

**81st edition January 2024**

# **Fortnightly News**

Welcome to this New Year edition newsletter for Children and young People's services and families across the Down and Ards & North Down Locality Planning Groups, help us celebrate Childrens Mental Health Week 5-11<sup>th</sup> February.

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 😊

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Mobile number 07872422101

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# MY VOICE MATTERS

"I think there should be more opportunities to talk about our feelings, like lessons or special assemblies."  
Primary school student



## Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.

Encourage your child to focus on the moment.



Practice self-care for yourself to set the standard.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

# A Teenager's Guide to ADHD

Information Guide and workbook for teenagers living with ADHD

[https://www.adhdfoundation.org.uk/wp-content/uploads/2023/05/ADHD\\_TeenagerBooklet\\_London.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2023/05/ADHD_TeenagerBooklet_London.pdf)



<http://autismni.org/self-care>



South Eastern Health  
and Social Care Trust



#MDT #DeliveringTogether

## NEURO CAFE

**Join us for an information and support event for parents and carers of children with Autism and ADHD and those awaiting assessment**

The event will include:

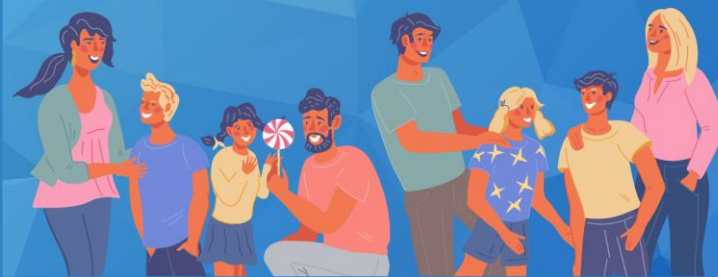
- Information stalls with representatives from statutory and community organisations
- An interactive workshop for parents and carers facilitated by Health Visitors
- Light refreshments

Thursday 1st February

10am- 12 noon

SERC Downpatrick Campus, Market St, Downpatrick, BT30 6ND

**If you require any further information contact  
Niall on 07971 334 537**





# 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](#)



## **COMMUNITY DEVELOPMENT GRANTS FOR COMMUNITY AND VOLUNTARY GROUPS**

Call for funding applications 2024/2025

Ards and North Down Borough Council has opened its annual funding scheme for local constituted voluntary and community groups. Awards are subject to budget availability. Groups from the Ards and North Down Borough can apply to the following grants funding streams –

- 1) **Community Development Fund 2024-2025** - for help with running costs for a constituted community or voluntary group.

<b>Funding Stream</b>	<b>Open from</b>	<b>Closing date and time</b>
Community Development Grants	5th February 2024 at 9am	27th February 2024 at 12pm

Application forms, guidance notes and criteria are available at:  
[Community Development Grants | Ards and North Down Borough Council](#)  
or may be requested from the Community Development Section.

**Where possible completed applications should be emailed as a pdf with an electronic signature to [communitygrants@ardsandnorthdown.gov.uk](mailto:communitygrants@ardsandnorthdown.gov.uk)**

If this not possible please forward completed application forms to the address below before the deadline.

Further information is available from: Community Development Section, Unit 5, 16 South Street, Newtownards, BT23 4JT Tel: 0300 013 3333 or via e-mail –  
[communitygrants@ardsandnorthdown.gov.uk](mailto:communitygrants@ardsandnorthdown.gov.uk)

## 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 7<sup>th</sup> of December

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

- Bend Don't Break the 16<sup>th</sup> of January

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

- Self-compassion the 20<sup>th</sup> 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 12<sup>th</sup> 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](http://www.nhs.uk/BMIHealthyWeightcalculator))
- 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](mailto:adultweightmanagementservice@setrust.hscni.net)  
**Telephone 078 9002 2499**

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



**A Healthier  
Holiday  
Season!**

*Plus* How to Make a Healthier  
Christmas Graze Board

HSC Health and Social Care Public Health Agency Northern Ireland

[https://youtu.be/u\\_8Upqynyq4?si=EZQekFLF1Q\\_okFZM](https://youtu.be/u_8Upqynyq4?si=EZQekFLF1Q_okFZM)

**Store and  
Reheat Food  
Safely**

HSC Public Health Agency Public Health Dietitian's Group Northern Ireland HSC Health and Social Care

[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](http://clanryegroup.com)

[nicola.o'loan@clanryegroup.com](mailto: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](http://www.familymediationni.org.uk)



**Belfast Works<sup>+</sup>**  
**CONNECT**  
 SUPPORT | TRAINING | EMPLOYMENT  
*Connecting People, Changing Lives*



**Belfast Works<sup>+</sup>**  
**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

**ashton**  
 Supporting  
 North Belfast

**EAST BELFAST  
 MISSION**  
 100% COMMUNITY OWNED

**GEMS**  
 Partners in Progress

**IMPACT  
 TRAINING**  
 Supporting People's Progress

**UCOOL  
 springfield**  
 Learning for All

**Funded by  
 UK Government**

[www.belfastworksconnect.com](http://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](mailto: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.





