

Ards & North Down and Down CYPSP Locality Planning Group Newsletter

85th edition June 2025

Fortnightly News

Welcome to the Summer edition of the Fortnightly News; for Children and Young People's services and Families across the Down and Ards & North Down Locality Planning Groups. Check out all the new services and free training courses.

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 😊

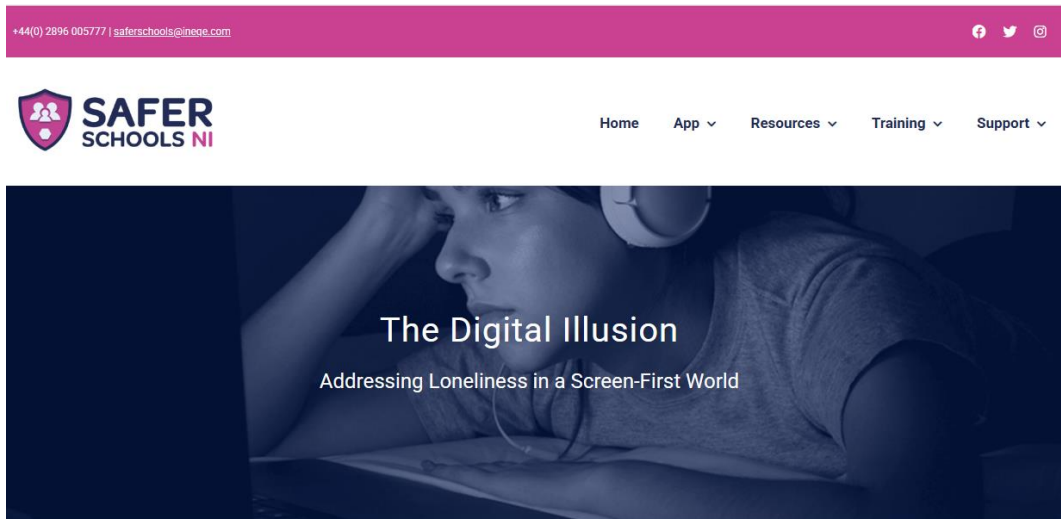
Noelle.Hollywood@setrust.hscni.net

Mobile number 07872422101

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During loneliness awareness week, we look at the signs of loneliness in Children and Young People. Loneliness is a difficult emotion to face and most people experience it at some point in their lives. Despite being surrounded by so-called connections and followers, it is often only screen deep and can leave many feeling unfulfilled when it comes to their real-world lives. This can be especially difficult for children and young people as they are already navigating a stage of life that can present many challenges.

Although it is normal to feel lonely, a young person experiencing it might feel that there is something wrong with them or that it is their own fault. It is important to spot the signs and support a young person who is feeling lonely, even if they seem to regularly be surrounded by other people, for more information search;

An invitation to families to participate in ADHD-focused and Autism/Learning Disability-focused Parent Programmes this Summer



The Changing Lives Initiative: Flourish & Thrive project will be delivering two parent group programmes over the summer to support families of a child/children with behaviours consistent with ADHD and/or Autism/Learning Disability.

Starting in early July and over August, we will be delivering a number of these two group programmes, Parents Plus (online) and Triple P Stepping Stones (in person). We welcome individual parents, co-parents, carers, foster parents and grandparents wishing to participate in the programmes. It isn't necessary for your child to have a formal diagnosis for you to take part.

The programmes are a great opportunity to meet other families, gain some support and learn additional skills and strategies. Even for parents who have previously completed a programme, it is a good opportunity to gain some support and refresh skills. For more information please contact;

shauneen@changinglives.ie

**The Changing Lives Initiative
Colin Neighbourhood Partnership
Glenwood Business Centre
Belfast
BT17 0YU**



Tel: 02890 623813

Parents Plus ADHD Programme

Suitable for: Parents/carers of children aged 6-12 years.

