fortnightly News

Issue 76th September 2023

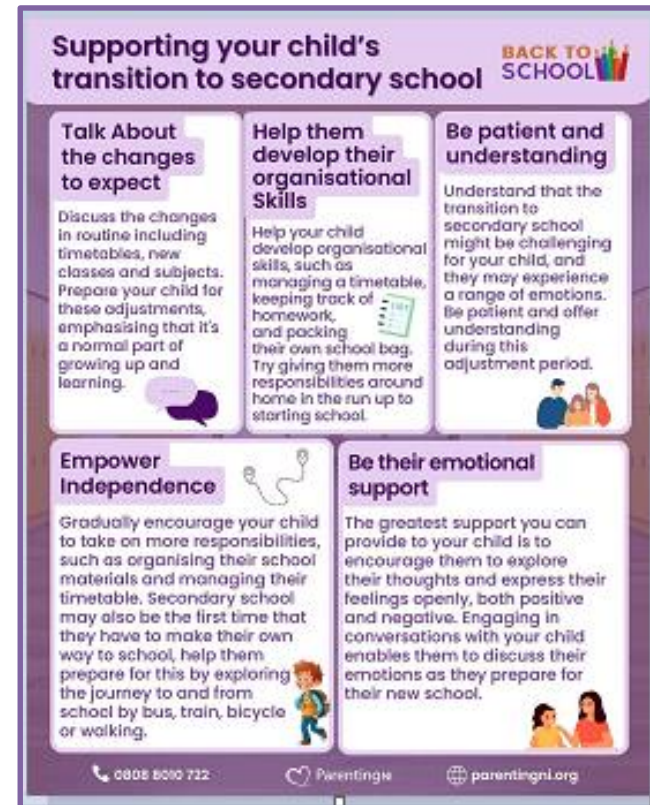
Welcome to this 76th Edition of the fortnightly newsletter for Locality Planning Groups in Ards, North Down & Down. In this back to school issue;

- A guide to help you on your journey through disability
- Clanrye Group 'Employ Me'
- SERC 'Step Up'
- Results Stress
- YMCA autumn activities
- Ards Community Network School Uniform recycling
- Peninsula Healthy Living Centre Uniform Exchange

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



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CONTACT YOUR LOCAL COLLEGE AND...

STEP UP

SUPPORTING YOU INTO LEARNING
OR INTO EMPLOYMENT



Step Up



SERC



Starting
September
2023

Step Up offers a range of new learning and skills courses to help you access employment or further study.

Most courses will be delivered face-to-face and will provide an opportunity to build on existing skills, gain qualifications and to benefit from one-to-one mentorship. All Pathways are person-centred and flexible, and you will be given personal support to help you reach your goals along with careers advice. Courses are a minimum of 12 weeks duration depending on the pathway most suitable for you.

College Connect + - If you are aged between 16-24, not in employment, education or training, or over 25 and unemployed or economically inactive, and thinking about what's next, then College Connect + could help you Step Up to restart your education

DARE (Disability Access Route to Education and Employment) – is open to all with a disability, aged 16 years or over and who are unemployed or economically inactive. Support offered through DARE includes weekly mentorship, goal setting and action planning specific to the individual learner to enhance opportunities to complete qualifications and progress into work or stay in work.

WRAP (Women Returners Access Programme) – Unemployed or economically inactive women who wish to build confidence, refresh skills, gain qualifications and work experience in areas of economic demand can apply to WRAP. Through job coaching, mentorship and careers advice, support will be provided to create progression pathways, including to further and higher education or employment.



Scan for
Further Details





An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment.



Funded by
UK Government

Unlock your potential, get ready for work!

Suitable for individuals aged 16+ who may want to (re)enter the world of work and need support to achieve this goal.

Including those who are:

- Over 50
- Women returning to work
- Involved in justice system or at risk
- Carers & Single Parents
- Individuals with a disability

What's involved?

