

# Ards & North Down and Down CYPSP Locality Planning Group Newsletter

87th edition April 2026

## Fortnightly News

Welcome to the Spring edition of the Fortnightly News; for Children, Young People's services, and Families, across the Down and Ards & North Down Locality Planning Groups. Please check out all the new services and free training courses. For more on Locality Planning Groups please search;

[Children and Young People's Strategic Partnership \(CYPSP\)](#)

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](mailto:Noelle.Hollywood@setrust.hscni.net)

Mobile number 07872422101



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Institute of Neurodiversity

with the support of the United Nations



# WORLD AUTISM AWARENESS DAY 2026

**Reframing the Narrative:  
From Cure to Shared Future**



Thursday, **2nd April**

Register at:  
[tinyurl.com/waad-26](https://tinyurl.com/waad-26)

# Down Neuro Café

- We are delighted to report on the success of our 3<sup>rd</sup> Down Neuro Café
- Over 100 participants attended
- The Café was designed to provide valuable information and support for parents and carers of children with Autism and ADHD as well as those awaiting assessment.
- Those attending had the opportunity to engage with a range of information stalls hosted by 40 representatives from both statutory and community organisations.
- The event also featured interactive workshops for parents and carers, which offered practical advice and strategies to support families navigating these challenges. There was also a quiet space where participants could enjoy refreshments, thanks to Newry Mourne & Down District Council.
- Database of stall holders established to share with other Neuro Café hosts across the SE Trust
- Next Neuro Café is in Ards Arena Thursday 14<sup>th</sup> May 10am-12

# ARDS/NORTH DOWN AREA 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
- Interactive workshops for parents and carers will commence at 10.30am
- Light refreshments will be provided

 Thursday 14 May 2026

 10.00am - 12.00pm

 Ards Arena, 62 South Street, Newtownards, BT21 4JU

If you would like to attend a workshop please arrive on time, as places are limited

If you require any further information contact Noelle on 07872 422 101 or Shauna on 07866 173 258








We are looking forward  
to hosting our next  
Neuro Café Thursday  
14<sup>th</sup> May in Ards Arena

# Spring wellbeing calendar

Practise kindness in your community, connect with others, and boost your wellbeing with the suggestions in this calendar.

You can use the blank spaces to come up with your own ideas too. All the resources or activities mentioned can be found at [redcross.org.uk/wellbeing](http://redcross.org.uk/wellbeing)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>Explore our <u>Self-kindness toolkit</u></b> with ideas and activities to support yourself and others.</p>			<p>If you know or work with young children, <b>Download the <u>Spring kindness calendar pack</u></b>.</p>			<p>What signs of spring do you notice around you today?</p>
		<p>Have a big stretch, from your toes to the tips of your fingers, <b>then say three nice things that you like about yourself.</b></p>		<p><b>Write down three things you have achieved this week</b> – no matter how small.</p>		<p><b>Send a message to someone telling them what they mean to you.</b> How did doing this make you feel?</p>
<p><b>Plan a healthy routine</b> with the help of our online advice and activities.</p>	<p>Learn to support others by signing up to one of our <b><u>Tackling loneliness workshops</u></b>.</p>		<p><b>Be kind to yourself.</b> Remember, you are worth knowing.</p>	<p><b>Reach out to someone who may be feeling lonely.</b> A short phone call can make all the difference.</p>	<p><b>Use our <u>Circles of control activity</u></b> to help manage anything you're worried about.</p>	
<p><b>Take time to cook a meal.</b> Enjoy the smell and taste of the different ingredients.</p>		<p><b>Think of a simple physical activity you would enjoy.</b> A walk in the park, perhaps or some easy stretches.</p>			<p><b>Can you have a clear out?</b> Donate a bag of pre-loved items to your local Red Cross Shop.</p>	
<p><b>Write three simple positive intentions for your week.</b> For example, I will go outside every day.</p>			<p><b>Try something new today.</b> A recipe, creative activity or change of routine, perhaps?</p>			<p><b><u>Listen to your favourite uplifting music</u></b>, and dance like nobody's watching.</p>