- **Involves: Weekly 2-hour group sessions online for 8 weeks (participants must be able to attend all sessions).**

Triple P Stepping Stones Programme

Suitable for: Parents/carers of children 2 to 12 years.

Involves: Weekly 2.5-hour group sessions, in person, for 5 weeks, plus 3 weeks of individual support calls with a facilitator, and one final group session (participants must be able to attend all sessions).

For more information please contact Shauneen;

shauneen@changinglives.ie

The Changing Lives Initiative
Colin Neighbourhood Partnership
Glenwood Business Centre
Belfast
BT17 0YU Tel: 02890 623813

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).



action mental health

OUR generation
Growing Up Better, Together

healthy me

Healthy Me is a vibrant and engaging, trauma informed, mental health promotion programme aimed at children which explores emotional/mental health, healthy lifestyle choices and pathways to effective support through imaginative and interactive workshops.

✓ 6 week programme

✓ For 9-11 year olds

✓ 1.5 hr sessions

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RCPSYCH
Child & Adolescent Mental Health Services



PEACEPLUS
Northern Ireland - Ireland
Co-funded by the
European Union | UK Government

Sessions

- S1. Mental & physical Health awareness
- S2. Emotional health & wellbeing
- S3. Bespoke session
- S4. Bespoke session
- S5. Why do we think the way we do? (Diversity & inclusion, influences)

Bespoke sessions

- Managing change (transitions) P7
- Anxiety & self-soothers
- Self-esteem & self-expression
- Anti-bullying & friendship

S6. Inter-group workshop*
*With another group or school & may be off-site

This is just one of the many projects run by Action Mental Health, NI's leading mental health charity. Find out more at www.amh.org.uk

PEACEPLUS
Northern Ireland - Ireland
Co-funded by the
European Union | UK Government

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

SCAN ME

OUR Generation will also provide Training for staff/ volunteers who work with young people aged 4-25 years

OUR generation
action mental health

To find out more, contact :
OUR Generation Project
Bloomfield House
395-405 Newtownards Road
Belfast BT4 1RH
T: 028 9182 8494
E: ogteam@amh.org.uk
www.ourgeneration-cyp.com

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).



YouthAction
NORTHERN IRELAND

**7-A-SIDE
FOOTBALL
CHAMPIONSHIP**

23RD JULY 2025

**We're seeking teams and sponsorship for our
annual peacebuilding football tournament.
Join us and support our local champions for peace!**

For details contact
grace@youthaction.org

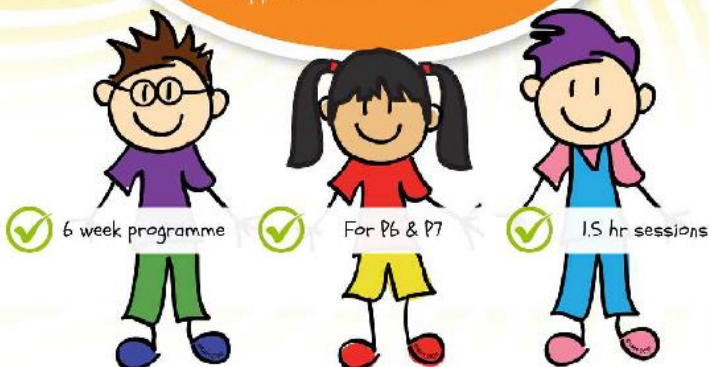
A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).



action
mental
health

**better
together**
peer listener

Better Together is a vibrant & engaging Peer Listener programme for children aged 4-11. Exploring mental health and emotional wellbeing, it uses a youth work approach to build resilience and foster peer support. By encouraging kindness, empathy, and respect for differences, children grow together and develop valuable skills for a happier, healthier future.



Cross-Border Shared Learning
Event

Better Together: Supporting
OUR Generation

16.10.25

**Save the
Date!**

Monaghan Peace Campus

Supporting teens, building
strengths, creating change. Full
day conference for youth-facing
staff!

