

77th edition September 2023

Fortnightly News

Welcome to this new look newsletter for Children and young People's services and families across the Down and Ards & North Down Locality Planning Groups,

If you wish to advertise any upcoming programmes or activities or good news stories, 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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Fortnightly News Survey

Your opinion is important to us, thank you for completing the survey and help shaping the newsletter, some of the key findings;

91.6% Find the newsletter useful/very useful

87% respondents use the newsletter

54% would like to see improvement of format

54.2 suggested a monthly newsletter

42.9% would like an improved layout

42.9% respondents suggested improved themes;

- 52% training opportunities
- 47.6% showcasing services
- 47.6% cost of living support
- 42.9% funding opportunities
- 42.9% good news stories
- 33.3% Take 5/wellbeing news



**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**





**DO YOU HAVE A BUSINESS IDEA
BUT NOT SURE WHAT TO DO NEXT?**

FREE 10-WEEK COURSE

WHAT

- Expert training to develop your business idea
- Learn new skills, grow in confidence and meet new people
- Gain a recognised qualification

WHERE

South Eastern Regional
College
Bangor Campus

WHEN

Every Monday
Starting Monday
9th October
9.30am-12.30pm

WWW.SERC.AC.UK/DREAMBIG

Reach out for details or to reserve your place:

E: dreambig@serc.ac.uk / T: 0345 600 7555



SKILLUP



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

Free Training Sessions

CYPSP would like to invite you to join us for some free training sessions

The Translation Hub

See details below

Translation Hub Training

Tuesday 19th September 12-12.30 pm - Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Or

Monday 25th September 12-12.30 pm - Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Both Translation Hub training sessions are the same



Youth Wellness Web

Youth Wellness Web Training

Wednesday 20th September 12-12.30 pm - Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Or

Tuesday 26th September 12-12.30 pm - Join on your computer, mobile app or room device

[Click here to join the meeting](#)

Both Youth Wellness Web training sessions are the same

If you would like to receive a calendar invite please email Valerie.Maxwell@hscni.net

Please ensure you join a training session by 11.55 am to allow for prompt start

Thank you



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



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

f @BelWorksSB

www.belfastworksconnect.com



www.belfastworksconnect.com

@belfastworksconnect



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



Email;
recovery.college@setrust.hscni.net

HSC South Eastern Health
and Social Care Trust

**CLICK HERE TO DOWNLOAD THIS
TIMETABLE AS .PDF FOR PRINTING**

RECOVERY COLLEGE

Phone: (028)9041-3872 Email: recovery.college@setrust.hscni.net



To find out more or to register, click on the link of the course below or use menu to browse courses by location, then call us at (028)9041-3872.

ASIST Workshop

Anxiety Management

Assertiveness Skills

Building Resilience

Challenging Avoidance &
Unhelpful Thinking

Coping with Christmas

Coping with Stress

Creativity for Recovery

Decider Life Skills

Discovering a Carer's Journey

Exploring Self-Compassion

Finding Your PACE

Goal Setting for Recovery

Introduction to Mindfulness

Journaling for Recovery

Living Life as an Autistic Adult

Living Life to the Full

Making Self-Care Work

Overcoming Perfectionism

Positive Steps

safeTALK Workshop

Sleep Awareness

What's Important to Me

What is Recovery

WRAP Course



Look out for our "Spotlight Courses," these are courses that will be run throughout the year that have not been published on our timetable and are in response to student or community interest.

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				



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:

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

TEAM

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

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

Supported by:

Funded by UK Government



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

TAESTER 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:

Funded by UK Government

Boots



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!

INFORMATION

COURSE DATES: 30th - 31st August
10am - 4pm
LOCATION: MS 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!

