

Ards & North Down and Down CYPSP Locality Planning Group Newsletter

84th edition February 2025

Fortnightly News

Welcome back 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, special focus on Children's Mental Health Week & neurodiversity.

If you wish to advertise any upcoming programmes or activities or good news stories, please see the guidance on the back page.

Don't forget to share with your contacts 😊

Noelle.Hollywood@setrust.hscni.net

Mobile number 07872422101

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Children's Mental Health Week

What is Children's Mental Health Week?

Place2Be's Children's Mental Health Week is a mental health awareness week that launched in 2015 by Place2Be. The week exists to empower, equip and give a voice to all children and young people in the UK.

When is Children's Mental Health Week 2025?

Children's Mental Health Week 2025 will take place from 3-9 February 2025.

What is the theme for Children's Mental Health Week 2025?

The week's focus is Know Yourself, Grow Yourself, with the aim to equip and empower children and young people across the UK to embrace self-awareness and explore what it means to them.

This year we're partnering with Here4You, supported by The Walt Disney Company and the Inside Out 2 characters to explore our theme Know Yourself, Grow Yourself

For further information contact noelle.hollywood@setrust.hscni.net
www.childrensmentalhealthweek.org.uk



Want to make a lasting difference in children's lives in your community? Volunteer to become a Roots of Empathy Instructor!



Do you love working with children? Are you a good listener and want to help children have better relationships, friendships, and mental health? The charity Roots of Empathy is searching for volunteers to become Roots of Empathy Instructors. Volunteer Instructors can be parents with time to give back or from a variety of backgrounds such as education, health care and more. You'll help us, "Change the world, child by child."

What is the Roots of Empathy program?

Roots of Empathy is an evidence-based, award-winning classroom program that has shown significant effect on elementary school children in reducing levels of aggression, including bullying, while raising social and emotional competence and increasing empathy. The program is centred around a parent and baby's loving relationship, with a Roots of Empathy Instructor guiding a discussion with children, encouraging them to read a baby's emotional cues and take the baby's perspective.

"I am always amazed at how the children are able to reflect on the feelings of the baby. They never want to do anything that might upset the baby. The class is reminded that we have to treat each other in the same way. No one likes to have their feelings hurt and when the children realize that treating a baby is the same as treating each other, it really affects how they respond to challenging situations in a positive way."

~ Volunteer Roots of Empathy Instructor

What is involved in becoming a Roots of Empathy Instructor?

- Instructors attend a 3-day in person training on delivering the program in the Fall of 2023. A fourth day of training will be scheduled midway through the school year.
- Programs are delivered by the trained Instructor in their local community school starting in the fall and going to the end of the school year. We have volunteer Instructors that have been delivering for over 10 years!
- All new Instructors are matched with a Mentor who will support them in and out of the classroom. Also, volunteer Instructors are provided Professional Development workshops and e-learning opportunities through our Virtual Training Institute.
- All candidates are encouraged to find out more information about participating (see below) and to apply, however experience with children is an asset.



FOR MORE INFORMATION AND TO APPLY:

CONTACT: Noelle Hollywood
Noelle.hollywood@setrust.hscni.net
07872422101

OR VISIT:
<https://rootsofempathy.org/instructors/>

Roots of Empathy

If you are a Primary School interested in delivering Roots of Empathy, or would like to get more information; Please contact Noelle Hollywood

Noelle.Hollywood@setrust.hscni.net



Down Locality planning Group are delighted to host Bee Safe with P7 classes in Ballymote Centre March 2025. This years theme 'Take 5 for your emotional wellbeing'.

DOWNPATRICK NEURO CAFÉ

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 - workshop will commence at 10.30am
- Light refreshments will be provided.

 Friday 28 February 2025

 10am- 12 noon

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

If you require any further information contact
Niall on 07971 334 537 or Noelle on 07872 422 101

This is an informal
information event, for
parents/carers of
children on the waiting
list for
assessment/diagnosis
for autism/ADHD.

SCHOOL AVOIDANCE MOVING ON TOGETHER



BUILDING ON THE SUCCESS OF OUR SEPTEMBER 2024 EVENT, THIS COLLABORATIVE EVENT CONTINUES OUR SHARED JOURNEY TO SUPPORT CHILDREN, YOUNG PEOPLE, AND THEIR FAMILIES EXPERIENCING SCHOOL AVOIDANCE.