See you there!

FREE mental health & well-being programme for children aged 9-11 years

OUR Generation: Spaces to Be

PlayBoard NI, the lead organisation for the development and promotion of play is delivering *Spaces to Be* – an innovative, cross-community and cross-border development programme supporting peacebuilding for children and young people.

Spaces to Be is a unique and interactive initiative designed to enhance the mental health and well-being of children aged 9 to 11. Rooted in the advocacy of the *Child's Right to Play*, the programme aims to:

- Increase mental health literacy
- Enhance emotional resilience
- Develop self-help and coping skills
- Encourage inclusivity and acceptance of difference
- Increase knowledge of community

Programme overview:

- A free, fully facilitated programme delivered by PlayBoard's experienced staff team
- Interactive staff training
- 5 dynamic play-based sessions for children

Play sessions themes:

1. **ME (Mind & Emotions)** - Exploring emotions, promoting positive physical and mental health, well-being and resilience, through play.
2. **ME and My Connections** - Exploring problem solving, empathy and intrapersonal skills.
3. **ME, My Connections and My Community** - Supporting children to consider the multiple social groups they are part of, and how they contribute to building peaceful communities.
4. **Better Together** - Supporting children to consider a range of perspectives and have positive attitudes towards other communities.
5. **Better Together Celebration** - Celebrating the power of play and how it can promote peacebuilding on a cross-community basis.



action mental health




Peer Mentoring

Peer Mentoring is a programme for young people aged 11-25 years old. This training is for young people who want to make a difference to their community, who are interested in helping others and would like to express their thoughts and opinions.

What's involved?

- To learn how to be a good friend & peer
- How to look after your own mental wellbeing
- To understand the difference between positive & negative friendships
- Listening skills and understanding the difference between listening & hearing
- To understand how to communicate effectively
- To learn and understand the meaning of stereotyping and the importance of being non-judgemental
- Recognising the signs of someone going through a difficult time and what to do when you notice this

A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).





Provoking Thought

Provoking Thought is a programme for young people aged 11-25 years old, which positively promotes mental health and social and emotional wellbeing in young people and has a strong focus on prevention and self-help.

Young people will:

- ✓ Explore 5 ways to a healthy you
- ✓ Identify adults they can talk to
- ✓ Identify & discuss different emotions
- ✓ Understand thoughts feelings & behaviour
- ✓ Discuss helpful & unhelpful behaviours


A project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).




better together peer listener

Better Together is a vibrant & engaging Peer Listener programme for children aged 9-11. Exploring mental health and emotional wellbeing, it uses a youth work approach to build resilience and foster peer support. By encouraging kindness, empathy, and respect for differences, children grow together and develop valuable skills for a happier, healthier future.





- ✓ 6 week programme
- ✓ For P6 & P7
- ✓ 15 hr sessions

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OUR GENERATION LEARNING LAB



23/06 9.30AM-3PM	Enhancing Practice Through Sensory Space & Play TEACH NA NDAOINE, MONAGHAN
25/06 9.30-11.30AM	Addressing Vaping in Young People BELFAST, SHANKILL WOMEN'S CENTRE
26/06 9.30-11.30AM	Addressing Vaping in Young People THE ARDHOWEN THEATRE, ENNISKILLEN
02/07 6-8PM	Neurodiversity Training by Sparks ONLINE SESSION
03/07 6-8PM	Neurodiversity Training by Sparks ONLINE SESSION

RAISE Millisle & Donaghadee

Strategic Area Plan Workshop



Members of the AAND LPG were delighted to attend a recent workshop to explore the local RAISE initiative. Raising achievement and addressing educational disadvantage in our locality.