Qualifications

Numeracy, Literacy, ICT, Customer Service or Business Administration

Support

Personal Development, Health and Well-being, Community Engagement

Employability

Employability Support:
Job search, CV, Applications, Interviews, Entrepreneurship
Assistance to source employment
Transition and in-employment support



To find out more information contact:

clanryegroup.com

nicola.o'loan@clanryegroup.com

028 3089 8119



Belfast Works⁺
CONNECT
SUPPORT | TRAINING | EMPLOYMENT
Connecting People, Changing Lives

We Can Help!



FREE OCN TRAINING COURSES

Get in touch today!

028 9033 2313

belfastworks@gemsni.org.uk

@BelWorksSB

www.belfastworksconnect.com



www.belfastworksconnect.com @belfastworksconnect



The Belfast Works Connect project is funded through the Department for Levelling Up, Housing and Communities.



Vaping -The Facts

Information session for professionals in healthcare, social care, education, youth work, and others.

Venues and Times:

- **Glen Community Complex Training Room, Suffolk Road, Belfast - Thursday 21st September 2023 10:00am to 12:30pm**
- **Fermanagh House, Castleview, Enniskillen - Wednesday 4th October 2:00pm to 4:30pm**

For further information or to book, contact yvonneoreilly@cancerfocusni.org

Certificates of attendance are available for CPD



Project supported by the PHA

Newcastle Festival of Life 2023

FESTIVAL OF LIFE 2023

Saturday 2nd September
WALK FOR LIFE EVENT
Mount Panther Farm Park
Morning Session 11am to 1pm
Afternoon session 1.30pm to 3.30pm

Wednesday 6th September
SENIOR AFTERNOON TEA DANCE
with Country Harmony
Burrendale Hotel, Newcastle
1.30pm to 3.30pm

Thursday 7th & Friday 8th September
ONLINE MENTAL HEALTH FIRST AID
9.00am TO 4.30pm
Register online
plpshopeandsupport.org/book-now?ID=3679

Sunday 10th September 2023
CHI BY THE SEA
Newcastle Promenade
8.00am to 9.00am

Tuesday 5th September 2023
Jane McGlenaghan Vital Nutrition
GOOD MOOD FOODS
Newcastle Centre
10.00am to 11.00am

Thursday 7th September
COLD WATER THERAPY TALK
Newcastle Centre
11.00am to 12noon

Sunday 10th September 2023
SUNRISE SWIM
Newcastle Promenade
6.15am



Places are limited so **BOOKING IS ESSENTIAL**
Call Ciara on 02844612311 or Email :Ciara@countdownrcn.com

Walk For life



MOUNT PANTHER
FARM PARK



**FREE
FAMILY EVENT**

Sat 2nd Sept '23

**Morning Session
11am - 1pm**

**Afternoon Session
1.30pm - 3.30pm**



Scan QR Code or Email:
info@countdownrcn.com
Numbers are limited & booking is
essential.
Any Queries call 02844612311



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

AUGUST 2023

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

Peninsula Healthy Living

COMMUNITY



HERITAGE 4 HEALTH

Heritage 4 Health is here! We have an incredible new programme in collaboration with Strangford Lough & Lough Lough 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, bread, geese/bird watching, tree planting in Delamont 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 07519379428 or email allan@peninsulahealthyliving.org for more details and a registration form. Let's learn our heritage whilst improving our health.

A Better Day is ahead! Our award winning Better Days Chronic Pain management programme is coming back for a special one day session that will incorporate a session with a physiotherapist, a mental health expert and a sound therapist, all with the aim of supporting you to self manage your pain and live a better and happier life. This event will take place on Thursday 28th September at 10:30am in Kircubbin Community Centre and all refreshments will be provided. Please contact Allan on 07519379428 or email allan@peninsulahealthyliving.org to register.