TUESDAY 25TH MARCH '25



9:15AM - 2:30PM



LAGAN VALLEY ISLAND,
LISBURN

PARENTS, CARERS, AND PROFESSIONALS—WHETHER YOU JOINED US LAST TIME OR ARE ATTENDING FOR THE FIRST TIME, EVERYONE IS WELCOME!
LET'S WORK TOGETHER TO CREATE POSITIVE STEPS FOR THE FUTURE.

BOOK NOW



Tickets cost £15
Includes a FREE Resource!



ppinbox@ci-ni.org.uk for further information

The Parent Participation Service are delighted to announce the date for our upcoming event - School Avoidance: Moving on Together on Tuesday 25th March 2025. Places are limited so please book early to avoid disappointment.

If you are a parent looking to book in, please email;
ppinbox@ci-ni.org.uk

If you would be interested in having an information stand for your organisation, please email ppinbox@ci-ni.org.uk after booking your place through the link and for all other enquiries.



ERIC UK

31m ·



Does your child have additional needs?... **See more**

Free!



**Via
Zoom**

Talking about:

Toileting children with additional needs

13th February 2025

7pm - 8.30pm



The Children's Bowel & Bladder Charity

For more details search;
<https://eric.org.uk>



NEW FREE RESOURCE FOR PARENTS!

Are you looking for ideas and solutions to
make parenting easier?

Whether you're a new parent or
parenting teens, **Parentline Pathways**,
our free resource offers **Go To** guidance
in simple bite size form, helping you
reduce stress and support your child's
development.

Call 0808 8020 400
to request a copy



Get instant access
today –
it's 100% free for
parents.

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



Call us – 0151 541 9020

Follow us





**Ards and
North Down**
Borough Council

Paddington will be staying with us for a few months, so you've got plenty of time to seek him out and take a seat next to him.

Where is the Paddington Bear bench?

It's in Conway Square, Newtownards, just in front of the Ards Arts Centre.

Take a seat for a picture-perfect selfie moment with the bear in the square!



View Our Training Courses

We provide an extensive range of training opportunities. Here you can see all the training courses we have available, and book your place on these through our online registration system.

Drug and Alcohol

Suicide Prevention

Specialist courses

<https://www.ascert.biz>

23 Bridge Street, Lisburn,
Northern Ireland BT28 1XZ

GET IN TOUCH

We are always here to help and have a wide range of training services and supports. If you have any questions don't hesitate to ask us using the contact information below.

T: 0800 254 5123



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

Funded by UK Government

ICDL ICT LEVEL 1&2

Are your ICT skills stopping you from getting a job?

Join our FREE ICT qualification to increase your confidence using computers and learn basic ICT skills. This qualification will help you towards employment or further education.

Flexible choice of units, including

- IT Fundamentals
- IT Security
- Email & Online Essentials
- Microsoft Word, Excel & Presentation

Free Qualification, Flexible Start Dates, Employer Recognised

Available across four locations:

Newry Mondays & Thursdays	Downpatrick Tuesdays	Armagh & Portadown Wednesdays
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FOR MORE INFORMATION OR TO JOIN, CONTACT US ON:

nicola.o'loan@clanryegroup.com
 (028) 3089 8119

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, use the contact details below.

Contact us on 028 3089 8119 or info@clanryegroup.com or complete a form on [clanryegroup.com/services/health-wellbeing](https://www.clanryegroup.com/services/health-wellbeing)

ABOUT MYBNK:

MyBnk is the UK's leading specialist financial education charity. Founded over 16 years ago, we deliver in person money management workshops to over 40,000 learners per year. Our Northern Ireland hub was founded in January 2024, since then we have delivered programmes to 1000 young people in schools, colleges and through youth organisations across Northern Ireland.

SPECIALIST YOUNG ADULT PROGRAMMES:

Young people need to understand how to manage their finances to meet immediate challenges and build a stable future. This is especially crucial during transitional life stages, like living independently for the first time, changes in employment, or shifts in personal relationships.