Vacancies available in:

Newtownbreda, Belfast, Bangor, Lisnagelvin, Derry/Londonderry, Lisburn, Enniskillen, Ballymoney, Craigavon, Dungannon

START SOMETHING

TESCO

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, skirts, sports tops, PE bags



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

Follow us on;

www.facebook.com/ArdsCommunityNetwork

Ards Community Network
Ards Community Network Centre
43-45 Frances Street
Newtownards
BT23 7DX
Tel: 02891 814625
Email: info@ardscommunitynetwork.com
www.ardscommunitynetwork.com

THE PENINSULA POST

SEPTEMBER 23



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



Peninsula
Healthy Living

COMMUNITY



HERITAGE
4 HEALTH

Heritage 4 Health is here! The first session of our incredible Heritage 4 Health programme took place yesterday and what a group we have! Over the next 6 months we will be working together to try and improve our mental and physical health by taking part in a series of outdoor activities all based around the heritage of the beautiful Ards Peninsula. A Strangford Lough boat trip, a Pottery history tour, Brent Goose watching, a seed glazing workshop, tree planting in Delamont Country park, Shore foraging and even some Bird Box making are just some of the activities we are going to be undertaking. A huge thank you to Judith from The Strangford & Lough Partnership for teaming with us on this incredible programme and making all these activities possible.

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**



THURSDAY 28th SEPTEMBER at KIRCUBBIN COMMUNITY CENTRE
10:30am - 12:30pm PAIN SUPPORT (First Free)
1:00pm - 2:30pm MENTAL HEALTH EXPERT (Virtual Panel)
2:30pm - 4:30pm SOUND THERAPIST (Virtual Panel)
CONTACT ALLAN ON 07519379428 OR EMAIL
allan@peninsulahealthyliving.org TO REGISTER



HEALTHY MIND

A healthy mind is essential for a healthy life, but we all know that life can take it's toll and sometimes just talking to someone can help. Unfortunately our amazing SE Mind Matters service has now stopped due to funding, but we are still able to offer free counselling services with the incredible Hollywood Family Trust, who can see you here in Kircubbin or at their own premises in Hollywood. Contact us discreetly on 02842739021 or at info@peninsulahealthyliving.org for more information. Our self referral Social Prescribing service is still very much active, so if you would like to be connected into community support programmes and activities please contact julie@peninsulahealthyliving.org for more information.



Fancy a coffee and a bit of craic? Our amazing Coffee in Carrowdore is back every other Tuesday in the Carrowdore & Ballyhenris Presbyterian Church hall at 10:30am. So please come along and meet the guests we have lined up (local councillors and police officers to name but a few) all while enjoying a free coffee and biscuit. Our coffee and biscuit mornings every Wednesday in Kircubbin Community Centre are also still going strong, so please pop along at 10:30am and Susan will keep you refreshed with coffee, tea and biscuits.



Our AGM will be taking place on Thursday 21st September at 11:30am in Kircubbin Community Centre. So why not pop along and hear about all the amazing things we have achieved over the last year, but if that doesn't interest you there will also be free food.

HEALTHY BODY

After we have finished with all those coffees and biscuits why not let us help you burn off some of those delicious calories. Our incredible Carol and amazing Emma are here with their extensive timetable, so why not pop along to a class and help improve both your physical and mental health. Our Couch 2 5K is also up and running (excuse the pun), so why not contact shelia@peninsulahealthyliving.org if you would like to dust off those trainers.



NO RUNNING EXPERIENCE REQUIRED
HAVE FUN, GET FIT, MEET NEW PEOPLE
SUPPORT & EQUIPMENT TO ACHIEVE YOUR GOALS
EVERY TUESDAY & THURSDAY
12:30PM STARTING 5TH SEPTEMBER
CONTACT US AT 028 42739021 OR EMAIL
shelia@peninsulahealthyliving.org TO REGISTER



Please contact us on 02842739021 if you would like more details on our monthly membership options. We have schemes from as little as £15/month to help you achieve those fitness goals.

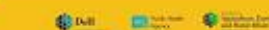
CLASS & GYM TIMETABLE - SEPTEMBER 23			
MONDAY			
9:30am	Plank - St. Lawrence's Group	Card	
10:00am	PEP Walking Group	Mat	
10:30am	Fun Fit Mts - Kircubbin Hub & Parnassus	Card	
11:00am	Solo Start - St. Mark's 10k	Card	
11:30am	Agon Injections Please Pre Book	Kinesio	
12:00pm	Spine	Kinesio	
12:30pm	Arthritis Care	Kinesio	
TUESDAY			
9:30am	Core Start - Parnassus	Card	
10:00am	CHI Am	Card	
10:30am	Spine	Card	
11:00am	Kettlebells	Card	
11:30am	Spine & Tone 140 Min	Kinesio	
12:00pm	Agon Injections Please Pre Book	Kinesio	
12:30pm	Mat & Kettle (30m Rest)	Kinesio	
WEDNESDAY			
9:30am	Solo Start & 10k	Card	
10:00am	Kettlebells	Card	
10:30am	Spine & Tone 140 Min	Kinesio	
11:00am	CHI Am	Card	
11:30am	Spine	Kinesio	
12:00pm	Spine	Kinesio	
12:30pm	Spine	Kinesio	

