

Fortnightly News

Welcome to this Christmas edition 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

Contents

In this edition;

- Have you thought about Fostering? P3
- Funding opportunities P4
- Training P5-11
- Services P12-38
- Cost of living P39-41
- Campaigns/Events P42-43
- Locality Planning Groups P44

Have you ever thought about Fostering? In this episode, our host Jane Loughrey is 'In Conversation With' our Fostering team at the South Eastern Trust. Together, we debunk common myths surrounding fostering, such as "I'm single," "It's too hard," or "I can't get too attached."

Through real, heartfelt stories, our Fostering team will take you on a journey through the highs and lows, the joys and struggles of their fostering experiences.

Tune in and join us for an inspiring conversation as we work to break down barriers, change lives, and bring the reality of fostering into the spotlight. If you've ever considered fostering or simply want to learn more, this episode is a must-listen.

You could you give a child a brighter future and give hope a home.

Scan the QR code below using your smartphone to listen to our podcast on Spotify.



FUNDING APPLICATIONS OPENING SOON: POLICE PROPERTY FUND SMALL GRANTS SCHEME



Call For Funding Applications

- ✓ Have you got a project idea that needs funded?
- ✓ Are you working with local police on it?
- ✓ Does it contribute to community safety and/or building confidence in policing?
- ✓ Is your project idea aligned to a charitable purpose?

The Northern Ireland Policing Board will soon be opening applications for funding from the Police Property Fund Small Grants Scheme.

Find out more about the Police Property Fund Small Grants Scheme and how to apply at:
www.nipolicingboard.org.uk/police-property-fund
Email: policepropertyfund@nipolicingboard.org.uk

Applications open Wednesday 1 November 12 noon

The Police Property Fund Small Grants Scheme will open a third call for funding applications on **1 November 2023**.

The Fund, which comprises assets recovered by the PSNI as the result of criminal investigations, is administered by the Board in line with the Police (Property) Regulations NI 1997.

The Board has agreed a Grant Funding Policy which will ensure available monies are used to benefit projects which deliver tangible benefits. This is in line with our Corporate and Policing Plan commitments to achieving the following 3 key outcomes:

- We have a safe community;
- We have confidence in policing; and
- We have engaged and supportive communities

The Small Grants Scheme offers project funding in the range £1000-£10,000. Applications must demonstrate the following criteria to be eligible for consideration:

- Engagement with the Police Service of Northern Ireland;
- Contribute to community safety/ and or building confidence in policing; and
- Closely aligned towards a charitable purpose.

We'll be in touch again when the Scheme opens officially, but if you would like more information or to register your interest, just email policepropertyfund@nipolicingboard.org.uk



EMOTIONAL HEALTH AND WELLBEING IN EDUCATION



THERE ARE A RANGE OF SERVICES AND RESOURCES AVAILABLE TO HELP SUPPORT THE EMOTIONAL HEALTH AND WELLBEING OF CHILDREN AND YOUNG PEOPLE IN EDUCATION. CLICK ON THE LINKS FOR MORE INFORMATION

CHILDREN AND YOUNG PEOPLE

TEXT A NURSE

The confidential Text A Nurse service for post-primary pupils is available Monday to Friday 9am-5pm. Contact numbers for your area can be found on the PHA website - [Text A Nurse - pupils](#).

INDEPENDENT COUNSELLING SERVICE FOR SCHOOLS (ICSS)

Available to post-primary age young people - ask your school / setting for more details.

YOUTH WELLNESS WEB

Website by Children and Young People's Strategic Partnership (CYPSP) providing a range of wellbeing resources - [Youth Wellness Web](#).

OUR GENERATION APP

The Our Generation App (Peace IV funded project) - play games, collect stars and learn about mental health and resilience. Download from [Google Play](#) or [Apple Store](#).

PARENTS/ CARERS

TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#).

SOLIHULL ONLINE COURSES

Free online courses for all parents, carers, grandparents and teens. Nurturing emotional health and wellbeing from bump to 19+ years. Help understand your child's feelings as well as your own - find out more at [Northern Ireland - inyourplace](#).