For care-experienced young people, challenges such as the cost-of-living crisis, low income, and missing entitlements can make managing money even harder.

Our programme, prioritising young people aged 16 and above, has proven effective in preventing youth homelessness, reducing debt, and fostering positive tenancy experiences.

Core modules cover:

- Income: Sources of income, employment and self-employment & rights when working
- Deductions: Reading a payslip, taxes, National Insurance, student loans & pensions
- Spending: Household costs, comparing products, ways to pay and bank statements
- Budgeting: Needs & wants, planning a budgets & making adjustments
- Bank Accounts: How banks work, savings and current accounts & choosing accounts
- Borrowing: Credit Scores, forms of borrowing & where to get help with debt

Delivery method:

- In person usually in a host organisations premises 2 x 4.5 hr
- Group workshop usually between 6 – 15 people is desirable
- All sessions must be booked and confirmed in advance

Qualification:

- Level 1 Personal Money Management qualification (optional)

Cost:

- Standard programme is FREE
- Bespoke programmes/extensions may incur cost recovery (eg trainer time)

Bookings:

To make a booking contact: northernireland@mybnk.org

For more information check out: [You searched for northern ireland - MyBnk](#)



SET RECOVERY COLLEGE COURSES FEB 2025

On Your Feet – 5th February 2025, 2.30pm – 3.30pm at Comber Community Centre

Sound for Wellness – 5th February 2025, 6pm – 7pm at Bridge Community Centre, Lisburn -

ASIST – 6TH & 7TH February 2025, 09.15AM – 16.30PM at Bridge Community Centre, Lisburn

Decider 12 Skills – 18th, 25th February, 4th & 11th March 2025, 10.30am – 11.45am via Zoom

Living Life To The Fill (LLTTF) – 19TH, 26TH February, 5th, 12th, 19th & 26th March 2025, 10.30am – 12.30pm, Bridge Community Centre, Lisburn

Safety Planning – 19th & 26th February 2025, 10.30am – 12.30pm, Ards Blaire Mayne Leisure Centre

Anxiety Management – 20th, 27th February, 6th & 13th March 2025, 6pm – 7.30pm via Zoom

To register for any of the above courses, email Recovery.College@setrust.hscni.net or call us on 028 9041 3872

Email; recovery.college@setrust.hscni.net

YMCA

DON'T FORGET TO JOIN US.....

Community Lunch Monday & Wednesday 12-1.30pm



Enjoy a home cooked hot lunch, bring your friends or make new ones in a relaxed and friendly atmosphere.

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

Feeling Under Pressure?

we can Relate

[Click Here](#)

WE currently have a funded 4 week programme for women over 16.

This can be run for a group or perhaps you have women you would like to signpost into groups we are running both online and from our Belfast office.

For further information contact Elaine Martin via email on elainemartin@relateni.org or via our office 02890 323454

Kind regards

Frances McCausland (she/her)

Head Of Business Operations

T:028 903 23454

M:07517616292

W: <http://www.relateni.org/> T: @RelateNI

A: 3, Glengall St, Belfast, BT12 5AB

Mental health helplines

(UK wide†, all free of charge*)



Available 24/7

Call 111

SAMARITANS

Call 116 123

Available 24/7

shout
85258

Text 'SHOUT' to 85258

Available 24/7

childline

Call 0800 1111

Available 24/7, for under 19s



Call 0300 102 1234*

Available 9am to 6pm, Monday to Friday†

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

FEBRUARY 25

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

COMMUNITY

PHLP FEBRUARY 25

OUR GYM IS OPEN WHEN WE ARE OPEN
www.peninsulahealthyliving.org
email: allan@peninsulahealthyliving.org

MON	TUE	WED	THU	FRI
8:30-10:00 SPIN FREE KICKBOX FREE KICKBOX	8:30-10:00 SPIN FREE KICKBOX FREE KICKBOX	8:30-10:00 SPIN FREE KICKBOX FREE KICKBOX	8:30-10:00 SPIN FREE KICKBOX FREE KICKBOX	8:30-10:00 SPIN FREE KICKBOX FREE KICKBOX
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20:30-22:00 FREE KICKBOX FREE KICKBOX	20:30-22:00 FREE KICKBOX FREE KICKBOX	20:30-22:00 FREE KICKBOX FREE KICKBOX	20:30-22:00 FREE KICKBOX FREE KICKBOX	20:30-22:00 FREE KICKBOX FREE KICKBOX