**The power of kindness**



**Introducing**  
**Building**  
**Blocks to**  
**Parenting**

**Our free online course**

**Created by Action for Children's experienced parenting coaches for parents and carers of 0-5 year olds to help build your confidence in your parenting skills.**

**For more info or to register visit**

[parents.actionforchildren.org.uk/parenting-courses/](https://parents.actionforchildren.org.uk/parenting-courses/)



Hi all

We are delighted that the new Northern Ireland wide Resource “Let’s Explore Behaviour” was launched last week at the Northern Area Stronger Together event – see links below:

News Article - <https://cypsp.hscni.net/launch-of-the-new-lets-explore-behaviour-parent-guide-25-march-2026/>

Direct Link - <https://cypsp.hscni.net/download/443/lets-explore-behaviour/47769/naog-lets-explore-behaviour.pdf>

Please share widely with colleagues, families, social media and in newsletters to ensure as many families as possible get access to the new Resource.

*(Apologies for any cross posting)*

Many thanks

Valerie



**Valerie Maxwell, Children’s Services Planning & Information Ma**  
Children’s Services Planning Team/CYPSP, Community Care,  
Strategic Planning and Performance Group / Department of Health  
**Tel: 028 95363168 / Mobile: 07876136120**



Working in Partnership since 2011



# Think Outside the Box...

## Supporting Children's Emotional Health & Wellbeing

Join us for a FREE supportive, informative event exploring children's emotional health & wellbeing with a range of therapies available to support emotional wellbeing.

Date: Wednesday 29<sup>th</sup> April 2026

Time: 9:30am - 3:00pm

Where: Lough Neagh Discovery & Conference Centre

How to book? [Click here to book](#)

Tea / Coffee on arrival  
and lunch will be  
provided



### Guest Speaker

We are delighted to be joined by  
Conor McCafferty -  
Registered Psychotherapist.



### Practical Workshops

Workshop Taster sessions in:  
Equine Therapy  
Beyond Bricks Lego  
Music Therapy  
Art Therapy  
Creative Writing & Poetry Therapy



### Who is this for?

Parents, carers and professionals caring for or working with children, who want to:

- better understand children's emotions
- explore supportive therapies
- learn practical strategies
- connect with local services

Bookings close Monday  
20<sup>th</sup> April - please book  
early to avoid  
disappointment

Email! [ppinbox@ci-ni.org.uk](mailto:ppinbox@ci-ni.org.uk) for more information



# Teen Girls on Wheels and Healthy Relationships

**When?** Tuesday 14<sup>th</sup> April 6pm-9pm

**Where?** Queens Hall Newtownards

**Click here to reserve a spot:**

[Teen Girls on Wheels and Healthy Relationships Tickets, Tuesday, Apr 14, 2026 from 6 pm to 9 pm | Eventbrite](#)

## SparkHer Series:

**IGNITE, INSPIRE, EMPOWER**

**FREE** programme of outdoor  
activities and workshops





Apply for  
**free support**  
for your child



WORKING IN PARTNERSHIP



Based on **Take5**  
steps to wellbeing  
discover wellbeing tools, local activities  
and support across Ards and North Down.



Scan the QR code or type the link  
[tinyurl.com/BigFIVesteps](https://tinyurl.com/BigFIVesteps)



Thrivng Mind is a source of well-being tools to support anyone looking after their well-being. They include short clips for relaxed breathing, an introduction to mindfulness, calming skills, the revised Dealing with Worry Booklet, and four online interventions including Self-compassion and Bend Don't Break and more. Try the QR code or go [Thrivng Mind | ASCERT](#)



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

Does your nervous system work against you rather than for you?

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

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

The 4 on-line self-help resources with workbooks that can be downloaded has visual clips that guides the viewer through the workbooks at their own pace. They are all free and confidential.