BETTER DAYS ONE DAY PAIN SUPPORT PROGRAMME

Supporting people to self manage their pain & live better and happier lives

THURSDAY 28th SEPTEMBER 10:30am - 12:30pm KIRKUBBIN COMMUNITY CENTRE
1:00pm - 2:00pm HEALTHY LIVING EXPERT (Emma McNamee)
2:00pm - 4:00pm SOUND THERAPY (Emma McNamee)

CONTACT ALLAN ON 07519379428 OR
allan@peninsulahealthyliving.org TO REGISTER

HEALTHY MIND

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

SE Mind Matters

Wellbeing Hub

Supporting people to self manage their mental health & live better and happier lives

THURSDAY 28th SEPTEMBER 10:30am - 12:30pm KIRKUBBIN COMMUNITY CENTRE
1:00pm - 2:00pm HEALTHY LIVING EXPERT (Emma McNamee)
2:00pm - 4:00pm SOUND THERAPY (Emma McNamee)

CONTACT ALLAN ON 07519379428 OR
allan@peninsulahealthyliving.org TO REGISTER

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



HEALTHY BODY

Our incredible Couch 2 5K programme is back. Starting at 12:30pm on Tuesday 5th September we will be encouraging, guiding and motivating you on an incredible journey from your couch to running 5 kilometers. No running experience is required, you will have the opportunity to have fun, get fit and meet new people all while getting those endorphins pumping. If you would like to register please contact Sheila on 02842739021 or email sheila@peninsulahealthyliving.org. Let's get off the couch and get running.

WWW.PENINSULAHEALTHYLIVING.ORG

COUCH 2 5K

JOIN THE RUN

- NO RUNNING EXPERIENCE REQUIRED
- HAVE FUN, GET FIT, MEET NEW PEOPLE
- SUPPORT & GUIDANCE TO ACHIEVE YOUR GOALS

EVERY THURSDAY & THURSDAY @ 12:30PM STARTING 5TH SEPTEMBER

CONTACT US AT 028 42739021 OR EMAIL sheila@peninsulahealthyliving.org TO REGISTER

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.

BACK 2 SCHOOL UNIFORM EXCHANGE

Drop off or pick up good quality used school uniforms at Kircubbin Community Centre. All Peninsula School uniforms welcome.

WHEN WE ARE OPEN THE GYM IS OPEN

CLASS & GYM TIMETABLE - AUGUST 23

TIME	CLASS	INSTRUCTOR
9:30am	Yoga - St. David's Community	Carol
10:00am	Pilates Matwork	Carol
10:30am	Fun Fit Mix - Matwork & Pilates Combined	Carol
11:00am	Solo	Carol
11:30am	Solo	Carol
12:00pm	Artistic Core	Carol
12:30pm	Solo	Carol
1:00pm	Old Mix	Carol
1:30pm	Solo	Carol
2:00pm	Karaoke	Carol
2:30pm	Solo & Free Weights	Carol
3:00pm	Solo & Free Weights	Carol
3:30pm	Yoga	Carol
4:00pm	Solo	Carol
4:30pm	Pilates	Carol
5:00pm	Solo	Carol
5:30pm	Solo	Carol
6:00pm	Solo	Carol

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



SUMMER PROGRAMMES

Down SureStart

Rhythm Rhyme & Story Time

04th, 20th & 27th July
3rd Aug
11:30-12:30
Ballynatt SureStart

GUEST SPEAKERS
PLAY FILLED ACTIVITIES
BOOKING ESSENTIAL
07872423540

Thursday 10th July to 10th August
10am to 10:30am
Ballynatt Family Centre

All children under 5 years are welcome. Children must be accompanied by an adult.
Please phone us on 02844613630 to book a place.

Down SureStart

New Mums Getting Together

04th, 20th & 27th July
3rd Aug
11:30-12:30
Ballynatt SureStart

GUEST SPEAKERS
PLAY FILLED ACTIVITIES
BOOKING ESSENTIAL
07872423540

Down SureStart

Little Movers
For 1-2yr olds

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

Little Movers is a programme of fun music, song and rhyme 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 listening instructions

Booking Essential - contact SureStart on 02844613630

Down SureStart

Dad's & Toddlers Football

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

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

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

Down SureStart

FUN IN THE PARK

WATER
Games, Songs & Fun!