RISE NI

RISE NI Website provides information for parents from health professionals to help develop the foundational skills for learning. Visit [RISE NI](#) for more information.

SCHOOLS

TEXT A NURSE

The confidential Text A Nurse service is available Monday to Friday 9am-5pm and can be accessed by parents, carers and school staff. Contact numbers for your area can be found on the PHA website - [Text A Nurse](#).

RISE NI

Contact your local Health Trust Coordinator for more information.

REACH

Education Authority Youth Service led programme available in schools for children and young people aged 6-19. Visit [REACH](#) to submit a request for support.

BEING WELL DOING WELL

The [Being Well Doing Well](#) programme aims to support schools (nursery, primary, post primary, special and EOTAS) to develop a Whole School Approach to Emotional Health and Wellbeing.

EMOTIONAL WELLBEING TEAMS IN SCHOOLS

Health practitioner support for post-primary schools. Find out more at [Schools - EWTIS](#).

CCEA WELLBEING HUB

The hub provides a range of helpful and relevant learning activities that can support promoting mental health and wellbeing. Click [Schools - CCEA Hub](#) to find out more.

EA HEALTH WELL HUB

Health and Wellbeing support for staff. Click [EA Health Well Hub](#) to find out more.

FURTHER INFORMATION

YOUR CHILD'S MENTAL HEALTH

Visit [NI Direct](#) for more information.

DIRECTORY OF SERVICES

These directories list the organisations that offer services to help improve mental health and emotional wellbeing. Find out more at [Directory of Services](#).

TAKE 5 STEPS TO WELLBEING

Most of us know when we are mentally and physically well, but sometimes we need a little extra help to keep well. Find out more at [Take 5 Steps](#).

SUPPORTING LEARNING

Useful information on helping your child with their education. Find out more on [NI Direct](#).

The Department of Education recognises the importance of emotional health and wellbeing and in collaboration with the Department of Health published the Emotional Health and Wellbeing in Education Framework in 2021 where you can find out more - [EHW in Education Framework](#)

Getting support at an early stage Online work you can do at your own pace

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

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

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

ASCERT and the South Eastern Health & Social Care Trust have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace. They are all free.

Building our Children's Developing Brain for parents to help build their children's emotional regulation.

<https://view.pagetiger.com/selfcareforfamilies>



Self Compassion to Improve Wellbeing and Support Growth.

<https://www.ascert.biz/self-compassion>



Bend Don't Break: Low intensity CBT based self-help to support resilience.

<https://www.ascert.biz/bend-dont-break/>



Upcoming early intervention workshops on Zoon – each one 10:00 AM to 12:30. Sign up is through Event coordinated by the Western Trust and links to sign up are below

- Bend Don't Break is on the 7th of December

<https://www.eventbrite.co.uk/e/bend-dont-break-workshop-tickets-675870686417>

- Bend Don't Break the 16th of January

<https://www.eventbrite.co.uk/e/bend-dont-break-workshop-tickets-675871609177>

- Self-compassion the 20th of February

<https://www.eventbrite.co.uk/e/self-compassion-why-the-way-we-talk-to-ourselves-matters-tickets-677971379647>

- Building our children's developing brain is on the 12th of March.

<https://www.eventbrite.co.uk/e/building-our-childrens-developing-brain-tickets-675875952167>

Do you need **support** to **lose weight** & make healthier choices?

We are running a 12 week group support programme to help you learn small steps to improve your health and wellbeing?

MOMENTA ADULT WEIGHT MANAGEMENT PROGRAMME is a weight loss and healthy lifestyle intervention. Introducing behavioural change skills to maximise outcomes from the programme, such as keeping food and activity diaries, setting SMART goals, weight tracker etc.

Patients who are over age of 18 years old can refer themselves to this weight management programme run by South Eastern Health and Social Care Trust.

ADULT WEIGHT MANAGEMENT PROGRAMME REFERRAL CRITERIA

- People who are overweight and have Body mass index more than BMI 25 (www.nhs.uk BMI Healthy Weight calculator)
- People who are motivated to adopt healthier lifestyle.
- People who live in South Eastern Trust
- Consult a GP before starting if you have a medical condition.