WHEN WE ARE OPEN THE GYM IS OPEN

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021



NDCN

YOGA



 **FOR EVERY BODY**

Yoga is a healing, strengthening and calming practice that offers something for everybody, regardless of their age, size, shape, and fitness level!

Thursdays 2-3pm

Beginning 7th September

Please bring your own yoga mat.

Now at the new location of - Skipperstone Hall (99 Skipperstone Road, BT20 4EU)

To register or for more information - Tel: 02891 461386 or Email admin@ndcn.co.uk

In partnership with:





Co Down Rural Community Network 'Walk for Life'

'WALK FOR LIFE' FAMILY FUN AT MOUNTPANTHER



Enjoying the animal search task at Mountpanther Farm Park on Saturday were the McGowan siblings from Newcastle, four-year-old Owen and his sisters, six-year-old Orla and Aoife (8). P14-060923



Clough man Mark Strain and his grandchildren, four-year-old Castlewellan lad Matthew Strain and cousin Emma Taggart (7). P15-060923



The Morgan family from Downpatrick, Paul and Catherine and their children, George, Charlie, Rosie and Alfie. P16-060923



Annalong mum Emma Magowan (SureStart) brought along three-year-old son Ollie and family friend, Killeel girl Lucy McKee (11) to Saturday's 'Walk for Life Family Day'. P18-060923



Chapelstown mum Nicole Cormican brought along two-year-old daughter Rioghach to Saturday's 'Walk for Life Family Day' at Mountpanther Farm Park. P17-060923



Helping to organise Saturday's 'Walk for Life Family Day' at Mountpanther Farm Park hosted by the Newcastle Suicide Prevention Group were from left, Heather Holland (CDRCN), Denise Malone (YMCA), Maria McMurrrough (SureStart), Laura Mackin (MYMY), Caroline King (PAPYRUS) and Paula Nixon (CDRCN). P20-060923



Newcastle mum Deborah Cunningham and her seven-year-old son Garret got to meet 'Richard' the ferret, seen here with animal handler Ben Mackin. P22-060923



Helping out at Saturday's 'Walk for Life Family Day' were from left, Martin Malone and YMCA assistant youth workers Callum Jennings, Adam Manley and Holly McCullough. P23-060923

familysupport NI .gov.uk

Helping You Find the Services You Need

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: 028 92 501357

familysupporthubs@setrust.hscni.net

Internal ext: 84441

If you'd like some further information on the services, programmes or advice we offer, send us a message and we'll do our best to answer any questions you have.

5-7 Mount Crescent
Downpatrick
Co. Down
BT30 6AF



[028 44 613 630](tel:02844613630)

down.surestart@setrust.hscni.net

www.downsurestart.org



SureStart 0-3yrs



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

Our Services

Support for:

- adults and children with neurological conditions,
- support for parents, siblings, carers, educators and employers
- Bereft surgery where we help you tackle the confusing paperwork
- Beauty therapy and Holistic development
- Educational workshops and Qualifications
- Holiday schemes
- Signposting for rest bite
- Mental health fitness classes
- Charity shop



Our Values

At NeurodiversityUK, our staff support each other as they strive to bring each situation to a positive conclusion.

We believe that every person is capable of greatness, we strive to create an atmosphere of support and positivity to help achieve this.

How to refer

A referral can be made either from your GP, NHS and Social Services, or through self-referral by phone, email or in person at our charity shop.



What Happens Next

One of our Wellbeing Support Facilitators will contact you and give you a referral form, we use this to discover what support you need, then we arrange a face to face appointment to discuss your specific requirements.