Workshop Overview

- RAISE objectives
- Strategic Area Plan overview
- Locality data
- Engagement to date
- Emerging Priorities
- Next steps



The South Eastern Trust with colleagues and partners supporting the promotion of the **NSPCC NI Talk PANTS** Awareness fortnight 5 – 16 May aimed at aged 3 – 11 the campaign supports educators and families in teaching children the memorable “PANTS” rule to teach body safety in a non-threatening, age-appropriate way. **P**rivates are private, **A**lways remember your body belongs to you, **N**o means no, **T**alk about secrets, **S**peak up – there is help. In preparation for the awareness campaign the popular Pantosaurus character singing bears were purchased by the Trust with funding support from the Public Health Agency. Gabrielle O'Neill Health Development Specialist for Sexual Health and Disability praised the resources “as being developmentally appropriate and adaptable for one-to-one support or group activity”. Attached are photographs of SEHSCT colleagues and partners who joined in the awareness fortnight to promote the Talk PANTS Programme.



DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022

Disclaimer: While every effort has been made to ensure the accuracy of the information provided in this directory at time of print, we do not accept any responsibility or liability for any errors. It is recommended that you always check directly with providers that their service or organisation meets your requirements. Where any specific organisation or service is mentioned by name or otherwise the does not necessarily constitute or imply any endorsement or recommendation by HSC or any of the organisations or services.

This publication can also be downloaded from www.drugsandalcoholni.info



Services for Adults

MARC Project

Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.

The Link

☎ Tel: 028 9182 1124

South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

Open Access/Self Referrals Accepted

Simon Community

☎ Tel: 074 3575 4302

☎ Tel: 074 3575 4304

Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Dunlewey Addiction Service

☎ Tel: 028 9039 2547

Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP & Mental Health Professional Referrals

SEHSC

☎ Tel: 028 9151 2169 (Newtownards)

☎ Tel: 028 9266 8607 (Lisburn)

☎ Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

Addiction Service Referrals

Ward 15, Downside

☎ Tel: 028 4451 3922

Young People/Family

Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Extern (based in Bangor YMCA)

☎ Tel: 028 9145 4290

Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on life skills and harm reduction.

LYMCA

☎ Tel: 028 9267 0918

Steps to Cope/Hidden Harm

For young people aged 11-25 who have been impacted by parental substance use and mental health problems.

Open Access/Self Referrals Accepted

ASCERT

☎ Tel: 0800 2545123

☎ www.stepscope.co.uk

☎ stc@ascert.biz

DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Start 360 & ASCERT

☎ Tel: 028 9043 5015

Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

Barnardos

☎ Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

BHSC DAMHS

☎ Tel: 028 9615 0033

Specific Groups

Needle and Syringe Exchange Sites

Clear Pharmacy

☎ 5 Church Street, Bangor

☎ Tel: 028 9127 1820

Gordon's Pharmacy

☎ 35-37 Market Street, Downpatrick

☎ Tel: 028 4461 2014

☎ 56 Bow Street, Lisburn

☎ Tel: 028 9267 4747

☎ 2a Regent Street, Newtownards

☎ Tel: 028 9181 3217

South Eastern Outreach Team

☎ Tel: 074 357 54302

☎ Tel: 074 357 54304

Group Support

Call or go online to find a meeting near you:

Alcoholics Anonymous

12 Step Programme/Group Meetings

☎ Tel: 028 9035 1222

☎ www.alcoholicsanonymous.ie

AlAnon

Group Support for Family Members

☎ Tel: 028 9068 2368

☎ www.alanon.org.uk

Alateen

Group Support for Teenagers

☎ Tel: 028 9068 2368

☎ www.al-anon.org.uk/alateen

Narcotics Anonymous

12 Step Programme/Group Meetings

☎ Tel: 0300 365 1010

☎ www.na-northernireland.org

Community/Stakeholder Support

South Eastern Drug and Alcohol

Coordination Team/Connections Service

(SEDACT Connections)

The SEDACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

☎ Tel: 0800 254 5123 (ASCERT)