If you meet the criteria and wish to register or if you would like more information please email or phone us.

Email on: adultweightmanagementservice@setrust.hscni.net
Telephone 078 9002 2499

(if unanswered please leave a voicemail and your call will be returned asap)



https://youtu.be/u_8Upqynyq4?si=EZQekFLF1Q_okFZM



https://youtu.be/u_8Upqynyq4?si=EZQekFLF1Q_okFZM

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

WE'RE OPEN!

Family Mediation NI

continues to offer
mediation sessions
via online platforms
to those separated parents who
wish to engage in child
focussed mediation

FMNI now provides online mediation*
Call us to avail of HSCB funded service
for separated parents

Sessions offered to parents wishing to avail of
mediation during COVID-19 and beyond*
*subject to availability



Mediation vs Litigation

4 benefits of choosing family mediation



Mediation is less adversarial

Mediation encourages a non-adversarial approach. It promotes cooperation, negotiation and communication. A professional mediator helps facilitate discussions, ensuring that everyone's voice is heard and respected.



Mediation is child-centred

In mediation, the child is at the heart of the process. This means that separated parents have the flexibility to create solutions that best fit their child's unique needs. Through agreeing a co-parenting plan together, parents prioritise the child's needs and wellbeing.



Mediation is confidential

Mediation sessions are entirely confidential. The privacy of your discussions is protected. What's said in mediation stays in mediation.



Mediation is cost-effective

Mediation is typically more cost-effective than litigation. Parents who are not in the court system can access FMNI family mediation, funded through the Department of Health. Court proceedings can be lengthy and expensive, involving legal fees and court costs.

If you are separated, going to court is not the only option.

Consider Family Mediation – a process which empowers separated parents to communicate and agree a co-parenting plan that places their children's needs at the centre.

Find out more at www.familymediationni.org.uk



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.



You are invited to
our

Festive Drop-in

Thursday 14th December
11am - 1pm

Join us for festive treats and
for some festive cheer!
(Christmas jumpers are
encouraged)



YMCA

Green Health @YMCA
Supported by the Public Health Agency through the Clear Project

Gardening Project
Grow what you eat
Learn about growing your own food
spend time outdoors & connecting
with people.
8 sessions
November - February

Mindfulness in Nature
Spend time outdoors learning
mindfulness techniques which can
reduce stress and increase your
mood.
8 sessions
November & December

Cooking Classes
Learn how to make delicious
& nutritious meals, learn about
meal planning & eating well
for less.
8 sessions
January - February 2024

Healthy Walking Group
Enjoy spending time outdoors,
meet new people & increase your
physical activity.
8 sessions
January - February 2024

Green Health@YMCA is an exciting new community project which takes a holistic approach to improving mental & physical health. The activities and groups will run from November to February 2024.

For more information or to get involved contact Julie-Ann on 07591 840539 or email julieann@northdownymca.org

North Down YMCA, 10-12 High St, Bangor BT20 5AY



Green Health@YMCA

Mindfulness in Nature

Get involved in our new course focusing on mindfulness and connecting in the outdoors. Enjoy learning mindfulness techniques in the tranquil surroundings of Castle Park and the Coastal Path.

The benefits of practising mindfulness in nature are :-

- *Improves Mood
- *Reduces Stress
- *Increases sleep quality
- *Boosts the immune system

Starting on Tuesday 7th November & running for 6 weeks.

From 1-2:30pm

To get involved contact Julie-Ann on mob no: 07591 840539 or email julieann@northdownymca.org



Supported by the Public Health Agency through the Clear Project

North Down YMCA, 10-12 High St. Bangor, BT20 5AY

Green Health@YMCA **Growing Project - Garden to Table**

The Growing project is a good way to;

- *Learn about growing your own food
- *Meet new people
- *Spend time outdoors
- *Boost your physical & mental health



To get involved contact
Julie-Ann on mob no:
07591 840539 or email
julieann@northdownymca.org

The Growing Project will run over
the winter on Tuesday mornings:-
2 sessions in November
3 sessions in January
3 sessions in February

No previous gardening experience is needed. The gardening project is open to everyone and it's free



Supported by the Public Health Agency through the Clear Project

North Down YMCA, 10-12 High St. Bangor, BT20 5AY



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

YOUTH START

Funded by UK Government

©2023 Prince's Trust. All rights reserved. The Prince's Trust is a registered charity incorporated by Royal Charter in England. Registered number 1032027/11. Registered office: The Prince's Trust, The Prince's Trust, South London Circle & Gade Park London SE1 3SL. Registered charity number in England and Wales: 1032027 and Scotland: SC040495.