Self-Compassion to Improve Wellbeing and Support Growth



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

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



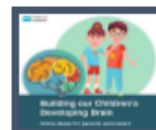
<https://www.ascert.biz/bend-dont-break/>

Using the Polyvagal Theory to Support Well-being



[Making Our Nervous System Work For Us | ASCERT](#)

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



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

If you make any use of the written copies of the workbooks or on-line version, your feedback will be invaluable. Each of the on-line links have an evaluation/feedback tab which is completely anonymous. Let us know if any of these tools are helpful. Thrivng Mind is ASCERT and the South Eastern, and Western H&SCT with support from the Public Health Agency working together to support well-being



You're invited to a nature-based health programme

# GREENSPACES

Join us for an 8-week programme designed to support your physical and mental wellbeing through guided activities in the beautiful surroundings of Mount Stewart.

## Starting

Wednesday 15 April  
10:00am – 12:30pm

8 consecutive weeks

Mount Stewart  
191 Portaferry Road,  
Newtownards,  
BT22 2AD

- ✓ Feel a sense of escape from daily stress
- ✓ Gentle physical activity
- ✓ Time to reflect
- ✓ Free to attend
- ✓ Connect with others in a supportive group

- ✓ Commitment to all sessions required
- ✓ Must be registered with a GP Practice in North Down & Ards Federations

Registration required due to limited spaces



To secure your place please contact:  
hannah.roach@setrust.hscni.net or call Catherine McNiece on 07872 419 898

# Peace of Mind

Inspire Wellbeing



The **PEACE of Mind** is a regional personal development programme delivered across a six-week period and is designed to enhance the emotional resilience and wellbeing of young people.

Inspire's delivery of the programme is now open to applications for 14-25 year olds considered marginalised or at risk.

The programme is delivered over 6 sessions, each focusing on a key area of personal development - starting in Sept 2025.

CONTACT [PEACEOFMIND@INSPIREWELLBEING.ORG](mailto:PEACEOFMIND@INSPIREWELLBEING.ORG) FOR AN APPLICATION FORM.

Please scan the QR code fore more information



**The Changing Lives Initiative: Flourish & Thrive offers early supports to parents\* of children who may be neurodivergent and experience the world in their own unique way— including those with or without a diagnosis of ADHD, Autism, or other neurodevelopmental differences.**

**We offer a range of interventions to parents including workshops, short programmes, on-line supports and longer evidence-based parent programmes. When you register an interest, our team will match you with the most suitable interventions to meet your needs. Please scan QR code for more information.**





PlayBoard NI's

# Spaces to Be

FREE mental health and well-being programme for children aged 9 - 11, featuring fun play sessions and interactive staff training, enhancing Shared Education



**Rooted in the child's right to play, the programme empowers children to:**

- Increase mental health literacy
- Enhance emotional resilience
- Develop self-help and coping skills
- Foster inclusivity and acceptance of difference
- Build cross-community relationships

**Supporting the NI Curriculum:**

- Personal Development & Mutual Understanding
- Personal Skills & Thinking Capabilities
- World Around Us
- Physical Education
- Arts

**Bookings open for 2026-2027**



## GET IN TOUCH\*

E: [OurGeneration@playboard.co.uk](mailto:OurGeneration@playboard.co.uk)  
[playboard.org](http://playboard.org)  
[ourgeneration-cyp.com](http://ourgeneration-cyp.com)

**100%** of participating staff said:

- ✓ Training will have a positive impact on their practice
- ✓ They will apply what has been learned in real-life work situations
- ✓ They would recommend PlayBoard training to schools and settings
- ✓ The trainers were excellent



<https://ow.ly/B98o50YyaEW>

The banner features a teal background with a white dotted pattern. On the left, there is a faded image of a man smiling with a young boy wearing glasses. On the right, a circular inset shows two children in school uniforms looking at a table with cards. Below this, another circular inset shows a woman and a child looking at a card together. The text 'Enhanced Support Model' is in white, and 'PUBLIC CONSULTATION' is in large, bold, teal letters.

