

Ards & North Down and Down CYPSP Locality Planning Group Newsletter

89th edition June 2026

Fortnightly News

Welcome to the Summer 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

Mobile number 07872422101



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COLIN 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/carers
will be available on a first come, first served basis

Light refreshments



Thursday 24 September 2026

10am- 12noon



Brook Leisure Centre, 25 Summerhill Road,
Dunmurry, BT17 ORL



If you require any further information contact Shalise on
(028) 9062 3813 or Noelle on 07872 422 101.

Next Neuro Café
24th September
10-12
Brook Leisure Centre
Dunmurry BT17ORL

ACET will be running their next PHA funded online HIV STIs and Contraception OCN L2 Training course on:

Monday 17th, Wednesday 19th, Monday 24th and Wednesday 26th August 2026 from 10.00-11.30am each day

APPLY HERE:

<https://www.eventbrite.com/e/1987594139576?aff=oddtcreat>
[or](#)

The course will be delivered entirely online via 4 live Zoom sessions. Please also forward this info on to any colleagues or contacts you think might be interested.

We will cover :

- Sexually Transmitted Infections
- Blood-borne viruses : HIV and Hepatitis C
- Contraception
- Prevention
- Condom Use
- Local Sexual Health Services

It will be suitable for anyone working or volunteering with either young people or adults in Northern Ireland who would like to improve their understanding of sexual health. The course is funded by the Public Health Agency so free of charge to participants, and is accredited with OCNNI at Level 2. Places are limited to 15 per course, and allocated on a first-come-first served basis.



Police Service of Northern Ireland

INFORMATION FROM THE POLICE FOLLOWING RECENT PUBLIC DISORDER IN NORTHERN IRELAND

Your Police Service recognises that the civil unrest and protest activity of recent days are a great concern.

You have our support and we are doing everything we can to prevent the disorder and bring those responsible to justice.

Police officers will be on patrol right across Northern Ireland.

We are here to keep you safe and to prevent attacks from taking place.

If you see anything which makes you feel afraid please contact police.

How to contact Police

- In an emergency call 999
- If you have information about a crime – call 101
- Report online through the PSNI website [click [here](#)]

We will investigate your report.

If you are concerned about contacting police yourself

- Speak to a trusted person, community representative or support worker
- Contact the independent [Hate Crime Advocacy Service](#) on 028 9024 3133

Every incident matters and we want to hear from you.

What else are the police doing?

We are working with many partner organisations to make sure our response is the very best it can be.

We are in contact with diverse community representatives to make sure that information reaches you and we understand what you need from us.

More help and advice is available

Further information on hate crime - click [here](#)

Information on keeping yourself safe – click [here](#)

Protect Yourself – A Guide to Personal Security Booklet – click [here](#)

Information on keeping your home safe – click [here](#)

Who Can Refer?

The service is offered to families with children aged 8-13 who live within the **Belfast, South Eastern and Northern trust areas.**

As an early intervention service, threshold suitability will be assessed for access to the service. We encourage referrals from a variety of sources including:

- Self-referral
- Family Support Hubs
- Professionals i.e. Social Worker, Health Visitor, GP.
- Education i.e. teacher, behaviour support.



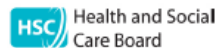
EIFSS is available to families living in the Belfast, Northern and South Eastern areas. We welcome self-referrals and we can be contacted at:

028 9066 8766

Email: eifss@barnardos.org.uk



INFORMATION FOR PROFESSIONALS WORKING DIRECTLY WITH CHILDREN & FAMILIES



Who We Are

Barnardo's Early Intervention Family Support Service aims to intervene as early as possible to tackle emerging issues for families with children and young people aged 8-13 years.

We use a strengths based approach to build resilience and facilitate better outcomes for children, young people and families. We recognise that families are the experts in their own lives and value the significance of meaningful participation, partnership working and co-production.

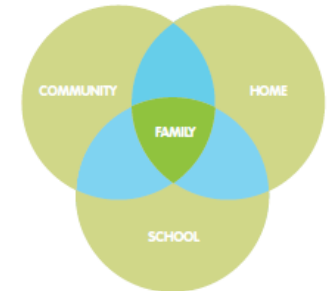
What Do We Do?

Strengthen links between the home, school and the community. We will offer a range of individually tailored supports to suit family need. This will include providing direct support to children, young people and families who are facing challenges that are difficult to overcome.