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:

YOUTH START

Funded by UK Government

Prince's Trust Northern Ireland



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, 9am-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 Northern Ireland



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: 4MS Teams

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

outreach@princes-trust.org.uk

Vacancies available in:

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

GET IN TOUCH AND START SOMETHING NEW!

Prince's Trust

START SOMETHING

TESCO

Feeling Under Pressure?

we can Relate

[Click Here](#)

We've all been there.

When you need to talk, but could do with help breaking the ice. Maybe you're starting a new chapter, but you can't turn the page. Perhaps you don't see eye to eye. Or your love life needs mouth to mouth. Maybe things are... good, but you want them to be the best.



Making the decision to seek support for your relationships and wellbeing can feel like a big step but it's also a really positive one.

So, whenever you're ready, we can Relate.

Common questions

Who is Relate NI for?

We're here for everyone and offer relationship support services for individuals, couples, families, children and young people.

We're an inclusive organisation and actively welcome people of all ages, backgrounds, relationship styles, faiths, religions, sexual orientations and genders, including anyone with health conditions or impairments.



What does it cost?

Our Counselling Services cost £55 per 50 minute session and can take place in person at sites across NI or remotely via telephone or webcam.

You may also be eligible for one of our funded options. Visit our website or give us a call to explore these further.

We also have a range of expert self-help support resources available for free at relateni.org

Is it confidential?

We take confidentiality seriously. We'll never give your name or any information about you to anyone outside of the organisation, unless we believe someone is at serious risk of harm.

Contact us

To find out more and get started, visit relateni.org or call 02890 323454



Registered charity number nic 102102. Company number NI 03211

Thinking about relationship support?

we can Relate



Relateni.org



Comhairle Ceantair
**an Iúir, Mhúrn
agus an Dúin**

**Newry, Mourne
and Down**
District Council

BE ACTIVE



Comhairle Ceantair
an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down
District Council

Spaces are limited. Book now via www.newrymournedown.org/be-active-app

DOWN LEISURE CENTRE

MONDAY

Parent & Baby Fitness	9:30AM - 10:30AM
Chi Me	11AM - 11:30AM
Water Aerobics	12:15PM - 12:45PM
Strength & Balance	1:30PM - 2PM
Teen Gym	3:30PM - 4:45PM

TUESDAY

Beginners Bootcamp	10AM - 10:45AM
Bocce	11AM - 12PM
Male Strength	1PM - 1:45PM
Spin	2PM - 2:30PM
Teen Gym	3:30PM - 4:45PM

WEDNESDAY

Spin	9:30AM - 10AM
Chair Aerobics	11AM - 11:30AM
Water Aerobics	12:15PM - 12:45PM

THURSDAY

Parent & Baby Fitness	9:30AM - 10:30AM
Move More	11AM - 11:45AM
Female Strength	12:15PM - 1PM
Pickleball and Badminton	1:30PM - 2:30PM
Teen Gym	3:30PM - 4:30PM

FRIDAY

Older & Active	10AM - 12PM
Water Aerobics	12:15PM - 12:45PM
Bootcamp	1:15PM - 2PM

For private community group bookings or more information on
leisure centre classes, please contact Conor on 07966771653