Peninsula Community Centre
4 Church Lane
Newtownards
BT27 2DD

Let's Get Physical!! Are your New Year Resolutions still in effect? If so, what better way to be the best version of you than by joining some of our classes or visiting our fully equipped gym. We have spin, PIYO, kettlebells, circuits, gently does it, balance 4 all, pilates and mindfulness to keep both your body and your brain in tip top shape. Come in and see us for all our fabulous membership and pay as you go options or just come down to a class and get your sweat on!

The winter can be a tough month financially and we are here to try and do everything we can to help. Our Community Fridge & Freezer is stocked weekly with items from our great friends at The Warehouse in Newtownards and if you feel you, or someone you know, could benefit from these items please call in and see us.

Our minibus is getting closer to being on the road, there has been very positive interest in some of our amazing community members volunteering to drive it. If you are a community group or organization and would like to talk about using our bus please give me a call on 02842739021 or email allan@peninsulahealthyliving.org

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021

DoH Public Health Agency Agriculture, Environment and Rural Affairs

COMMUNITY FUND

HEALTHY MIND

A healthy mind is essential for a healthy life, but we all know that life can take its toll and sometimes getting a little bit of help from the right person can really make a difference.

Our Social Prescriber Julie, is always happy to help and is on hand for a chat or with invaluable advice to help point you in the right direction for either social or medical support. If this free service is something you would like to avail of please give the office a call on 02842739021 or email Julie directly on julie@peninsulahealthyliving.org

SOCIAL PRESCRIBING

PENINSULA HEALTHY LIVING SEEK VOLUNTEER DRIVERS FOR OUR NEW MINIBUS

GET SOME FREE TIME? WANT TO MAKE A DIFFERENCE TO SOMEONE'S LIFE? DO YOU LIKE DRIVING?

THE VOLUNTEER DRIVERS ALLAY PENINSULA HEALTHYLIVING WILL BE CALLING YOU TO JOIN OUR COMMUNITY CENTRE FOR MORE INFORMATION



CHI ME.

BREATHE, MOVE, RELAX

KIRCUBBIN COMMUNITY CENTRE
STARTING 10AM WEDNESDAY 5TH FEBRUARY
FREE 8 WEEK PROGRAMME

Lets improve our health with some history. Healthy History is a free two session programme aimed at improving our physical and mental health through learning about our local history. On February 12th we will be having a guided walking tour of Portaferry followed by lunch and a tour of The Portico and on February 19th we will be taking part in some tribal drumming with the amazing Community Tribal Drummers. Spaces are nearly all gone but if you would to join please phone 07519379428 or email allan@peninsulahealthyliving.org.

MINDFULNESS & RELAXATION

• Do you want to press the pause button?
• Do you want to turn chaos to calm?
• Do you want to gain mental clarity and start prioritising you in 2025?

Monday Evenings @ 7pm for 6 weeks
Starting 6th January
Maxwells Courtyard Kircubbin

Friday Mornings @ 11am for 8 weeks
Starting 10th January
Kircubbin Community Centre

BRING MINDFUL AWARENESS TO YOUR EVERYDAY LIFE

INFO@PENINSULAHEALTHYLIVING.ORG
WWW.PENINSULAHEALTHYLIVING.ORG
02842739021

DoH Public Health Agency Agriculture, Environment and Rural Affairs

COMMUNITY FUND

Chi-Me is returning for February and March, Gabriel will be back with his own unique blend of gentle movement helping us all to breathe, move and relax. The classes will begin on Wednesday 5th February and 10am in Kircubbin Community Centre and will run weekly right up to Wednesday 26th March. Chi-Me is a Tai-Chi influenced exercise programme which is simple to follow and accessible for all ages. It improves leg strength, assists efficient breathing, reduces the risk of falls and promotes mental wellbeing. If this sounds like something that would help improve your physical and mental health please come along to this free class, there is no need to book.