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

For more information please contact SureStart on 02844613630

Down SureStart

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 Penny Farrah 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: 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

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



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

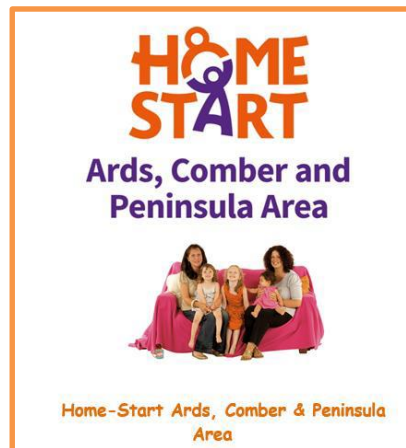


Volunteer Support

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)

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

Barnardo's Saturday Clubs



in

Downpatrick
Saintfield
Bangor &
South Belfast



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 .

- 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



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



Children's places
Available



Let's Talk New Baby

Parent Discussion Group

Thursday 20th July
11am - 12pm
on Zoom

Parentline are hosting an online space for parents/carers expecting a baby to share hopes, ideas and the realities around adding to your family. A chance to connect with other parents, trade tips and hints, and learn from one another.

Is this discussion group for me?
Are you a parent/carer expecting a baby in 2023/24?
Would you appreciate a space to connect with others who can offer empathy, support and solutions?
If you answered yes we would love you to join us for our online parent discussion group.

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

Parent LineNI
0808 8020 400

AutismNI
Northern Ireland's Autism Charity

Summer Activities

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

Teenagers and body-image: Top Tips

SUMMERTIME PARENTING

Encourage open communication

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.



Promote a positive self-image

Help your teen develop a healthy & positive self-image by focusing on their strengths, talents, & achievements. Encourage them to engage in activities that they enjoy and that promote their overall well-being rather than solely focusing on appearance.



Challenge unrealistic beauty standards

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.



Encourage self-care

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.



Teach media literacy

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.



Be a positive role model

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.





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 or by calling 020 3772 9646. We are particularly keen to find out about family friendly community events over the coming months for Pantosaurus to visit and perhaps to organise a reading session with parents and children.
- Details of the Talk PANTS familiarisation sessions for professionals will be published soon and we anticipate these will run during September and October. These last 90 minutes and are the 'how to' element of the campaign.
- We will be holding special sessions for schools to promote our new school's Talk PANTS education resources in the autumn. (October – November)
- If you are planning a Talk PANTS event / discussion with children or parents, please get in contact if you require parent's books / guides, children's activity pack, or a Pantosaurus reading book (one per site).

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

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

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

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





The **Safer Schools NI** App contains contextual safeguarding information, advice and guidance, researched and written by online safeguarding experts. It's interactive, with engaging content which is easy-to-access, simple to understand and intuitive to use.

We provide contemporary, credible and relevant content and resources for your entire school community. The **Safer Schools NI** App is updated with the latest news and alerts as-and-when they happen so you'll also be in the know, in the here and now.

This App is designed to be a one-stop-shop for accessing essential safeguarding information, advice, and guidance. It's a reference point you can turn to any time, right there on your phone!





YOUR FUTURE STARTS HERE

Uncover new skills, gain work experience and improve your local community. All with a group of people just like you. Start Something, together.

Find out more via webchat at: princes-trust.org.uk

@princestrust

ON THIS COURSE YOU'LL:

- Improve your communication and teamwork skills
- Gain employability skills and confidence
- Take part in a community impact project
- Achieve up to a Level 2 accredited qualification

DATES FOR YOUR DIARY:

Taster day: Week commencing 14/8/23
Course dates: 21st Aug - 10th Nov 23
Application deadline: 21/8/23
Location: NWRSO, Derry/Lerry
Eligibility criteria: Aged 16-25

TEAM

YOUTH START

Funded by UK Government

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Prince's Trust
Northern Ireland

START SOMETHING



GET STARTED WITH MENTAL HEALTH FIRST AID

LEARN HOW TO HELP SOMEONE IN CRISIS

Are you aged 16-30? Our free Mental Health First Aid course lets you help someone experiencing a mental health crisis.

In this programme you will learn:

- How to provide first aid for someone having a panic attack.
- How to support someone in crisis and ways to get help.
- More about depression and anxiety.
- Receive up to six months support from The Prince's Trust

Get in touch and Start Something today.