£2.20 PER SESSION
£32.70 FOR 20 SESSIONS
£16.40 DD UNLIMITED SESSIONS

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

DECEMBER 23

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

Peninsula Healthy Living



COMMUNITY



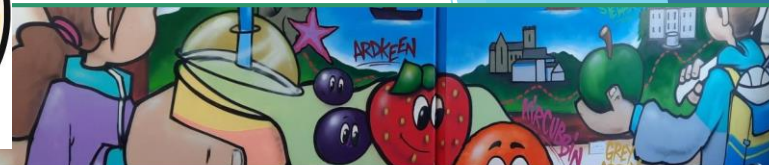
Our Heritage 4 Health programme has been going great and our most recent day out was a trip to beautiful Castle Espie all under the tutelage of the amazing David and Sebastian Thompson from Wild About. David and Sebastian were able to teach us all about the amazing bird life on Strangford Lough and their migrating and eating habits, it was an incredible part of what has been an incredible programme. Still to come we will have historical tours of Greyabbey and Portaferry, Horse Therapy, Tree Planting and even some bird box making.



The 'Clayman' Martin McClure was back recently with another of his amazing Creative Ceramics workshops, this time making some incredible Xmas decorations.

HEALTHY MIND

A healthy mind is essential for a healthy life, but we all know that life can take its 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 Holywood Family Trust, who can see you here in Kircubbin or at their own premises in Holywood. 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 dander? If so, why not join our Monday walking Group. We meet at 10am every Monday morning in various locations across the Ards Peninsula including Ballywalter, Portavogie, Cloughiey, Kearney and Portaferry. For more information or if you would like to join us, men are particularly welcome as I need some male company among all those lovely ladies, please give me a call on 07519379428 or email me at allan@peninsulahealthyliving.org.



Do you suffer or live with chronic pain? If so, our Award Winning Better Days programme will be returning in 2024. Within the sessions with a pharmacist, a physiotherapist, a mental health expert and a sleep expert you will learn how to self-manage your pain and live better and healthier lives. Dates and times are to be confirmed of when the programme is starting but if you would like to register your interest please contact me on 07519379428 or drop me an email on allan@peninsulahealthyliving.org.

HEALTHY BODY

Chi-Me is back in the New Year!! Along with our already extensive timetable of physical activity classes, and our fabulous fully stocked gym, we will be bringing back our extremely popular Chi-Me class at 10:30am on Wednesday 10th January, all under the guidance of the amazing Gabriel Carlin. If you would like any more information on any of our classes, our gym or our membership options please get in touch on 02842739021 or drop me an email on allan@peninsulahealthyliving.org.

Beginners Chi Me Class

Improve balance, take time for yourself, meet new people

Slow down, improve your health, re-energise!

Venue: Kircubbin community centre
Date: Every Wednesday 10.30-11.00 am (starting from 10 January 2024)
To book your place please contact either Gabriel.Carlin@sehsocialcare.nhs.uk or Allan at Peninsula Healthy Living allan@peninsulahealthyliving.org

TO BOOK YOUR CLASS CALL 07519379428 OR EMAIL: ALLAN@PENINSULAHEALTHYLIVING.ORG

CLASS & GYM TIMETABLE - DECEMBER 23

WHEN WE ARE OPEN THE GYM IS OPEN

TIME	CLASS	INSTRUCTOR
10:00am	PHLP Walking Group	Allan
11:00am	Fun Fit Mix - Millisic Hub (Please Enquire)	Maura
5:30pm	Spin	Emma
6:00pm	Yogasates	Natalie
6:10pm	Abolistic Care	Emma
TUESDAY		
9:30am	Sure Start - Portavogie	Natalie
5:30pm	Spin & Tone (45 Mins)	Emma
7:00pm	Balls & Bells (Men Only)	Emma
WEDNESDAY		
11:00am	Gently Does It	Maura
5:30pm	Circuits (Main Hall)	Emma
6:30pm	Spin	Emma
THURSDAY		
9:30am	Plates - St. Saviour's Greyabbey	Natalie
5:30pm	Spin	Emma
FRIDAY		
6:00am	Spin	Emma

MEMBERSHIP AND GYM ACCESS: For 10% off gym access, please contact Allan on 07519379428 or email allan@peninsulahealthyliving.org. All classes are subject to availability. Please contact Allan on 07519379428 or email allan@peninsulahealthyliving.org for more information.

