

<https://cypsp.hscni.net/download/426/cyp-resource-pack/46527/cyp-resource-pack-august-2025-back-to-school.pdf>

The Children and Young People's Resource Pack – Back to School Edition is packed with fun, helpful, and supportive ideas to help you feel ready and confident for the new school year!

In this edition you will find:

Activities – Fun filled back to school colouring sheets and activities.

Starting School – Tips and support for little ones taking their first big step into school life.

Back to School – Ideas to help you settle in, stay positive, and feel prepared.

Transitions – Support for moving schools, changing classes, or starting something new.

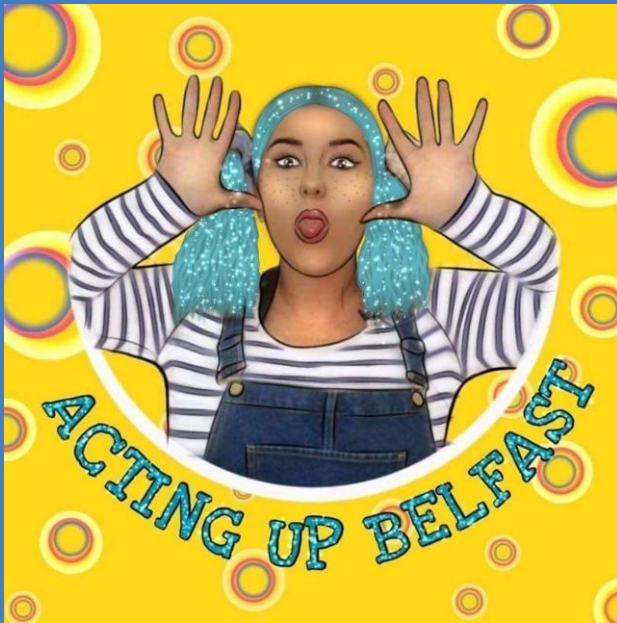
Lunchbox & Snack Ideas – Yummy, healthy bites to keep your brain and body happy!

Results Day – Encouragement and advice for handling results with confidence.

Wellbeing – Tools to help you feel calm, strong, and supported every day.

If you have any information you would like to share across our Locality Planning Group members in Belfast please email:

LocalityPlanning@belfasttrust.hscni.net



North Belfast District PCSP are proudly supporting the following workshops delivered by [Acting Up Belfast | Belfast | Facebook](#) @ Girdwood Community Hub.

Click here to book these free sessions, [Our schedule | Acting Up Belfast | Powered by ClassForKids](#)

Everyone is welcome.

Saturday 04 October – 2-3 pm- Feelings and emotions (4yrs - 8yrs) Children will step into the shoes of characters like Joy, Sadness, Anger, and more to better understand their own emotions in a playful, supportive environment. This engaging workshop encourages creativity, empathy, and emotional awareness through drama and games.

This session is part of an early intervention programme designed to help children build emotional resilience and positive coping skills to help prevent anti-social behaviour later in life.

Saturday 18 October – 2-3 pm - Diversity workshop (6yrs - 11yrs) Using imagination and teamwork, we'll create stories that celebrate what makes each of us unique — from our talents and interests to our cultures and experiences. Children will build confidence, empathy, and communication skills while learning how to embrace differences and respect others.

Perfect for fostering friendship, understanding, and a strong sense of community, this class encourages every child to shine as their authentic self.

Spaces for both sessions are limited – come along and help your little ones learn about big feelings in a safe and joyful space!

Pregnancy in Mind

Free mental health group support for parents-to-be to find space for whatever they're feeling.



Information for professionals

What is it?

Pregnancy in Mind (PiM) is for parents-to-be between 12 and 26 weeks of pregnancy. The programme is completed by 34 weeks of pregnancy.

It supports those experiencing or at risk of mild anxiety or depression.

Typically, PiM meets once a week for eight weeks, plus two post natal check-ins. Sessions can happen in person or online. Sessions are for either parent. Parents-to-be can attend by themselves or bring a support person.

The programme focusses on:

- Coping strategies.
- Understanding mental health.
- Mindfulness.
- Relaxation.
- Connecting with baby.

A medical diagnosis is not necessary to attend PiM.



How to refer

Email 'Pregnancy in Mind referral' to nihubadmin@nspcc.org.uk to get a referral form.

You must:

- Make sure the person you're referring knows about PiM and agrees to the referral.
- Ask if this is their first child and if there are any other children in the family home.
- Provide the names and dates of birth for the other children, if relevant.

We accept referrals for families with a range of needs including those who are receiving support from Children's Social Care.



Following the referral, we:

- Contact the parent(s)-to-be.
- Arrange a phone call to introduce ourselves and the service.
- Start an assessment to understand their needs.

Support for you

We can offer consultation for professionals. We can advise on how to support a parent-to-be and/or partner who's suffering from anxiety or depression but does not wish to be referred to the NSPCC.

We look forward to receiving your referrals and supporting you.

To find out more or make a referral, email: nihubadmin@nspcc.org.uk or phone 02820441650.





RAISE PROGRAMME UPDATE – PUBLICATION OF RAISE STRATEGIC AREA PLANS AND CALL FOR LOCALITY LED PROJECTS

I am writing to provide you with an update on the RAISE Programme and to draw your attention to the publication of some important information.

Today I am delighted to advise that the RAISE Strategic Area Plans for all 18 localities have been published and are available on the Department of Education's website. I would like to acknowledge the significant work of the Locality Reference Groups in developing these plans.