For example:

- Relationship difficulties
- Parenting skills and strategies
- Boundaries and Routines
- Emotional wellbeing and regulation
- School refusal

- Developing confidence and self esteem
- Risk of social exclusion
- Anti-social behaviour



We understand that in order to provide sustainable outcomes, longer term engagement is often required. On-going assessment using Outcome Star will ensure programmes are service user led and focused.



north down
YMCA

COMMUNITY CONNECTIONS

SUMMER PROGRAMME

CREATIVE CONNECTIONS



Finishes on
MONDAY 29TH JUNE

Will return on
MONDAY 7TH SEPTEMBER

COMMUNITY LUNCH



WILL CONTINUE
**EVERY MONDAY
IN JULY & AUGUST**

TIME: 12PM – 2PM

! COMMUNITY CONNECTIONS SUMMER BREAK !

ALL COMMUNITY CONNECTIONS PROGRAMMES
WILL BE CLOSED FROM **6TH JULY**, RETURNING ON **20TH JULY**.

COMMUNITY BREAKFAST



EVERY WEDNESDAY

TIME: 9.30AM – 11AM

OVER THE SUMMER WE WILL
ALSO BE OFFERING **PACKED LUNCHES** TO SCHOOL CHILDREN
WHO COME ALONG WITH AN ADULT.



MONDAY 27TH JULY

COMMUNITY PICNIC
(WEATHER PERMITTING)
LOCATION TBC

**COMMUNITY LUNCH,
PICNIC STYLE & GAMES!**



MONDAY 17TH AUGUST

**COMMUNITY BBQ STYLE LUNCH
& GAMES!**

(WEATHER PERMITTING)
LOCATION TBC



KEEP AN EYE ON **SOCIALS**
FOR MORE INFORMATION



OR CONTACT JAMIE-LEE ON **07591840539**



TAKE TWO MINUTES TOWARDS A THRIVING MIND



CALMING SKILLS

Feeling overwhelmed can be caused by having too much to handle mentally or emotionally. When this happens, our body response may be 'fight or flight'. Humans are designed like this. It is meant to keep us safe.

It isn't always helpful though. Calming (also known as grounding) can help us 'turn down the volume' of this bodily response.

Why not practice some calming skills and plan (while you are not overwhelmed) to use them when you need to?

If you happen to feel worse after trying these techniques, it may be time to ask for help. Speak to a professional, eg. a GP or nurse.

2 MINUTE TRY-IT

RELAXED BREATHING

Shallow and rapid breathing is normal during our body's 'fight or flight' response to being overwhelmed.

Reverse this with some deep breathing. This will help tell your body you are, in fact, safe.

Deep Breathing

Slow 'belly breathing' works well as a deep breathing technique.

When you breathe in, let your tummy rise or get bigger.

Make your 'out breath' take longer than your 'in breath'.

Puckered breathing

Breathe in for 2 seconds, normally. Breathe out for 4 seconds through puckered lips (as if you are blowing into a straw).

Repeat. What an impact this simple technique has!

If this helped you today, try more calming skills and our other wellbeing materials at www.tinyurl.com/ThrivingMind





TAKE TWO MINUTES TOWARDS A THRIVING MIND



MINDFULNESS

Feeling overwhelmed can be caused by having too much to handle mentally or emotionally. When this happens, our mind can drift to unhelpful thoughts.

Mindfulness (taking notice) means actively focusing all your attention on one thing. It can help us return to the 'here and now'.

Why not practice taking notice and plan to use it when your mind wanders to unhelpful thoughts?

If you happen to feel worse after trying mindfulness, it may be time to ask for help. Speak to a professional, eg. a GP or nurse.

2 MINUTE TRY-IT

MINDFULNESS

Pick one of the following suggestions:

- Your breathing: notice your belly moving when you breathe. Feel the air entering and leaving your body.
- Sounds: notice those that are soft, loud, nearby or far away.
- An item held in your hand: notice how it feels, what it weighs, how it looks.
- Food: notice the food's appearance, shape, size, colour, aroma. Notice the taste, texture, your chewing, your swallowing.

When your mind wanders, return it to what you have chosen to focus on. What an impact this simple technique can have!

If this helped you today, try other calming skills and more of our other wellbeing materials at www.tinyurl.com/ThrivingMind





Hi all,

I hope this email finds you well.

We are currently looking for volunteer trustees to join our Management Board, and we would love your help finding the right people.

We provide family support to families who have at least one child under the age of five who live in Bangor, Conlig, Hollywood and Donaghadee. We provide three elements of family support:

Volunteer Home Visiting: Trained volunteers provide tailored practical and emotional support in the family's home.

Groups Support: We run two weekly family groups which focus on providing a safe, inclusive welcoming environment where families can build connections and play and learn together.