What sets us apart is — we have no time-frame to our support, we are with you as long as you need us.

Contact Us

57-59 Castle Street, Comber, BT23 5DY
(t) 02891 857 677 or 02891 638 274
(e) comber.asg@outlook.com

NeurodiversityUK

About Our Services



www.neurodiversityuk.com

Registered Charity NO100167



About Us



NeurodiversityUK was founded in 2013 by Ruth Magee, she was joined shortly after by Lesley, Leah, Kirsty, and Christine. They are committed to providing help and support for neurodivergent people and their families.



Our support is broadly under three umbrellas, **Health, Education and Sport,**

In addition we have partnerships with the Comber Boxing Club and the Comber Wellbeing Hub. Our patrons and the volunteers work tirelessly providing this support.



NeurodiversityUK are proud to have the only three Autism Movement Therapists in Northern Ireland. They are qualified to support ASD, ADHD, autism awareness training and other sensory disorders.

They all have personal experience of living with neurological conditions, this helps them better recognise that every case is unique, they tailor support to each individual case. This team provides the roles of Education Facilitator, Wellbeing Facilitator and Neurodevelopmental support facilitator.

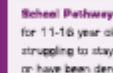
Our Mission
to provide support and guidance to children, young people and adults to allow them to be the best that they are in...

Our Programmes

In 2020, we set up a number of programmes to support children and adults.



Wee Smarties
from 2-4 years old helping parents learn the early intervention skills needed to support your child.



School Pathways
for 11-16 year olds who be struggling to stay in school or have been deregistered.



Employability
For 16 years and older and needing a hand to start out in employment.

Bridge Building Program

For individuals who need an ear to hear their worries, we are the gap between you, your GP and the NHS. We are here to help ease the burden.



COMBER
autism
Aspergers | ADHD | ADD
SUPPORT GROUP
Registered Charity

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



Police Service
of Northern Ireland

Be Bright Be Seen



psni.police.uk
Report online. Call 101. In an emergency call 999

we care
we listen
we act



Police Service
of Northern Ireland

Home Start Ards, Comber, Peninsula
9 Cuan Gardens, Greyabbey,
Newtownards, BT22 2QG

028 4278 8369

hello@homestartacapa.org.uk

Websites

<http://www.homestartacapa.org.uk/>

Follow us on Facebook



Homestart North Down

Contact;

07949 347198

admin@homestartnorthdown.org.uk

Follow us on Facebook

Home-Start Down District (Ballynahinch)

10b Lisburn Street

BALLYNAHINCH

BT24 8BD

Telephone: 028 9756 3006

Email: ballynahinch@homestartdd.org

Follow us on Facebook



Barnardo's Saturday Clubs



in

Downpatrick
Saintfield
Bangor &
South Belfast



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



Children's places
Available



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



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

²³
siobhan.stratton@barnardos.org.uk



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!



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

AUTUMN VACCINES

The **seasonal flu** vaccine is available for all **primary** and **secondary school children** up to year 12

HSC Public Health Agency



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

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

HSC South Eastern Health
and Social Care Trust

PiP

Mellow
Bumps

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





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.

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+.



ACCESSING SE MIND MATTERS HEALTH & WELLBEING HUB SERVICES



STEP 1

Contact is made with your local Healthy Living Centre to access SE Mind Matters services.

STEP 2

SE Mind Matters team will arrange a meeting with you to discuss your support needs and options.

STEP 3

You and/or your family will be supported to engage in community-based services, therapies and activities.

STEP 4

SE Mind Matters team provides on-going support throughout your journey.

For Further information about accessing our services please contact the Healthy Living Centre in your Area.

COUNTY DOWN RURAL COMMUNITY NETWORK

Ballymote Centre, 40 Killough Road,
Downpatrick, BT30 6PY.

T: 028 44 612311

E: mentalhealthproject@countydownrcn.com

PENINSULA HEALTHY LIVING PARTNERSHIP

4 Church Grove, Kircubbin, BT22 2SU.

T: 028 427 39021

E: info@peninsulahealthyliving.org

POLEGASS COMMUNITY ASSOCIATION @ SALLY GARDENS COMMUNITY CENTRE

Steele Road, Poleglass, BT17 0UJ.