INFORMATION

Taster Day: Thurs 31st Aug (online via MS Teams)
Course Dates: Thurs 7th and Fri 8th Sept
Location: PTML, Weaver's Court, Belfast, BT12 5QH
Email: outreach@princes-trust.org.uk
Phone: 0800 842 842

Supported by:

YOUTH START

Funded by UK Government

Prince's Trust



GET INTO RETAIL WITH BOOTS

KICKSTART A CAREER IN RETAIL WITH BOOTS.

Are you aged 16-30 and want to work in retail with Boots?

In this programme you will:

- Get work experience in your area.
- Be eligible for jobs with Boots upon completion.
- Receive up to six months' support from The Prince's Trust.

Locations:
 Ballymena, Banbridge, Bangor, Belfast, Coleraine, Lisburn, Newtownabbey

Get in touch and Start Something today.

INFORMATION

TASTER DAY: Tues 19th Sept, 10am-3pm, online
PROGRAMME DATES: Mon 25th Sept to Fri 6th Oct
PHONE: 0800 842 842
EMAIL: outreach@princes-trust.org.uk
FACEBOOK/INSTAGRAM: Prince's Trust NI

Supported by:

YOUTH START

Funded by UK Government

Boots

Prince's Trust



AGED 16-30? GET HIRED WITH TESCO IN NORTHERN IRELAND

FREE TWO DAY PROGRAMME WHERE YOU CAN GAIN EXPERIENCE AND JOB OPPORTUNITIES WITH TESCO

Are you aged between 16 - 30?
 Interested in learning about the retail industry? This FREE opportunity is for you! Come along, make some friends and gain experience!

Vacancies available in:
 Newtownbreda, Belfast, Bangor, Lisnagelvin, Derry/Londonderry, Lisburn, Enniskillen, Ballymoney, Craigavon, Dungannon

INFORMATION

COURSE DATES: 30th - 31st August
10am - 4pm
LOCATION: M&S Teams

IF YOU WOULD LIKE TO JOIN US, SCAN THE QR CODE OR CONTACT OUR OUTREACH TEAM:

outreach@princes-trust.org.uk

GET IN TOUCH AND START SOMETHING NEW!

START SOMETHING

TESCO

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.

<https://www.eventbrite.co.uk/e/bonding-with-baby-before-birth-and-beyond-tickets-681456283087>

HSC South Eastern Health and Social Care Trust



Mellow Bumps Virtual Group

For more information please contact:



Nicola: 07857699811
Bronagh: 07971334640

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

Bonding with Baby Before Birth & Beyond



HSC Health and Social Care

HSC Public Health Agency



Please find your comprehensive guide to help you on your journey though disability/ additional needs;

<https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.pdf>

A GUIDE TO HELP **YOU** ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS

For Parents by Parents



May 2023





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>



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



WHAT'S ON AT NORTH DOWN YMCA

AUTUMN/WINTER 2023
(FROM 4TH SEPTEMBER)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BME WOMEN'S GROUP 10-12PM (CRECHE AVAILABLE)	HEALTH & WELL-BEING COURSES (4-6 WEEKS)	COMMUNITY LUNCH 12-2PM	MEN'S HEALTH GROUP 11-1PM	WELCOME CAFE FOR MIGRANTS 10-12PM (Asylum Seekers & refugees)
CREATIVE CONNECTIONS 10-12PM			ESOL CLASS (CRECHE AVAILABLE) 10AM-12PM	
COMMUNITY LUNCH 12-2PM			ADVOCACY CLINIC FOR UKRAINIAN REFUGEES 10AM - 12	
ARABIC LANGUAGE CLUB (CHILDREN & YOUNG PEOPLE) 3.30-4.30PM		JUNIOR YOUTH CLUB (7-11 YEAR OLDS) 6.30-8PM	JUNIOR YOUTH CLUB (7-11 YEAR OLDS) 6.30-8PM	
BILINGUAL ADVOCACY CLINIC (FOR ARABIC SPEAKERS) 12-3PM		SENIOR YOUTH CLUB (12-17 YEAR OLDS) 8-9.30PM	SENIOR YOUTH CLUB (12-17 YEAR OLDS) 8-9.30PM	
BME MEN'S GROUP 4-6PM				

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@countydowncrn.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.