Evidence-based Parenting Programmes: We deliver structured parenting programmes on a 1-to-1 basis in the family home and within groups.

This is an exciting, strategic role for individuals who care deeply about family support and who are interested in governance. Prior board experience is not required; we value diverse perspectives and lived experiences. We are particularly keen to hear from people with an interest in family support/early years, or those who bring skills areas such as finance, HR, legal or business management.

The Commitment: 2-3 hours per month, including attending bi-monthly board meeting and occasional committee work.

The Reward: A chance to develop leadership and strategic skills, network with other professionals and directly improve the lives of families in North Down.

If you have a heart for family support and want to help guide our mission, we would love to hear from you. Please contact me and we can arrange an informal chat about the trustee roles.

Please forward this email to friends, colleagues or within newsletters to help us reach more people.

Warm regards,

Julie-Ann manager@homestartnorthdown.org.uk

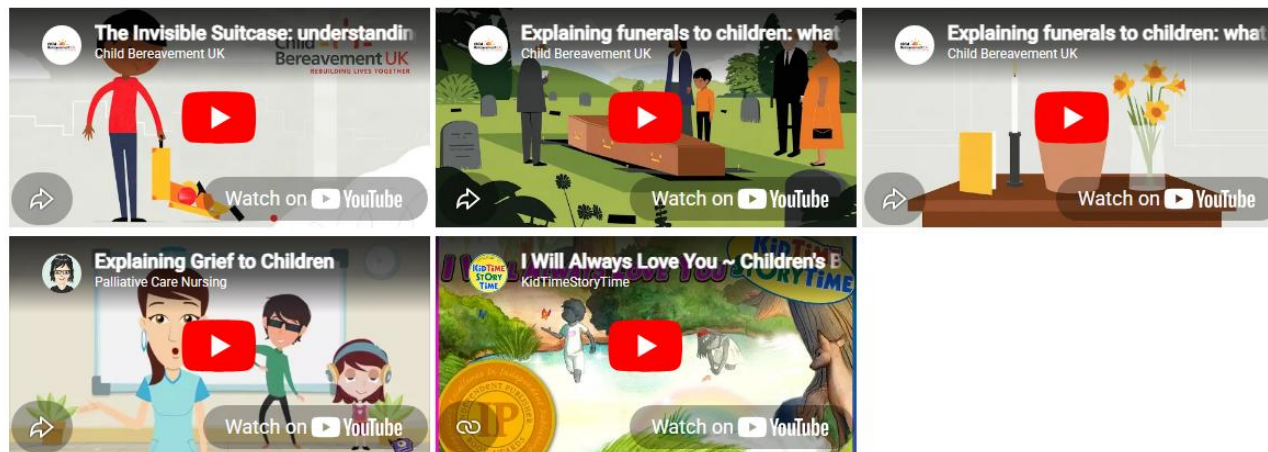
Working in Partnership since 2011

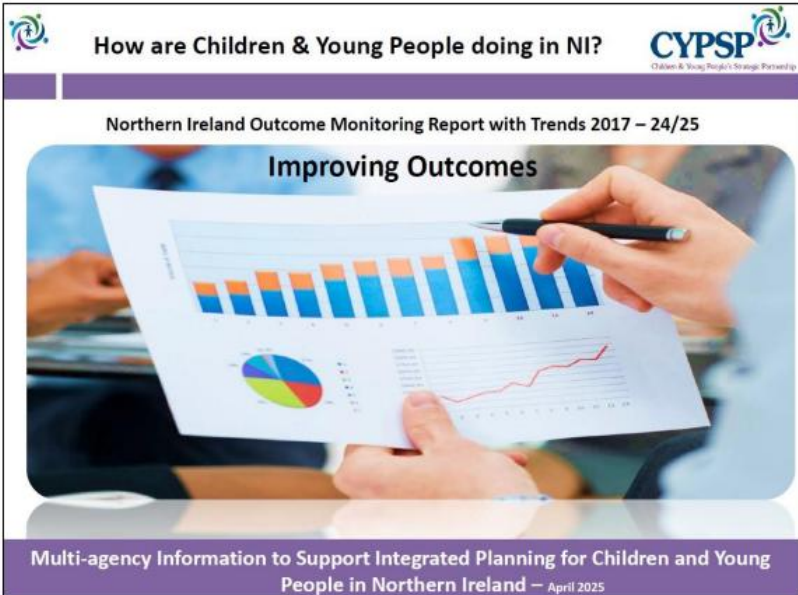


Please find information for parents, children and young people available on the Youth Wellness Web for sharing widely