☎ www.drugsandalcoholni.info

☎ connections@sedact.info

Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

ASCERT

☎ Tel: 0800 254 5123

For more information search;
www.DrugsAndAlcoholNI.info

For more detailed information on services available in your HSC area visit:
www.drugsandalcoholni.info



"Joining drugs and alcohol together"

In Crisis?
Call

Lifeline

FREE 24/7 HELPLINE
0808 808 8000



SEHSCT MENTAL HEALTH AND SUICIDE PREVENTION TRAINING CALENDAR

We are delighted to enclose our Mental Health and Suicide Prevention training calendar for quarter 1 and quarter 2 of 2025.

Please click on the link below to access:

<https://setrust-hscni.pagetiger.com/mh-training/version1>

You will find a range of self-help guides on page 2. These are an excellent source of information and useful for sharing.



Post Quaranteens! OCN Level 2 course

Dates: 24th & 25th June 2025 : 9.30am - 12.30 (online)

Suitable for Professionals and volunteers working in the field of family/community/education, etc.

Content:

- Communicating with Teens
- Practical Skills for dealing with Conflict teenage development
- How a Parent can really listen to a teenager and everything else in between!!!

Register using this link:

[Post-Quaranteens! Online OCN Level 2 Tickets, Tue 24 Jun 2025 at 09:30 | Eventbrite](#)

OR

Contact Linda Allen: linda@acet-ni.com for further enquiries

Dealing with Worry Booklet



The Dealing with Worry booklet first printed in 2020 has been updated with a new version.

It can be accessed through <https://westerntrust.pagetiger.com/dealingwithworry25>



or the QR code will direct you to the resource.

In this booklet on the on line version are live links to

Deep breathing <https://youtu.be/SZpiPWQDyPE>

Mindfulness <https://youtu.be/sdOesMR0K1w>

Calming skills [Calming Skills](#)

For more information contact Ed Sipler

Ed.sipler@setrust.hscni.net

Thriving Mind is the ASCERT, Health Improvement in the Western Trust, and Health Development in the South Eastern Trust, supported by the Public Health Agency working together to bring tools and resources to improve well-being.



Roots of Empathy
Racines de l'empathie

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/>

We are pleased to be rolling out the Roots of Empathy programme across the South Eastern Trust area; for more information; Please contact Noelle Hollywood

Noelle.Hollywood@setrust.hscni.net

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

For Parents by Parents



Feb 2025



We, as parents, have worked closely with statutory, community and voluntary services to develop this resource from US as an easy read guide for YOU, to help signpost you to information, advice and support that you as a parent may need on learning your child has additional needs/a disability. We cannot promise that this resource will meet every need of every parent but we have tried to produce an inclusive guide as best possible.

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

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





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

employ me An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment. Funded by UK Government



CSR CARD TRAINING

Is your goal to work on a Construction Site?

Join us in conjunction with Health Matters for a FREE one day course to gain your CSR Card (Health & Safety - White Card), providing you with knowledge in health & safety and awareness of hazards within the construction industry.


The course will cover:

- Fundamental Practicalities of Health & Safety
- Safe Systems of Work
- Health Awareness and Hazards & Controls

Wednesday 3rd September 2025
8:30am - 4:30pm

Clanrye Group, 2 - 4 St. Patrick's Drive, Downpatrick

For more information or to sign up, contact us on:
info@clanryegroup.com (028) 3089 8119



employ me An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment. Funded by UK Government

DOWNPATRICK AREA 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 improve your 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

Thursdays
Morning & Afternoon Sessions Available

Clanrye Group, 2 - 4 St. Patrick's Drive, Downpatrick

FOR MORE INFORMATION, CONTACT US ON:
info@clanryegroup.com (028) 3089 8119

employ me An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment. Funded by UK Government



HEALTH & SOCIAL CARE LEVEL 1 VOCATIONAL COURSE

Are you interested in working in Health & Social Care?