# Enhanced Support Model PUBLIC CONSULTATION

**LIVE NOW**



This consultation will help shape the changes and give you the opportunity to have your say.



24 March - 22 May

# 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, 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, this does not represent a criticism or imply any endorsement or recommendation by HSCCT on behalf of the organisation or service.

This publication can also be downloaded from [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



### Services for Adults

#### MARC Project

Drop in service for chronic drinkers in the North Down and Antrim 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 consent 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

#### SEHSCT

☎ Tel: 028 9151 2189 (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, Downshire  
☎ 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.steps2cope.co.uk](http://www.steps2cope.co.uk)  
☎ [stc@ascert.biz](mailto: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 5815

#### 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

#### BHSCT 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

25-27 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](http://www.alcoholicsanonymous.ie)

#### AlAnon

Group Support for Family Members

☎ Tel: 028 9068 2368

☎ [www.al-anon.org.uk/alateen](http://www.al-anon.org.uk/alateen)

#### Alateen

Group Support for Teenagers

☎ Tel: 028 9068 2368

☎ [www.al-anon.org.uk/alateen](http://www.al-anon.org.uk/alateen)

#### Narcotics Anonymous

12 Step Programme/Group Meetings

☎ Tel: 0300 365 1010

☎ [www.na-northernireland.org](http://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](http://www.drugsandalcoholni.info)

☎ [connections@sedact.info](mailto: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 scan the QR code or search;

[www.DrugsAndAlcoholNI.info](http://www.DrugsAndAlcoholNI.info)



For more detailed information on services available in your HSCCT area visit [www.drugsandalcoholni.info](http://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 2025/26**

We are delighted to enclose our Mental Health and Suicide Prevention training calendar

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.

Areas include

**APPRENTICESHIPS NI**  
GET STARTED. GET SKILLED.

This programme is open to all school leavers aged 16+

Clanrye Group, via Apprenticeships NI, can provide you with high-quality vocational training to help you build real skills and confidence.

Train in a real job

Earn while you learn

Build a career

Scan the QR code and take your first step - APPLY TODAY!

SCAN ME

To get started contact us today ...

CONTACT US  
Chloe Marron  
028 3089 8119  
chloe.marron@clanryegroup.com

LOCATIONS  
Newry  
Sieve Gullion  
Lurgan

FIND US ON

Department for the Economy  
An Roinn Geilleagair  
Apprenticeships

**APPRENTICESHIPS NI**  
GET STARTED. GET SKILLED.

**WHO CAN APPLY:**

- Anyone of minimum school leaving age.
- In employment or about to take up employment for at least 21 hours per week.
- Existing employees can apply if they are moving into a new job role that requires significant new training.

CHOOSE FROM A VOCATIONAL QUALIFICATION IN:

- Horticulture
- Retail
- Customer Service
- Warehousing & Storage

**WHAT'S INVOLVED IN AN APPRENTICESHIP:**

- On-the-job-training – learn practical skills in the workplace with support from supervisors or mentors.
- Off-the-job training (day release) – structured learning, one day attendance at Clanrye Group
- Opportunities to gain qualifications in Essential Skills Numeracy, Literacy & Digital ICT if required
- Gain a level 2 qualification in your chosen vocational area

CONTACT US  
028 3089 8119  
chloe.marron@clanryegroup.com

LOCATIONS  
Newry  
Sieve Gullion  
Lurgan  
Banbridge

Clanrye Group  
Department for the Economy  
An Roinn Geilleagair  
Apprenticeships

**WELLNESS WORKS**

Eligible community-led groups can apply to Wellness Works for up to £2,000 in funding to create and deliver a free 8-week Health and Wellbeing programme.