HEALTHY HISTORY

INCLUDES PORTAFERRY HISTORICAL TOUR AND TRIBAL DRUMMING SESSION
12TH & 19TH FEBRUARY 2025 @ 10:30AM

Got something on your mind? Our mindfulness and relaxation classes are here to help in bringing some mindful awareness to our everyday lives. So if you fancy pressing the pause button, turn some chaos into calm and gain some mental clarity and prioritize you, then come along on a Monday evening to Maxwell Court at 7pm, or on Friday morning at 11am in Kircubbin Community Centre and find some chill.

Our outside space is looking a bit tired at the moment (all those storms haven't helped) but after receiving a bit of funding from Live Here Love Here and with the return of the amazing Plough On gentlemen imminent and with some help from the eco committee from St. Mary's PS we will be making this outdoor area into a beautiful community garden with new seating and some raised beds for our fresh vegetables, watch this space.

DoH Public Health Agency Agriculture, Environment and Rural Affairs

COMMUNITY FUND

NDCN

ACTIVITIES TRIPS COOKING
ART FRIENDSHIP VR LEADERSHIP
GAMING SPORTS

**DICE FUTURES
YOUTH CLUBS**

MONDAY
BREEZEMOUNT 6.30-8.30PM @ GREEN RD COMMUNITY CENTRE

TUESDAY
BLOOMFIELD 6.30-8PM @ BLOOMFIELD PRIMARY SCHOOL
(FOR BLOOMFIELD PUPILS ONLY)
CLANDEBOYE 7-9PM @ CLANDEBOYE VILLAGE HALL

WEDNESDAY
WHITEHILL 6.30-8.30PM @ SKIPPERSTONE COMMUNITY CENTRE

THURSDAY
CONLIG 6.30-8.30PM @ CONLIG COMMUNITY CENTRE

FRIDAY
CLANDEBOYE 7-9PM @ CLANDEBOYE VILLAGE HALL

10-15 YR
OLDS

TEL: 02891 461386
EMAIL: MANAGER@NDCN.CO.UK
DICE BANGOR
WWW.NDCN.CO.UK/YOUTH-PROGRAMMES

NDCN COMMUNITY FUND



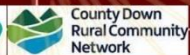
Newcastle Winter Warmers

A warm welcome awaits you.

Join us for a cuppa & conversation during the winter months

(Opening times may vary)

DAY	LOCATION	TIME	INFO	CONTACT
Monday Tuesday Thursday Friday	Newcastle Parish Centre	10am weekdays & 11.30 Sunday's	Tea/Coffee & biscuit following Mass.	Brenda 07840028461
Monday	Newcastle Presbyterian Church	10am to 12	Meet & Greet	Church Office 02843726650
Tuesday	St. John's Church Hall	2-4pm	Crafts & chat Tea & Coffee	Myrtle 07774565914
Tuesday	Newcastle Bowling Club	7.30pm	Bowling	Myrtle 07774565914
Wednesday	YMCA The Belfry	3.30pm to 6pm	Young People Drop In/Study Space Tea/Coffee/Hot Chocolate	Donna 07907646302
Thursday	ADHD Hub & Info point	2pm to 3pm	Conversation Cafe	Janet 07838361664
Friday	Unit T Hub	12noon to 1.30pm	Newcastle Community Fridge Tea & Coffee	Kathy 07555505217
Monthly 13th December	Donard Methodist Church	12noon to 2pm 2pm to 3pm	Monthly lunch Magical Melodies singalong	Jackie 07793940248



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.

Bronagh McCabe
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

The Power to Change

You have it. They have it. We all have it. The Power to Change.

This is the strapline of a new campaign launched today in collaboration with the Department of Justice and the Executive Office.

Men and boys across Northern Ireland are being asked to check and change their attitudes, beliefs and behaviours towards women and girls. Challenge their peers and have the confidence to step in safely to put a stop to behaviour that might put their friends at risk of offending.

Change is needed now.