T: 028 90 627250

E: laura@sallygardens.org

RESURGAM HEALTHY LIVING CENTRE

69 Drumbeg Drive, Lisburn, BT28 1QJ.

T: 028 92 528233

E: healthylivingcentre@resurgamtrust.co.uk



The
Community
Foundation

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

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

Youth Health Advice Service

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

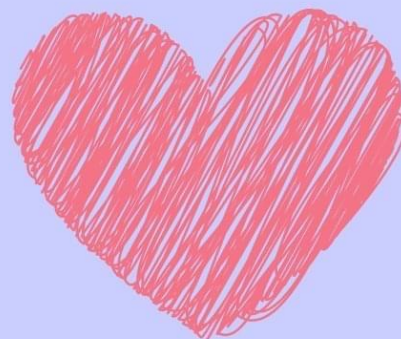
and chat in confidence with a school nurse.

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

CYPSP Youth Wellness Hub

<https://cypsp.hscni.net/youth-wellness-web/>



Have a look through the Youth Wellness Web and then Help us keep it relevant - Click here to take our Survey and give us your feedback

A place where everyone deserves to be helped at any time, no matter how big or small the problem is.

There are many resources that you can access to get the help you need. There may also be services around you that can help.

A place where you can come to access help and resources if you need it anytime, anywhere!

No young person should feel alone and should feel they can get the support they need when they need it at any time or any place, no matter how big or small the situation.

When you are struggling it's okay to reach out, the Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help you.

All you have to do is click on your age group below where you will find information on Bereavement if you are struggling after a death, Bullying and how to find help, Your Wellbeing on how to stay well and be happy, Mental Health for lots of advice if you are worried or anxious, view some great videos and podcasts and finally support and advice about school.





Ballynahinch Counselling Service

Professional counselling
on your doorstep

028 97561100



**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 recognises 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. NIC02583
BACP Organizational Member NO. 275285

The Project is partially funded through Public Health Agency

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/2103/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.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 - 1 PM MONDAY - FRIDAY

4 PM - 9 PM MONDAY - WEDNESDAY - THURSDAY

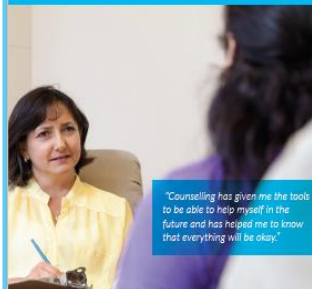
Our Counselling Service

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

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

E:

info@ascert.biz



South Eastern Health
and Social Care Trust



Getting support at an early stage!

Do you tend to
overthink things and
see the bad before
the good?

As a parent, do
meltdowns from
your children
exhaust you?

Do you over criticise
yourself with
mistakes and put
yourself down?

Check out these online resources with workbooks and visual
clips to support yourself and those who are struggling:

- Using Self Compassion to Improve Wellbeing & Support Growth
- Bend Don't Break – Building Resilience
- Self-Care for Families

#HopeThroughAction

Access to these resources is free and you
can complete it at your own pace!

Getting support at an early stage. What would be helpful you?

Do you tend to overthink things and see the bad before the good?

Do you over criticise yourself with mistakes and put yourself down?

As a parent, do meltdowns from your children exhaust you?

We realise support is sometimes hard to access support for a range of reasons.

ASCERT, the South Eastern and Western Health and Social Care Trusts have been working together to bring support to people at a much earlier stage. We have created 3 on-line self-help resources to help people work on these common things that we all have at times.

They all have workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace They are all free. All we ask is if you make use of them use the evaluation link on each on to tell us if they have been helpful.

- Using Self Compassion to Improve Wellbeing and Support Growth [Self Compassion | ASCERT](#)
- Bend Don't Break: Low intensity CBT based self-help to support resilience [Bend-Don't-Break-30-May-2023.pdf \(hscni.net\)](#)
- Building our Children's Developing Brain for parents to help build their children's emotional regulation. <https://view.pagetiger.com/selfcareforfamilies>

On-line workshops on Zoom between September 2023 and March 2024 will be held to create interactive ways to see what is in each resource and make use of them. See registration links for September workshops.