To find out more contact:

- 028 3089 8119
- info@clanryegroup.com
- clanryegroup.com

Physical Activity Sessions

Stress Management Sessions

Mental Health Workshops

Healthy Lifestyle Workshops

Free for participants across the Newry, Mourne and Down District Council area

PEACEPLUS  
Newry Mourne and Down District Council

Department for the Economy  
An Roinn Geilleagair  
Apprenticeships





## The King's Trust Newsletter

Northern Ireland, February 2026

We have so many great courses for young people aged 16-30 to get involved in.

**Courses are free** and give people the tools to build their confidence, find a job or start their own business.

Did you know? We **reimburse travel costs** for all our courses and can also support with **childcare costs**

[Upcoming courses from The King's Trust](#)

## 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](https://www.adhdfoundation.org.uk/wp-content/uploads/2023/05/ADHD_TeenagerBooklet_London.pdf)



Call us - 0151 541 9020

Follow us    



# Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with:



Use Access Code  
**NIFAMILIES**

For information on other parenting support please scan QR code



## 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](https://www.facebook.com/ArdsCommunityNetwork)

**Ards Community Network**

**Ards Community Network Centre**

**43-45 Frances Street**

**Newtownards**

**BT23 7DX**

**Tel: 02891 814625**

**Email: [info@ardscommunitynetwork.com](mailto:info@ardscommunitynetwork.com)**

**[www.ardscommunitynetwork.com](http://www.ardscommunitynetwork.com)**

NDCN

ACTIVITIES

TRIPS

ART

FRIENDSHIP

VR

GAMING



COOKING

10-15 YR  
OLDS

LEADERSHIP

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

TEL: 02891 461386

EMAIL: [MANAGER@NDCN.CO.UK](mailto:MANAGER@NDCN.CO.UK)

 DICE BANGOR

[WWW.NDCN.CO.UK/YOUTH-PROGRAMMES](http://WWW.NDCN.CO.UK/YOUTH-PROGRAMMES)

NDCN



**familysupport** NI.gov.uk

Helping You Find the Services You Need

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

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

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

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

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

Latest COVID-related information available via dedicated COVID Information Section

# FAMILY SUPPORT HUBS

## WORKING TOGETHER WITH FAMILIES TO CREATE POSITIVE CHANGE

### What is the Family Support hub?

The Family Support Hub is a network of organisations working together to support families with children and young people up to the age of 18.

The hub helps families access right help at the right time before problems become more difficult to manage

### We can help with

- Parenting Support
- Emotional well being
- behaviour or school concerns
- Family relationships
- Connecting you with local support services

Support focuses on early help, building resilience and strengthening families



 **South Eastern  
Family Support Hubs**

### How does it work?

- A referral is made to the family support hub
- Partner organisations review the family needs
- the most suitable support service is identified
- families are connected to the help they need

### Need Support?

- Referrals can be made directly by the family however if you don't feel comfortable doing so speak to your school, GP, health visitor or directly to your local family support service about making a referral to the family support hub
- South Eastern Family Support Hub telephone 028 9250 1357
- Email: [familysupporthubs@setrust.hscni.net](mailto:familysupporthubs@setrust.hscni.net)

### Referral form QR CODE



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

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

[028 44 613 630](tel:02844613630)

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

[www.downsurestart.org](http://www.downsurestart.org)



**BANGOR SureStart**

**BANGOR SURE START AIMS TO DELIVER**

"the best start in life"

**FOR EVERY CHILD AGED 0-3 YEARS OLD**

Bangor Sure Start offers FREE services in the Whitehill, Dufferin, Harbour 1, Conlig 3 areas - AND NOW DONAGHADEE SOUTH !!

**CONTACT US TO GET REGISTERED!**  
Email: [bangoreception@bryonsurestart.org](mailto:bangoreception@bryonsurestart.org)  
Tel: 028 91457248 Or reach us via Facebook Messenger  
[www.facebook.com/bangorsurestart](http://www.facebook.com/bangorsurestart)

# SureStart 0-3yrs

HSC South Eastern Health and Social Care Trust

**SureStart Ards**

SureStart Ards are excited to announce the launch of our new webpage with lots of information and fun activities for families and children.