We are offering a Level 1 Vocational Award in Health & Social Care providing you with the knowledge and skills to work in a range of environments supporting both adults and children.

You will learn about:

- Roles and responsibilities of working in the Health & Social Care industry
- Safeguarding of adults and children in Health, Social Care & Early Years settings
- Understanding what is involved with person-centred support

Starting Tuesday 29th July for 12 weeks
Each Tuesday, 10am - 2pm
Clanrye Group, St. Patrick's Drive, Downpatrick

For more information or to sign up, contact us on:
info@clanryegroup.com (028) 3089 8119




employ me An employability programme to assist and support individuals aged 16+ to enter the work force or return to employment. Funded by UK Government


Driver Theory Workshops

Are you struggling to learn for your Driver Theory test? Come along to our FREE workshops. For those registered on the 'Employ Me' programme.

Mondays 10:30am - 12:30pm
4th, 11th, 18th August | 1st September
Clanrye Group, St. Patrick's Drive, Downpatrick

To find out more information or to book please contact us on 028 3089 8119 or info@clanryegroup.com



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

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](#)

NEWRY, MOURNE & DOWN YOUTH VOICE



**WE ARE NOW
RECRUITING!**

**Want to make a difference in
your community?**

Want to have your voice heard?

APPLY NOW

**AGED
16-21**

**APPLICATIONS CLOSE
JUNE 16TH**



Mental health helplines

(UK wide†, all free of charge*)



Available 24/7

Call 111



Call 116 123

Available 24/7



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

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



Children Helping Children Choir
Approximately 100 young people from 18 schools took part in the Children Helping Children Choir Peace IV funded Project. This cross community programme provided an opportunity for young people to meet and engage with people from different community backgrounds. The children not only sang together but also learned about each other's culture, identity and built long-lasting relationships. After numerous meetings and rehearsals, the choir group came together and recorded a DVD to raise awareness of the local children's cancer charity, Daisy Lodge.

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.

Jayne McKillen
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



EVERYONE WELCOME !! SAFE SPACES FOR EVERYONE

Baby to Pre-School

Drop In With
Michelle Mitchell
Health Visitor

- Weight Checks
- Nutrition, Feeding & Weaning
- Sleep Support & Baby Development

Pop in for chat, coffee & checks Every Tuesday
10am-12 Noon

KWC @ 1 KILCOOLEY SQUARE
Kilcooley
South Eastern Health and Social Care Trust



South Eastern Health & Social Care Trust

Local Drop-in
Kilcooley
0-4yrs
No appointment
necessary,
Michelle Mitchell
Health Visitor

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:

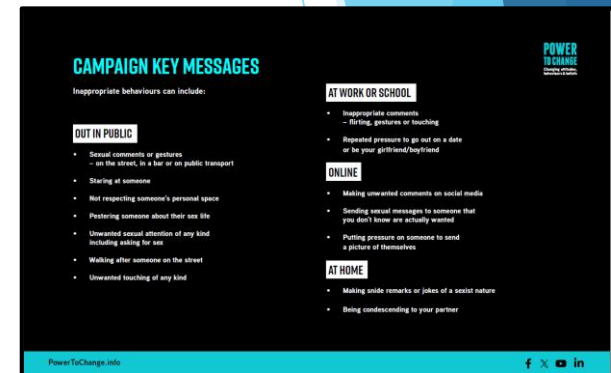
Challenging attitudes & behaviours – calling on men to consider their responsibility and how their actions affect others.

“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!



For more information search;
www.eani.org.uk

Free School Meals Information Video



School Meals and Uniforms

Some families are entitled to extra support with meals and uniforms for school. Watch here for information on how to find out if you are eligible and how to apply for this support.