## 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](mailto:julieann@northdownymca.org)

Supported by the Public Health Agency through the Clear Project  
North Down YMCA, 10-12 High St. Bangor, BT20 5AY

# 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 weeks  
November - February

#### Mindfulness in Nature

Spend time outdoors learning mindfulness techniques which can reduce stress and increase your mood.  
8 weeks  
November & December

#### Cooking Classes

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

#### Healthy Walking Group

Enjoy spending time outdoors, meet new people & increase your physical activity.  
8 weeks  
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](mailto:julieann@northdownymca.org)  
North Down YMCA, 10-12 High St., Bangor BT20 5AY





Project supported by the PHA

## 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](mailto: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](https://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](mailto: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](mailto: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:** 4MS Teams

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

[outreach@princes-trust.org.uk](mailto: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!**

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](http://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](http://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](http://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 <sup>th</sup> - Thurs 22 <sup>nd</sup> June	10am – 4pm
Mon 26 <sup>th</sup> - Thurs 29 <sup>th</sup> June	10am – 4pm
Mon 3 <sup>rd</sup> - Thurs 6 <sup>th</sup> July	10am – 4pm

Please place your items in the black box outside the Network

**Telephone or message our office on:**

Telephone: 02891814625  
Email: [info@ardscommunitynetwork.com](mailto:info@ardscommunitynetwork.com)  
or  
Ards Community Network Facebook Messenger

### Primary and Secondary School Uniforms:

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



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

*Follow us on;*

[www.facebook.com/ArdsCommunityNetwork](https://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](mailto:info@ardscommunitynetwork.com)**  
**[www.ardscommunitynetwork.com](http://www.ardscommunitynetwork.com)**

# THE PENINSULA POST

DECEMBER 23



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



Peninsula  
Healthy Living



## COMMUNITY

## 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](mailto: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](mailto:julie@peninsulahealthyliving.org) for more information.

hollywood  
family trust  
*Making a Difference*



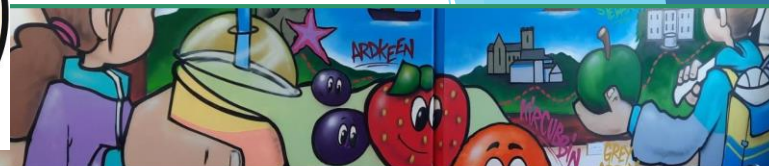
Our Heritage 4 Health programme has been going great and our most recent day out was a trip to beautiful Castle Espie all under the tutelage of the amazing David and Sebastian Thompson from Wild About. David and Sebastian were able to teach us all about the amazing bird life on Strangford Lough and their 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.



INFO@PENINSULAHEALTHYLIVING.ORG  
WWW.PENINSULAHEALTHYLIVING.ORG  
02842739021



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](mailto: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](mailto: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](mailto: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 10.30-11.30 am (starting from 10 January 2024)  
To book your place please contact either [Gabriel.Carlin@sehc-trust.nhs.uk](mailto:Gabriel.Carlin@sehc-trust.nhs.uk) or Allan at Peninsula Healthy Living [allan@peninsulahealthyliving.org](mailto:allan@peninsulahealthyliving.org)

TO BOOK YOUR CLASS CALL 028 42739021 OR EMAIL: [ALLAN@PENINSULAHEALTHYLIVING.ORG](mailto:ALLAN@PENINSULAHEALTHYLIVING.ORG)

MONDAY	
10:00am	PHLP Walking Group Allan
11:00am	Fun Fit Mix - Millisic Hub (Please Enquire) Maurea
5:30pm	Spina Emma
6:00pm	Yogabates Natalie
6:10pm	Abxastic Care Emma
TUESDAY	
9:30am	Sure Start - Portavogie Natalie
5:30pm	Spina & Tone (45 Mins) Emma
7:00pm	Bulls & Bells (Men Only) Emma
WEDNESDAY	
11:00am	Gently Does It Maurea
5:30pm	Circuits (Main Hall) Emma
6:30pm	Spina Emma
THURSDAY	
9:30am	Plates - St. Saviour's Greyabbey Natalie
5:30pm	Spina Emma
FRIDAY	
6:00am	Spina Emma

WHEN WE ARE OPEN THE GYM IS OPEN

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](mailto: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](mailto:annmarie.flanagan@clanryegroup.com) or complete a form on [clanryegroup.com/services/health-wellbeing](https://clanryegroup.com/services/health-wellbeing)



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

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

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

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

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

Latest COVID-related information available via dedicated COVID Information Section

## **Family Support Hub Service**

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

The specific purpose of Hubs is as follows -

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

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

The Hubs cover all of South Eastern Trust area.