Make sure to visit at:  
[www.surestartards.com](http://www.surestartards.com)

Collage of website content including: 'Welcome to SureStart Ards', 'Weekly Speech, Language And Communication Messages', 'change4life', 'We're Going on Bear Hunt', and 'Start with us here'.

# 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:

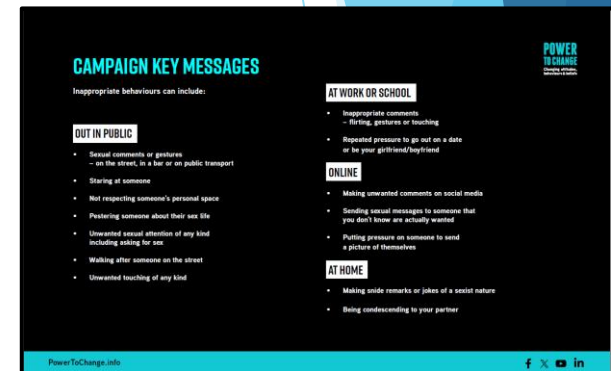
**Challenging attitudes & behaviours** – calling on men to consider their responsibility and how their actions affect others.

**“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

The logo for Home Start, featuring the words "HOME" and "START" in white capital letters on a purple square background. The letter "O" in "HOME" is replaced by a stylized orange figure of a person with arms raised.

Homestart North Down

Contact;

07949 347198

[admin@homestartnorthdown.org.uk](mailto:admin@homestartnorthdown.org.uk)

Follow us on Facebook

Home-Start Down District (Ballynahinch)

10b Lisburn Street

BALLYNAHINCH

BT24 8BD

Telephone:028 9756 3006

Email: [ballynahinch@homestartdd.org](mailto:ballynahinch@homestartdd.org)

Follow us on Facebook

# 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 <sup>1</sup> or Priorix <sup>2</sup> )	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) <sup>1</sup> (annual) <sup>2</sup> (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) <sup>2</sup>	Upper arm
	Measles, mumps and rubella	(MMR VaxPRO <sup>1</sup> or Priorix <sup>2</sup> ) (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) <sup>2</sup>	Upper arm

## Immunisations for at-risk children

At birth, 1 month old, and 12 months old	Hepatitis B	HepB (Engerix B or HBvaxPRO) <sup>2</sup>	Thigh
At birth	Tuberculosis	Bacillus Calmette-Guérin (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) <sup>1</sup> (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.

<sup>1</sup> Contains porcine gelatine.

<sup>2</sup> 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](http://www.helpkidstalk.co.uk)



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

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

**The multidisciplinary team supports children by:**

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

**The Team:**

•**Team Co-ordinator**

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

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

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

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

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

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

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

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

**Clerical Staff**

**Contact Details;**

**RISE NI**

8 Moss Road

Ballygowan

Co Down

BT23 6JE


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

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

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





 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>



**Community  
Helpdesk**

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

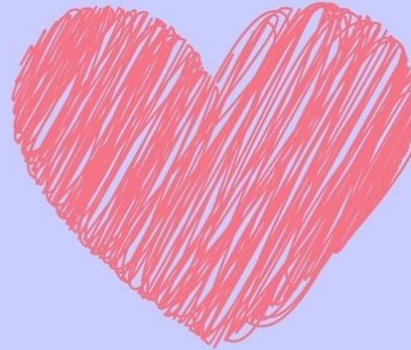
 [setrust.hscni.net/health-living/youth-health-advice](http://setrust.hscni.net/health-living/youth-health-advice)

 [YHAS@setrust.hscni.net](mailto: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



FREE

## RSE PROGRAMME

for 12-14 year olds in youth and community groups

WITH: **COMMON YOUTH.**

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



### TOPICS

#### Periods

Puberty and body changes

Staying safe online

#### Healthy relationships

Consent

LGBTQ+

Body Image

Resilience

Friendships

For full programme content, email:

[Hello@commonyouth.com](mailto:Hello@commonyouth.com)

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



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.