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'

SOCIAL SUPERMARKET

Newry, Mourne and Down

Weekly memberships
starting from £6



WHAT'S INCLUDED?

A £45 weekly grocery shop and a 12-week wrap around service to include:

- Health & Well-being workshops
- Debt/Money Management advice
- Cooking on a Budget workshops

WHO CAN JOIN?

(Limited spaces available)

- Anyone who is currently facing financial hardship
- Must attend compulsory wrap-around sessions

To avail of the service in Newry or Kilkeel, use the contact details below.

Contact Ann Marie on 078 9031 5059 or annmarie.flanagan@clanryegroup.com or complete a form on clanryegroup.com/services/health-wellbeing



Department for
Communities
www.communities-ni.gov.uk



An Roinn
Pobal



Department for
Communities



Clanrye Group
here to support you



County Down
Rural Community
Network



The Northern Area Outcomes Group Children with Disabilities task and finish group, is working on producing a resource to support parents with children's behaviours.

At the initial stage of this the group is keen to hear from parents – can you share the below link and QR code to LPG members with the ask that ;

a: they can complete themselves

b: share with parents that they work in their services,

c: share on their socials.

Please note that whilst the NAOG task group is leading on this it will be a regional resource so would be brilliant to hear from parents across the region.

Many thanks

<https://forms.office.com/e/4x3mH0HySg>



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

Call NeurodiversityUK

on 028 91 877 677

Email comber.asg@outlook.com

www.neurodiversityuk.com

Our Services

Support for:

- adults and children with neurological conditions,
- support for parents, siblings, carers, educators and employers
- Benefit 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 897 677 or 02891 638 274

(e) comber.asg@outlook.com

NeurodiversityUK

About Our Services



www.neurodiversityuk.com

Registered Charity NIC100167

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

Helping your child with homework- Top tips

BACK TO
SCHOOL 

Start with a nutritional Snack

Before you start homework, provide a nutritious snack and chat with your child about their day, ensuring they feel relaxed before they start their homework.



Establish a clear routine

It can be helpful to plan a homework timetable for the week so your child is aware of what is required of them on a daily basis, but also include some time for fun.



Consider their Environment

Provide a space which encourages your child to want to complete their homework. Turn off distractions.



Encourage your child to find solutions independently

If your child looks to you to give them the answer don't rush in to tell them, encourage them to work through the task to find the solution and answer themselves.



How I Was Taught ???

Don't try to teach your child your method, as this leads to confusion. If you are unsure of a new technique set a time to speak to your child's teacher.

Balance your time

As a parent you may be busy during homework time juggling many things. Reduce your distractions to ensure you provide the space to help support your child with homework.





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,

29
siobhan.stratton@barnardos.org.uk



Aged 19 or over and studying at a Further Education College?

ea Education Authority

YOU COULD BE ELIGIBLE FOR A

FURTHER EDUCATION GRANT

APPLY NOW

- eani.org.uk/fegrants
- fegrants@eani.org.uk
- 028 8225 4546
- From your local FE College

CLOSING: 27 October 2023

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, please ask your health visitor, doctor, school nurse or a practice nurse in the doctor's surgery.

CHILDHOOD IMMUNISATION

2 months old <ul style="list-style-type: none">• 6 in 1• Rotavirus• MenB	1 year <ul style="list-style-type: none">• MMR• Hib / MenC• Pneumococcal• MenB
3 months old <ul style="list-style-type: none">• 6 in 1• Rotavirus• Pneumococcal	3 years, 4 months <ul style="list-style-type: none">• 4 in 1 pre-school booster• MMR
4 months old <ul style="list-style-type: none">• 6 in 1• MenB	12 to 13 years <ul style="list-style-type: none">• HPV boys and girls
MAKE SURE IMMUNISATIONS ARE UP-TO-DATE 	14 to 18 years <ul style="list-style-type: none">• 3 in 1 teenage booster• MenACWY



AUTUMN VACCINES

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

 HSC Public Health Agency



Vaping

What is Vaping?

Vapes, also known as e-cigarettes, are electronic devices designed to deliver vaporised liquids into your lungs when you breathe in.