**Karen Otley**  
**Family Support Co-ordinator (Trustwide)**  
**Laganside House**  
**Lagan Valley Hospital**

**For any queries please contact:**

**Direct Dial: 028 92 501357**

**[familysupporthubs@setrust.hscni.net](mailto: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](mailto:down.surestart@setrust.hscni.net)

[www.downsurestart.org](http://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](mailto:comber.asg@outlook.com)

[www.neurodiversityuk.com](http://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](mailto:comber.asg@outlook.com)

NeurodiversityUK

# About Our Services



[www.neurodiversityuk.com](http://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](mailto: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](mailto: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,

30  
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, please ask your health visitor, doctor, school nurse or a practice nurse in the doctor's surgery.

## CHILDHOOD IMMUNISATION



Age Group	Vaccinations
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



# 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](http://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](mailto: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](mailto:mail@nichs.org.uk) [www.nichs.org.uk](http://www.nichs.org.uk)

Registered with the Charity Commission for Northern Ireland NIC 103503



**INVESTORS IN PEOPLE**  
We invest in people Gold





PARENTS & CAREGIVERS | PRACTITIONERS | ABOUT US | NEWS | CONTACT US

# WEBSITE NOW LIVE!

- Check out Help Kids Talk website for:
- helpful tips and advice
- booking details for free monthly training
- access to informative bitesize sessions
- latest news and events

[www.helpkidstalk.co.uk](http://www.helpkidstalk.co.uk)



**Regional Integrated Support for Education NI (RISE NI)** is an early intervention service. Our aim is to help children enjoy, achieve, and learn to the best of their ability in school.

RISE NI supports children in mainstream schools by working closely with parents and education staff to help children develop the foundation skills for learning.

**The multidisciplinary team supports children by:**

- Working alongside the teacher in the classroom for whole class, small group or individual programmes
- Providing training to teachers to help them support pupils learning and development
- Supporting parents

**The Team:**

•**Team Co-ordinator**

•**Behaviour Therapists** – help children to develop and manage themselves in relation to their emotions, behaviour and self confidence

•**Dietitian** – helps to promote healthy eating choices

•**Physiotherapists** – encourage the development of movement, balance and co-ordination skills

•**Occupational Therapists** – help children develop their attention, fine motor (including handwriting), organisation and co-ordination skills

•**Social Workers** – support parents and children by providing advice and information to access appropriate services

•**Speech and Language Therapists** – help children develop their listening, understanding and expression of spoken language and speech sounds

•**Psychologists** – help children develop and maintain positive relationships, understand their emotions and cope with changes

•**Therapy Assistants** – help the other team members to carry out programmes with children

**Clerical Staff**

**Contact Details;**

**RISE NI**

8 Moss Road

Ballygowan

Co Down

BT23 6JE

[\(028\) 9752 0941](tel:02897520941)

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




<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.

**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, Lishurn.

Start date will be Thurs 19<sup>th</sup> Oct 20 10.30am -12noon

#### Contact-

Lauren Gray 07842322472  
Carrie Larmour 07789864854





Libraries NI

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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**



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

**Submissions to: [brien.frazer@setrust.hscni.net](mailto: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**

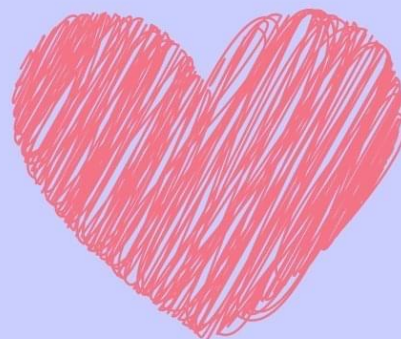
and chat in confidence with a school nurse.

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

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



# 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](mailto: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"

"I LOOKED FORWARD TO EACH SESSION"

"VERY INTERESTING AND INFORMATIVE"

"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...

---





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](mailto:clinicalcoordinator@ballynahinchcounselling.com)

[centremanager@ballynahinchcounselling.com](mailto: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](http://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](http://www.bacp.co.uk) or [www.nationalcounsellingsociety.org](http://www.nationalcounsellingsociety.org)



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

### Counselling Confidentially

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



### Opening Hours

9 AM - 1 PM MONDAY - FRIDAY

4 PM - 9 PM MONDAY - WEDNESDAY - THURSDAY

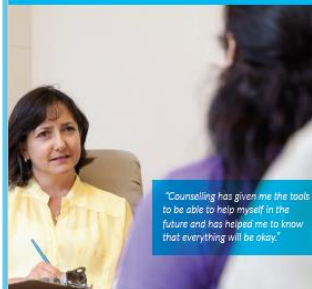
### Our Counselling Service

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



# 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](#).





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 1<sup>st</sup> 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**

**27<sup>th</sup> 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](mailto:noelle.hollywood@setrust.hscni.net) or 07872422101