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

 South Eastern Health
and Social Care Trust




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

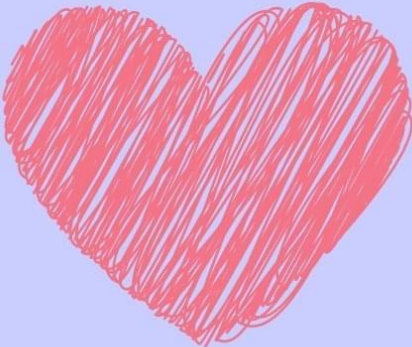
 setrust.hscni.net/health-living/youth-health-advice

 YHAS@setrust.hscni.net ☎ 07753 310352





MONDAY TO FRIDAY 9AM TO 5PM RESPONSE WITHIN 48 HOURS OR NEXT WORKING DAY

HAVING SEXUAL INTERCOURSE AT AN EARLY AGE HAS BEEN LINKED TO:



- UNPROTECTED SEX
- INCREASED RISK OF
SEXUALLY TRANSMITTED
INFECTIONS
- UNPLANNED PREGNANCY

 **Sexual
Health NI**

 **Public Health
Agency**

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

common
YOUTH.



QUEEN'S
UNIVERSITY
BELFAST

Towards better sexual health online survey!

We're researching sexual health and young people in NI – the last study was in 2000! If you're aged 16-24, take our confidential survey now!

Take part and be in for a chance to win a £25 voucher!

(Please note: Participants must be living in Northern Ireland.)

Scan the QR code

Scan to find out more and take part in our survey!



Go-to for Emotionally Based School Avoidance

Parent LineNI
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.

Haynes, S. et al. (2019). Differentiation between school attendance problems: Why and how? Cognitive and Behavioral Practice

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."



School Anxiety and Distress

A Best Practice Guide for Schools

Developed in partnership with parents and professionals



Children in Northern Ireland

www.ci-ni.org.uk/Ready-to-go.EBSA_.pdf

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.





SET Recovery College courses

- **Safety Planning** – 18th & 25th June 10:30AM – 12:30PM at Bridge Community Centre, Lisburn
- **Train the Trainer** – 2nd & 3rd July, 09:30AM – 16:30PM at Downshire Hospital Training Rooms. (*You must have completed at least three courses at the SE Recovery College to register for this course. If you wish to obtain an OCN Level 3 qualification, an accreditation session will take place on 9th July, 10:30PM – 12:30PM via Zoom and a workbook must be completed*).
- **Chi Me** – 8th July, 10:30AM – 11:30AM at Londonderry Park, Ards
- **Sound for Wellness** – 10th July, 10:30AM – 11:30AM at Civic Art Centre, Lisburn
- **Sound for Wellness** – 16th July, 10:30AM – 11:30AM at Crossgar War Memorial Hall
- **Making Self-Care Work** – 22nd & 29th July, 10:30AM – 12:30PM at Enterprise Centre, Lisburn
- **Anxiety Management Online** – 22nd & 29th July, 5th & 12th August, 13:30PM – 15:00PM via Zoom.
- **WRAP Workshop (2 Days)** – 23rd & 24th July, 09:30AM – 16:30PM at Londonderry Park, Ards
- **Journaling for Recovery** – 5th & 12th August, 10:30AM – 12:30PM at St Patricks Centre, Downpatrick
- **Drumming for Movement** – 14th August, 10:30AM – 11:30AM at Londonderry Park, Ards

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



**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.

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 2025/26

Ards & North Down LPG

- ▶ September 22nd
- ▶ Wednesday 10th Dec
- ▶ Tuesday 10th March

2-4pm venue to be confirmed.

Please contact me if you would like to host the meeting, kind regards

Noelle.Hollywood@setrust.hscni.net

Down LPG

- ▶ Wednesday 17th Sept
- ▶ Wednesday 3rd Dec
- ▶ Wednesday 18th March 2026
- ▶ Wednesday 17th June 2026

2-4pm **Ballymote Centre**
(above Supervalu)

Fortnightly News

If you would like to tell us about your service, 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 with updates from LPG meetings.
- 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