This vapourised liquid (aerosol) isn't water. The e-liquid almost always contains nicotine, flavours and either/or a combination of humectants such as propylene glycol, vegetable glycerine or glycerol. These are used to retain moisture and create the aerosol when heated.

Many flavours and humectants have been approved in the UK for oral ingestion but not for inhalation. Therefore, the health risk is not well known, when consumed in this manner. Vapes may also contain other **harmful chemicals** that aren't listed on the pack.

The biggest misunderstanding about vapes is that they are harmless compared to cigarettes. Young people may think there is little, or no risk of personal harm associated with regular vaping. **This is not true.** The long term health implications are unknown - just as they once were with tobacco. There are however increasing concerns about the risks particularly with regard to cardiovascular and respiratory illness. We recommend avoiding the use of vapes other than in a short term attempt to quit.

IF YOU DON'T SMOKE, DON'T VAPE

Emerging research has found that the use of vapes carries health and other risks, as outlined below:



Most vapes contain **nicotine** and are **highly addictive**



Nicotine has long lasting damaging effects on the **development of your brain**



Vape aerosol is **not water vapour**



Vapes can contain the same harmful chemicals found in **cleaning products, nail polish remover, weed killer and bug spray**



Vapes contain additives, flavourings and chemicals which are **toxic to the body**



Vaping increases your risk of **cardiovascular disease** (Heart attack and stroke)



Vaping increases your risk of **lung disease and asthma**



If you vape you are **three times more likely** to take up cigarette smoking

Vaping to help quit smoking

We recognise that existing smokers may use e-cigarettes to try and cut down or quit smoking. However, existing smokers who want to use vapes to assist with stopping smoking should only use vapes as a short-term measure, for no more than twelve weeks and supported by a recognised behavioural change programme. Given the increasing health considerations NICHs would advise smokers to only use vapes as a short term measure and to use currently approved by the Public Health Agency to give up smoking.

Visit www.stopsmokingni.info for more information on stop smoking services and support. IF YOU DON'T SMOKE, DON'T VAPE.

Protection against vaping and smoking

Currently, as with the purchase of conventional cigarettes and alcohol, the legal age to purchase and use a vape is 18 years old and it is illegal for an adult to buy cigarettes or vapes for those under 18 years olds.

NICHs believe the increasing concerns about vaping, especially regarding cardiovascular and respiratory health, are such that we are campaigning to increase the age of sale for vapes/cigarettes to 21. Join our campaign to protect young people by emailing campaigns@nichs.org.uk

Follow us:



Northern Ireland Chest Heart & Stroke

21 Dublin Road, Belfast BT2 7HB

t. 0289 032 0184 e. mail@nichs.org.uk www.nichs.org.uk

Registered with the Charity Commission for Northern Ireland NIC 103593



Registered with
FUNDRAISING
REGULATOR

INVESTORS IN PEOPLE
We invest in people Gold



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




<https://belfasttrust.pagetiger.com/keystage2/ks2>



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.

 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

Tree babies in partnership with ABC PiP and Barnardo's PiP

What is Tree Babies?

- It is designed to deepen your connection between yourself, your baby and nature.
- Research supports that being in nature grounds us and reminds us that we are constantly changing.
- Nature gives time, space and freedom from our thoughts and returns us to the present.



Service user feedback:

- My son and I absolutely loved the programme, each week had different themes to explore together.
- I felt so relaxed after each session in the forest.
- It felt so peaceful to get back to nature and I felt so grounded each week.

This programme will take place across 4 weeks. Tree Babies is based around the concept of forest bathing. The session is focused on a different series of skills for the care giver and baby to explore. This is done through mindfulness, gentle movements, massage, gratitude practice, breathing, nature mandala as well as music and stories.

Location will be in Hillsborough Forest Park, Lishnu.

Start date will be Thur 19th Oct 20 10:30am -12noon

Contact-

Lauren Gray 07842322472
Carrie Larmour 07789864854



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.