<https://cypsp.hscni.net/youth-wellness-web/bereavement/>

View videos below –



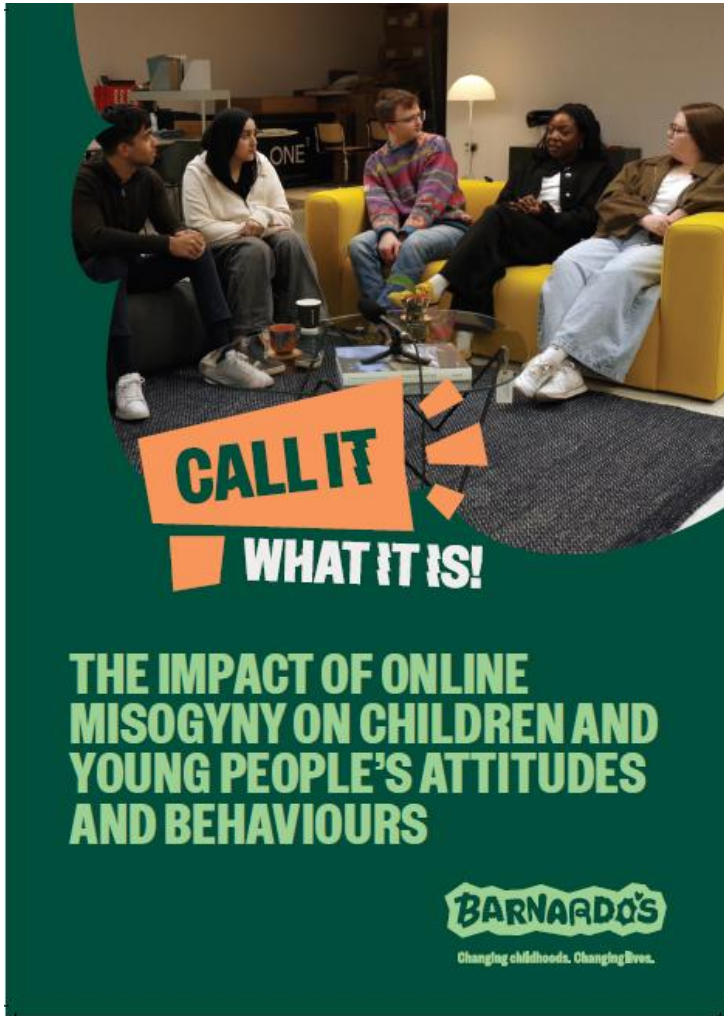


New Report Highlights Changing Picture for Children and Young People in Northern Ireland

The [Northern Ireland Outcome Monitoring Report 2017–2025](#), recently released by the Children's Services Planning Team on behalf of the Children and Young People's Strategic Partnership (CYPSP), presents the most comprehensive picture to date of how children and young people are faring across eight key outcomes, drawing together multi-agency data from health, education, justice and social care

Download [HERE](#)

Please feel free to share with your teams and partners, where relevant, and promote on your social media platforms to spread the word



Call It What It Is Is Barnardo's

**Free and
confidential**



Safe home Happy home

95% of home accidents are preventable

Have you children under the age of 5?

Are you over 65?

**Does someone in your household have a
disability/vulnerability?**

If "YES", then you are at greatest risk of a home accident.

Contact our Home Safety Team for a FREE visit.

0300 013 3333 ext 40336 or email
homesafety@ardsandnorthdown.gov.uk

Get information, advice and (where
appropriate) free equipment to
make your home safer


**Ards and
North Down**
Borough Council



**Parenting
Courses**



**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/



Let's Explore Behaviour



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



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



Your Wellbeing Tools

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 on the left or go <https://www.ascert.biz/thrivng-mind/>

Below are the 4 on-line self-help resources with workbooks that can be downloaded. They contain visual clips that help guide the viewer through the workbooks at their own pace. Scan the QR codes or copy the web addresses, they are all free and confidential.

Self-Compassion to Improve Wellbeing and Support Growth.



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



Using the Polyvagal Theory to Support Well-being.



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



If you make any use of the written copies of the workbooks or the 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, the South EasternH&SCT and Western H&SCT with support from the Public Health Agency working together to support well-being.

<https://setrust-hscni.pagetiger.com/thrivngmind/>



Domestic Abuse One Stop Shop Downpatrick

A multi-agency service for all women experiencing domestic abuse. Confidential, free and immediate advice and support for:

**Physical Abuse |
Emotional Abuse | Sexual
Abuse | Financial Abuse |
Technological Abuse |
Coercive Control**

No appointment needed
Women's Aid, Solicitor,
Police, Crime Prevention,
Benefits Info, Money Advice
& Housing Advice

For further information
please contact:
028 9066 6049 or email
admin@belfastwomensaid.org.uk

You don't need to make an appointment and you don't have to face anything you're not ready for.