The campaign will highlight two important elements:

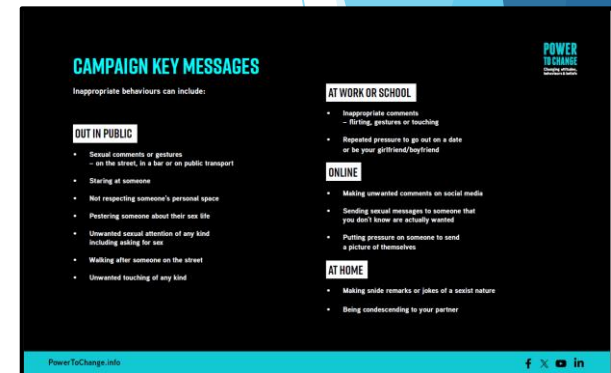
Challenging attitudes & behaviours – calling on men to consider their responsibility and how their actions affect others.

“Active Bystanders” – empowering men and the wider community with the knowledge and skills to safely intervene when they see someone carrying out inappropriate actions or making unwanted comments.

A series of graphics and four scenario based videos will showcase from 29th January on social media through targeted ads aimed at men and boys. It will also be visible in local communities on buses, in washrooms of hospitality venues, digital posters, billboards and across the entire police estate.

A dedicated website has been developed to support this campaign:

<https://powertochange.info/>



Home Start Ards, Comber, Peninsula
9 Cuan Gardens, Greyabbey,
Newtownards, BT22 2QG
028 4278 8369

hello@homestartacapa.org.uk

Websites

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

Follow us on Facebook



Homestart North Down

Contact;

07949 347198

admin@homestartnorthdown.org.uk

Follow us on Facebook

Home-Start Down District (Ballynahinch)

10b Lisburn Street

BALLYNAHINCH

BT24 8BD

Telephone: 028 9756 3006

Email: ballynahinch@homestartdd.org

Follow us on Facebook

Barnardo's Saturday Clubs



in

Downpatrick
Saintfield
Bangor &
South Belfast



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 .

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



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

siobhan.stratton@barnardos.org.uk

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!



Routine childhood immunisations

When to immunise	Diseases protected against	Vaccine given	Immunisation site*
Two months old	Diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type B (Hib) and hepatitis B (6 in 1)	dTaP/IPV/Hib/HepB (Infanrix hexa)	Thigh
	Rotavirus	Rotavirus (Rotarix)	By mouth
	Meningococcal group B disease (MenB)	MenB (Bexsero)	Left thigh
Three months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (6 in 1)	dTaP/IPV/Hib/HepB (Infanrix hexa)	Thigh
	Pneumococcal disease	PCV (Prevenar 13)	Thigh
	Rotavirus	Rotavirus (Rotarix)	By mouth
Four months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (6 in 1)	dTaP/IPV/Hib/HepB (Infanrix hexa)	Thigh
	Meningococcal group B disease (MenB)	MenB (Bexsero)	Left thigh
Between 12 and 13 months old – within a month of the first birthday	Measles, mumps and rubella (German measles)	MMR (MMR VaxPRO ¹ or Priorix ²)	Upper arm or thigh
	Pneumococcal disease	PCV (Prevenar 13)	Upper arm or thigh
	Hib/Meningococcal group C disease (MenC)	Hib/MenC (Menitorix)	Upper arm or thigh
	Meningococcal group B disease (MenB)	MenB (Bexsero)	Left thigh
Every year from 2 years old up to and including Y12	Influenza (from September)	Flu nasal spray (Fluenz) ¹ (annual) ² (If Fluenz unsuitable, use inactivated flu vaccine)	Nostrils (Upper arm)
Three years four months old or soon after	Diphtheria, tetanus, pertussis and polio	dTaP/IPV (Boostrix IPV or Repevax) ²	Upper arm
	Measles, mumps and rubella	(MMR VaxPRO ¹ or Priorix ²) (check first dose has been given)	Upper arm
Girls and boys aged 12 to 13 years	Conditions caused by human papillomavirus including cervical cancer (in girls) and cancers of the mouth, throat, anus and genitals (in boys and girls) and genital warts.	HPV (Gardasil 9) (one dose)	Upper arm
Around 14 years old	Tetanus, diphtheria and polio	Td/IPV (Revaxis), and check MMR status	Upper arm
	Meningococcal groups ACWY disease (MenACWY)	MenACWY (MenQuadri, Nimenrix or Menveo) ²	Upper arm