South Eastern Health
and Social Care Trust

5 Steps to Christmas Wellbeing



**Enter our self-care
competition by Taking 5**



Connect



Take notice



Keep learning



Be active



Give



**Submit a photo of each step
to enter our prize draw.**

Submissions to: brien.frazer@setrust.hscni.net

Closing date for submissions: 20 December 2023

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

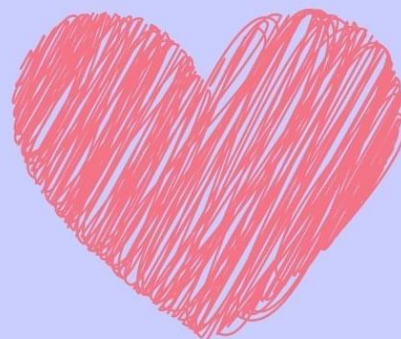
and chat in confidence with a school nurse.

We are here to help and can offer advice
around many health issues including:



<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

FREE RSE PROGRAMME

for 12-14 year olds in youth and community groups

WITH: **COMMON
YOUTH.**

- 🌸 Interactive, engaging and structured
- 🌸 Build emotional resilience, communication & assertiveness skills
- 🌸 Empowering young people to make informed choices



TOPICS

Periods

Puberty and body changes

Staying safe online

Healthy relationships

Consent

LGBTQ+

Body Image

Resilience

Friendships

For full
programme
content, email:
Hello@commonyouth.com



SUPPORTING RESOURCES

Our Education Workers have created supporting information leaflets, online quizzes, infographics and fact sheets to accompany their sessions.

These resources allow for continued support and information even after completing our programme.

We also have a clinic service open 7 days a week with medical and counselling staff

FEEDBACK?

"EACH WEEK WAS
ENJOYABLE AND NEW"

"VERY INTERESTING
AND INFORMATIVE"

"I LOOKED FORWARD TO
EACH SESSION"

"MADE LEARNING ABOUT
EMBARRASSING TOPICS
COMFORTABLE"

"A THOUGHT
PROVOKING SESSION
ON ISSUES USUALLY
AVOIDED, SUCH AS
REJECTION"



COMMON_YOUTH



@COMMONYOUTH_

 **YMCA North Down** ... X

3 h · 

C-Card Scheme Launch

The first monthly service
commences tomorrow
evening!

Time: 7pm -8:30pm

Where: YMCA Youth Hub,
Railway Court (beside the Bus
Station)

The service is a confidential
service for young people aged
16-25 years living in the south
Eastern trust area...





Parent Line NI

Going round in circles? Unsure where to turn?

Start moving forward again with Parentline NI

A compassionate, nurturing level of support is guaranteed.

Opening Hours:
Mon-Thurs 9am-9pm/Fri 9am-5pm/
Sat 9am-1pm

0808 8020 400

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

4B-5D 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 - 1PM MONDAY - FRIDAY

4PM - 9PM MONDAY - WEDNESDAY - THURSDAY

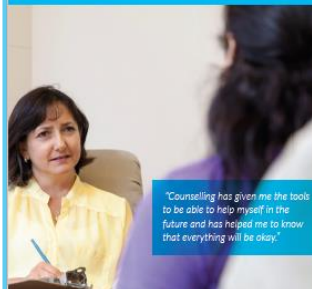
Our Counselling Service

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, Castlewellan, 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!

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



- **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.

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

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](#).



The Daily Mile Santa Run is an opportunity for as many primary schools and nurseries around Northern Ireland to get moving on the same day, to celebrate the positive benefits that daily activity can have on our physical and mental health.

We are looking forward to seeing you do the Christmas Daily Mile any time between 09:00– 15:00 on Friday 1st December 23, along with the rest of the nation!

Registrations are now open. If you're part of a school or nursery, you can create some festive fun this Christmas by taking part in our Santa Run at Click the link below to register

<https://www.eventbrite.co.uk/e/daily-mile-santa-run-northern-ireland-2023-tickets-726606939917?aff=oddtcreator>

For further details [Northern Ireland Does The Daily Mile Santa Run | The Daily Mile UK](#)



NSPCC TALK PANTS rolling out across
the SEHSCT



Locality Planning Meetings for 2024

Ards & North Down LPG

TBC

Down LPG

27th February 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