Need Immediate Support?

domestic and sexual abuse

helpline 0808 802 1414



DOWN ARTS CENTRE Irish Street Downpatrick

Session Dates

10am - 12pm

Tues 28th April 2026
Tues 26th May 2026
Tues 30th June 2026
Tues 29th Sept 2026
Tues 27th Oct 2026
Tues 24th Nov 2026
Tues 26th Jan 2027
Tues 23rd Feb 2027
Tues 30th Mar 2027



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 FOR AN APPLICATION FORM.

Please scan the QR code fore more information





THE CHANGING LIVES INITIATIVE



THE CHANGING LIVES INITIATIVE FLOURISH & THRIVE

Are you a parent or carer of a child aged 6-12 years who shows ADHD type behaviours?

Do you live in Southeastern HSC Trust, Belfast HSC Trust or Northern HSC Trust?

A formal diagnosis is not needed

The Changing Lives Initiative: Flourish & Thrive invite parents to join our Parents Plus Programme

- An 8-week evidence-based course designed to support families with behaviour, attention, and emotional challenges.
- This programme will run during May/June with AM & PM online slots available.

To get started:

1. email info@changinglives.ie or call 02895 900378
2. We will fill out a short Expression of Interest form on your behalf.
3. A member of our team will contact you by email or phone to guide you through the next steps.

For more information, visit www.changinglivesinitiative.com



PEACEPLUS Northern Ireland - Ireland

Co-funded by the



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



028 9590 0378



Info@changinglives.ie



The Changing Lives Initiative
Flourish & Thrive



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
playboard.org
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



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 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 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, 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.stepsstocope.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 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

AlAnon

Group Support for Family Members

☎ Tel: 028 9068 2368

☎ www.al-anon.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 (SEDAC Connections)

The DMCT 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 scan the QR code or 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 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
Here To Support You

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

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

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

 DICE BANGOR

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 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 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

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

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: bangorreception@bryonsurestart.org
Tel: 028 91457248 Or reach us via Facebook Messenger
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

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:

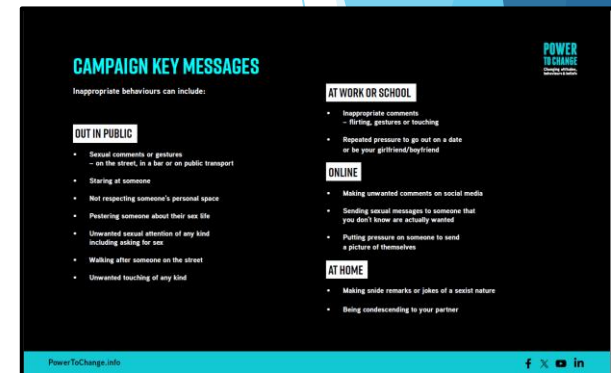
Challenging attitudes & behaviours – calling on men to consider their responsibility and how their actions affect others.

“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

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

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) ¹ (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-Guérin (BCG) vaccine	Upper arm (intra-dermal)
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

Grow your Story Tree this summer

Join the Big Summer Read 2026 at your local library and watch your Story Tree grow.

Every book you read adds a new leaf, helping your tree fill with stories, adventures and ideas throughout the summer.

[Join at your local library](#)

What is the Big Summer Read?

The Big Summer Read is a free reading challenge for primary school-aged children, taking place in libraries across Northern Ireland.



This year's theme is The Story Tree. Every book you read becomes a leaf on your tree, helping it grow all summer long.

Children can read anything they enjoy, from comics and adventure stories to funny books and facts.

How does the Big Summer Read work?


1. Sign up at your local library
2. Read books — any kind you like
3. Add a leaf for every book you read
4. Read 10 or more books to complete the challenge

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



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



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.

Mayne, T. 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



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



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
- **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 \(CYPSP\) \(hscni.net\)](#)



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.

Locality Planning Meetings for 2026

Ards & North Down LPG

Tuesday 10th March

Tuesday 16th June

Tuesday 8th September

Tuesday 8th December

2-4pm

Ards Arena

South St

Ards.

Noelle.Hollywood@setrust.hscni.net

Down LPG

▶ Wednesday 18th March 2026

▶ Wednesday 17th June 2026

▶ Tuesday 15th September

▶ Wednesday 9th 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

or mobile 07872422101