Immunisations for at-risk children

At birth, 1 month old, and 12 months old	Hepatitis B	HepB (Engerix B or HBvaxPRO) ²	Thigh
At birth	Tuberculosis	Bacillus Calmette-Guerin (BCG) vaccine	Upper arm (intradermal)
Six months up to two years	Influenza	Inactivated flu vaccine	Upper arm or thigh
Over two up to less than 18 years	Influenza	Flu nasal spray (Fluenz) ¹ (If Fluenz unsuitable, use inactivated flu vaccine)	Nostrils (Upper arm)

* Where two or more injections are required at once, these should ideally be given in different limbs. Where this is not possible, injections in the same limb should be given 2.5cm apart. For more details see Chapters 4 and 11 in the Green Book. All vaccines are given intramuscularly unless otherwise stated.

¹ Contains porcine gelatine.

² Where two or more products to protect against the same disease are available, it may, on occasion, be necessary to substitute an alternative brand.



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



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>





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.

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

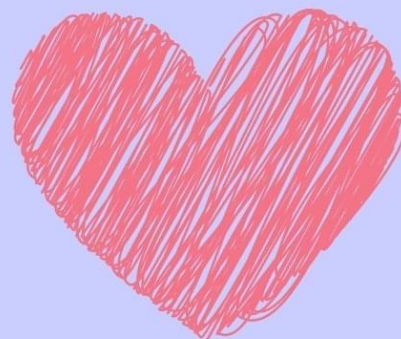
and chat in confidence with a school nurse.

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_

Go-to for Emotionally Based School Avoidance

Parent Line NI
0808 8020 400

Emotionally Based School Avoidance (EBSA) refers to difficulty in attending school due to intense, adverse emotional factors. It is estimated to affect 1-5% of school-age children and is more prevalent in secondary schools.

(Mayes, S. et al. (2015). Differentiation between school attendance problems: why and how? Cognitive and Behavioral Practices)

School Avoidance
School avoidance is different from truancy (skipping school) and school refusal or being kept home by parents.

In school avoidance, the child may want to go to school but feel they can't because of anxiety and emotional distress.

School Avoidance Cycle
Once anxiety manifests, children and young people frequently fall into a school avoidance cycle.

Early intervention is key!
Try to avoid waiting until your child stops going to school before you get help.

Stay alert for early signs.

- Talking negatively about school
- Intense emotions when preparing for school, especially after a break or illness
- Complaining of headaches or stomach aches
- Becoming more distant from family and friends
- Trouble sleeping and reluctance to get out of bed in the morning
- Feeling nauseous or unwell

"School avoidance is not about CAN'T. It is about not feeling safe enough right now."

Children in Northern Ireland

About Parentline Training Policy Parent Participation Membership Contact

0808 8020 400

A FREE confidential helpline for parents and carers throughout NI. If you need us, we're here.

Parent Line NI

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

50 Windmill Street,
Ballynahinch, BT24 8HB

Tel. 02897561100

Mob. 07835305411



WEBSITE



Breastfeeding Peer Support Service

Mother to mother support (primarily telephone / text support) given by trained volunteers who have breastfed or are still breastfeeding their children.



Our Peer Support Link Worker will either see you on the ward or contact you after discharge home to offer you the service. Your Midwife or Health Visitor can also make a referral at any time.
Contact Laura on 07855 169 707 to find out more.

Check out our Feeding Your Baby Resource page at any stage of pregnancy and beyond for lots of information, useful videos and links.



**THE
HUMAN MILK BANK
PROVIDES
VITAL BREASTMILK
TO NEONATAL UNITS**

**BECOME A
BREASTMILK
DONOR**



<https://setrust.hscni.net/healthy-living/feeding-your-baby/>

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;

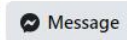
<https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.pdf>

Please encourage your members to share the link to the resource with their own members, families, and service users.



Cash for Kids NI

20K followers • 148 following



cfk.org.uk/ni

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](#).

Locality Planning Meetings for 2025

Ards & North Down LPG

**Tuesday 21st January at
10.00am**

Down LPG

**3rd February 2-4.30pm
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