National charity Family Fund has grants available now for families in Northern Ireland, on a low income, raising a disabled or seriously ill child.

Families with disabled children and young people, aged under 18, can apply for grants for essential items - including clothing and bedding, white goods, furniture, sensory and play equipment and digital devices.

Have a look at [the full list of items the charity offers here](#).

Families are asked to please [apply as soon as possible](#) to gain support, while funding is available.

Find out more about Family Fund by visiting [the charity's grants page](#).

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

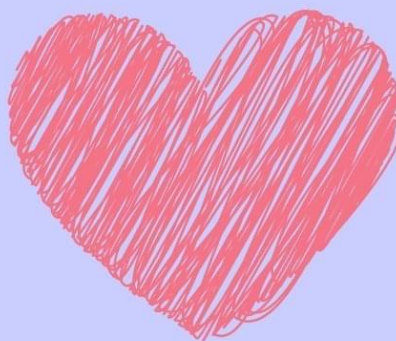
Alcohol

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



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
centremanager@ballynahinchcounselling.com

Ballynahinch Counselling Service

46-50 Windmill Street
Ballynahinch, Co-Down
BT24 8HB

02897561100
07855305411

Registered Charity NO. NC102563
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

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 or www.nationalcounsellingandsociety.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



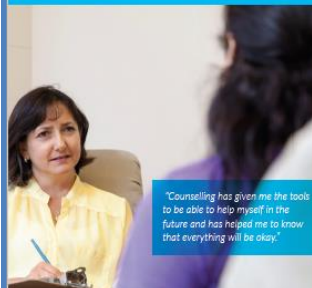
Our Counselling Service

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"



"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."

**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, Castletwellan, BT31 9AG, every 2nd and 4th Thursday of each month, 10:30am-11:45am.



ASCERT Training Courses August 2023

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

E:
info@ascert.biz

Understanding Alcohol

7th August 10am-1pm

[Register](#)

Understanding Illicit Drugs

8th August 10am-1pm

[Register](#)

Understanding Prescription and Over-the-Counter Drugs

10th August 10am-1pm

[Register](#)

Working with Young People and Substance Misuse

14th & 15th August 10am-1pm (Both Dates)

[Register](#)

Substance Misuse Awareness

16th August 10am-1pm

[Register](#)

Safeguarding Children Affected by Parental Substance Misuse

21st August 10am-1pm

[Register](#)

Parental Substance Misuse

24th & 25th August 10am-1pm (Both Dates)

[Register](#)

Register and create your personal ASCERT Training Member account on our website. Early booking is recommended as places are limited.

Please forward this newsletter to your contacts.

SMART Recovery

Are compulsive or addictive behaviours causing you problems?

Do you want to learn about effectively managing your recovery?

Job Vacancies

Training Admin: Closing date 07/08/2023

Fundraising Engagement Officer: Closing date 18/08/2023

[Apply Here](#)

[SERVICES](#)

[RESOURCE
HUB](#)

[FUNDRAISING](#)

ASCERT

ASCERT is a Northern Ireland Charity
Providing Services that Have Been
Reducing Alcohol and Drug Related Harm
in our Communities for 25 years.

We Support Positive Change in the
Community and Provide Prevention,
Intervention, and Training Services for
Children, Young People, Adults, Families,
and Professionals.



[Are you sure you want to unsubscribe?](#)

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

- **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/41338/cyp-resource-pack-august-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) 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

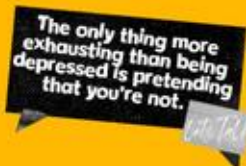
Tel: 028 9041 3872

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/>



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.

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

Translation Hub

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.

[Translations – Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)

Please find your comprehensive guide to help you on your journey though disability/ additional needs;

<https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.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

27th September 2pm

Ballymote Downpatrick

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**