Moyna, E. et al. (2015). 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](http://www.ci-ni.org.uk/Ready-to-go.EBSA_.pdf)



Children in Northern Ireland

# 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](mailto:info@ascert.biz)



South Eastern Health  
and Social Care Trust



## Getting support at an early stage!

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

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

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

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

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

**#HopeThroughAction**

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

# Gateway

Gateway is a social work service for children and families. It is the first point of contact for people who wish to share a concern about a child/young person who is not already known to social services. It exists to respond quickly to the needs of children and families who are referred for a social work service.

The Gateway Service can be directly contacted for help in the Lisburn, Dunmurry, Moira, Hillsborough, Ballynahinch Downpatrick, Newcastle, Bangor, Newtownards and Comber areas on:

**0300 100 0300**

Monday to Friday: 9.00am – 5:00pm (excluding public and bank holidays)

## **Out of Hours**

Contact the Emergency Duty Service on:



# Helplines

**make the call**

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



**0800 232 1271**

**Find Help NI**  
Sponsored · 

If you find yourself... See more

**Who is Find Help NI For?**

Find Help NI is for anyone in NI who wants to improve their mental health, wellbeing and day to day life.

[Visit FindHelpNI.com](https://www.findhelpni.com)



**FindHelpNI.com** [Learn more](#)

- **Lifeline** tel:0808 808 8000 [www.lifelinehelpline.info](http://www.lifelinehelpline.info)
- **Childline** tel:0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- **Samaritans** tel:116 123 [www.samaritans.org](http://www.samaritans.org)
- **NSPCC** tel:0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)

# Cost of Living Guide

The cost of living guide continues to get high numbers of downloads and is being well shared on social media and through organisations intranets and newsletters etc.

<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>

## Translation Hub

We have also had a number of requests for the guide in different languages so it is available on the translation hub section of the cypsp website.

[Translations - Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](#)



**Please find your comprehensive guide to help you on your journey though disability/ additional needs;**

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

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

Community  
Advice

Ards and North Down



Advice Line

0300 123 9287

Local rate - 10am - 4pm - Monday - Friday



like us on

facebook



## Service Hours and Locations

### Ards Office

9am - 5pm Monday to Thursday  
(9am - 4pm - Friday)

30 Frances Street  
Newtownards  
BT23 7DN

### Bangor Office

9am - 5pm Monday to  
Thursday (9am - 4pm -  
Friday)

39A Hamilton Road  
Bangor  
BT20 4LF

### Hollywood Office

Monday - 10am - 4pm  
Wednesday - 10am - 4pm  
Friday - 10am - 1pm

Queen's Leisure Complex  
Sullivan Close  
Hollywood  
BT18 9JF

# Locality Planning Meetings for 2026

## Ards & North Down LPG

Tuesday 10<sup>th</sup> March

Tuesday 16<sup>th</sup> June

Tuesday 8<sup>th</sup> September

Tuesday 8<sup>th</sup> December

2-4pm

Ards Arena

South St

Ards.

[Noelle.Hollywood@setrust.hscni.net](mailto:Noelle.Hollywood@setrust.hscni.net)

## Down LPG

▶ Wednesday 18<sup>th</sup> March 2026

▶ Wednesday 17<sup>th</sup> June 2026

▶ Tuesday 15<sup>th</sup> September

▶ Wednesday 9<sup>th</sup> December

2-4pm

Ballymote Sports  
& Wellbeing Centre

BT30 6PX

# 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 the Fortnightly News please contact;](#)

[noelle.hollywood@setrust.hscni.net](mailto:noelle.hollywood@setrust.hscni.net)

or mobile 07872422101