- Bend don't break - <https://www.eventbrite.co.uk/e/675869593147?aff=oddtcreator>
- Building our Children's developing brain - <https://www.eventbrite.co.uk/e/675873274157?aff=oddtcreator>
- Self Compassion - <https://www.eventbrite.co.uk/e/677970336527?aff=oddtcreator>

To sign up for sessions from October 2023 to March 2024 see the training brochure from the Western Trust [Health Improvement, Equality and Involvement Training Brochure | Western Health & Social Care Trust \(hscni.net\)](#)



Course	Date	Time
Bend Don't Break	Tuesday 12 th September 23	10am – 1pm
Self-Compassion	Tuesday 19 th September 23	10am – 1pm
Building Our Children's Developing Brains	Tuesday 26th September 23	10am – 1pm
Bend Don't Break	Wednesday 18 th October	10am – 1pm
Self-compassion	Tuesday 14 th November 23	10am – 1pm
Bend Don't Break	Thursday 7 th December 23	10am – 1pm
Bend Don't Break	Tuesday 16 th January 24	10am – 1pm
Self-Compassion	Tuesday 20 th February 24	10am – 1pm
Building Our Children's Developing Brain	Tuesday 12th March 24	10am – 1pm

Sign up for any of the sessions is through Event Brite coordinated by the Western Trust. See the training brochure from the Western Trust [Health Improvement, Equality and Involvement Training Brochure | Western Health & Social Care Trust \(hscni.net\)](#)

What is coming next.

A 4th on-line intervention is under construction on using the Polyvagal Theory to Support Well-Being and will be ready to pilot in November 2023 through Autism NI and foster carers in the South Eastern Trust.

The self-help booklet is currently on the South Eastern Trust's website. <https://setrust.hscni.net/wp-content/uploads/2023/02/Nervous-System-Brochure-Final.pdf>



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:



make the call

To ensure you're getting all the money
and supports you are entitled to



0800 232 1271

- **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

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 \(CYPSP\) \(hscni.net\)](https://cypsp.hscni.net/translation-hub)



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.

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

Hollywood Office

Monday - 10am - 4pm

Wednesday - 10am - 4pm

Friday - 10am - 1pm

Queen's Leisure Complex
Sullivan Close
Holywood
BT18 9JF

Family Fund

Helping disabled children

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](#).



South Eastern Health
and Social Care Trust



Health Development
Department



'Walk and Talk'

To mark World Mental Health Day we
encourage you to get outside and
'Walk and Talk' with a friend.

As part of the campaign we are asking you to
submit a 'selfie' as you're out and about walking
and talking.



There will be a prize
for the 2 best photos.

Closing date for submissions:
13 October 2023

Please submit your photos to:
brien.frazer@setrust.hscni.net

www.mindingyourhead.info



South Eastern Health and Social Care Trust Talk PANTS Campaign

WORKSHOP DATES AVAILABLE!

The Talk PANTS campaign aims to empower parents, guardians and professionals to have age-appropriate conversations with children to help protect them from sexual abuse. Following the launch of the South Eastern HSC Trust Talk PANTS campaign we are offering free online workshops to increase professionals knowledge of the campaign messages and resources.

Online Workshop Options (Teams Online)

- Wednesday: 18th October. 10am-11:30am
- Thursday: 19th October. 2pm- 3.30pm
- Thursday: 19th October. 7pm- 8:30pm

To book your place, please email with the title SEHSCT Talk Pants Training and include

YOUR NAME, ORGANISATION, ROLE and PREFERRED WORKSHOP DATE to john.mcbride@nspcc.org.uk

Please note: If you have already attended a Talk PANTS workshop you do not need to attend — it is the same content.

P RIVATES
ARE PRIVATE

A LWAYS REMEMBER YOUR
BODY BELONGS TO YOU

N O MEANS NO

T ALK ABOUT SECRETS
THAT UPSET YOU

S PEAK UP, SOMEONE
CAN HELP



Locality Planning Meetings for 2023

Ards & North Down LPG

TBC

Down LPG

27th September 2pm

**Ballymote Centre (above
Supervalu)**

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 monthly.
- 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