We have updated the RAISE area of the Department of Education's website - RAISE programme | Department of Education and each of the plans, along with a range of other information, can be found here. The website now contains different areas including one for RAISE localities where each locality has an individual page. RAISE Localities | Department of Education

Alongside the publication of the RAISE Strategic Area Plans, the first call for Locality Led Projects is also now live.

To propose a Locality Led Project organisations will be required to complete a Locality Led Project Identification Template. The *RAISE Locality Led Projects – Identification of RAISE Locality Led Projects and RAISE Locality Led Project Identification Template Guidance Notes* document is available here.

Project proposals are invited from organisations with experience of successful working in the locality, schools serving those pupils who live within a RAISE locality or area identified within the locality's Strategic Area Plan (excluding independent and preparatory schools), early years providers, colleges and appropriately constituted community groups and

voluntary organisations. Examples of which include Associations, Trusts, Companies limited by Guarantee, Community Interest Companies, Charitable Incorporated Organisations or Industrial and Provident Societies. Proposals from Churches will also be considered.

As one of the key objectives of the RAISE Programme is raising aspirations through a whole community approach to education, collaborative/ consortium proposals will also be welcomed.

All project applications must be submitted via the online platform **by 2.00pm on 30 September 2025**. Late applications will not be accepted.

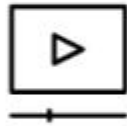
I would be grateful if you could share this information with your networks.

The RAISE Team and I look forward to continuing to work with you as we move forward with this next phase of the Programme.



RESOURCES FOR WELLBEING

Join us online as we celebrate
all that this new platform offers!



Monday 22 September 2025
10am-12noon

Email
ed.sipler@setrust.hscni.net
to register

Thriving Mind is a new platform, developed by a range of partners, that offers easy access to free, evidence based wellbeing resources that will bring benefit to you, your service users, colleagues and staff.

We are delighted to be promoting these resources and this single point of access. This event is not a launch but an opportunity to explore the contents and more import how these resources can be useful and link to other resources you use..

We look forward to receiving your registration by email to ed.sipler@setrust.hscni.net and to receiving registrations from all those you cascade this exciting invitation to.

Additional Opportunities

For those who complete the programme there will be an opportunity to access training to become a peer mentor. This training will empower them to:

- Deliver elements of the programme to their peers
- Gain leadership skills and experience to support and enhance their opportunities for further education and employment.

How to get started?

We would love to discuss the programme further and explore how it can benefit those who use your services.

Please reach out to us to arrange a meeting so that we can discuss this further.

You can contact us on peaceofmind@inspirewellbeing.org

Let's work together to support the emotional wellbeing and resilience of our young people!



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the



European Union



UK Government



Northern Ireland
Executive
www.northernireland.gov.uk



Rialtas
na hÉireann
Government
of Ireland



PEACE of Mind

empowering young minds,
building resilience

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



inspire
wellbeing, ability, recovery



**The Open
University**

Cedar
Opportunity Choice Inclusion

For more information, please contact:

peaceofmind@inspirewellbeing.org



PEACE of Mind

empowering young minds,
building resilience

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 aged 9-25.

What is the PEACE of Mind programme?

The PEACE of Mind Programme is an interactive, fully funded personal development initiative designed to enhance emotional resilience, coping skills, and overall mental wellbeing in young people.

Delivered by Inspire Wellbeing Youth Facilitators, the programme is tailored for individuals aged 14 to 25 years who would be considered marginalised or at risk. Young people can engage in the programme through self-referral and existing community engagement or they can be referred by CAMHS, MHAC, CMHT and/or GP Federation.



Why Choose PEACE of Mind?

- No cost to you—the programme is fully funded.
- Supports your commitment to nurturing young people's wellbeing and personal development.
- Provides young people with practical tools to take ownership of managing their emotional wellbeing.

Programme Overview

- Age Groups: Post-Primary (ages 14–17), & Young Adults (ages 18–25)
- Session Duration: 1 to 2 hours, adaptable to fit your sessions.
- Delivery Format: Delivered in person by experienced Youth Facilitators, using interactive groupwork and discussion based activities to engage participants.

Key Focus Areas:

The programme is delivered over 6 sessions, each focusing on a key area of personal development:

- Getting to Know You: Exploring identity, who we are and celebrating ourselves.
- Coping Skills: Learning practical strategies to manage life's challenges and protect our mental wellbeing.
- Building Resilience: Adapting to change, recognising our purpose and improving self esteem.
- Building Relationships: Importance of connection, building meaningful and safe relationships, exploring our circle of influence and support.
- Social Media: how to create a safe space for online presence, influence and activity. Exploring harm reduction and informed choice to manage risk.
- Moving Forward: How do we take our learning forward to maintain ownership of our emotional wellbeing beyond the programme. What is there after this?



PROJECT PARTNERS



The lead partner of the project. Verbal works through storytelling and the language arts to support positive mental health, resilience and cross-community dialogue in areas of high-level sectarianism, community conflict, deprivation and marginalisation.



The Cedar Foundation delivers a diverse range of services that support children and adults with disabilities, autism, and brain injury to get the most out of life and to be fully included in their communities.



Inspire is an all-island charity and social enterprise with the aim of Wellbeing for All. Inspire works together with people living with mental ill health, intellectual disability, autism and addictions to ensure they live with dignity and realise their full potential; and campaigns to create a society free from stigma and discrimination with a culture of compassion that focuses on people and their abilities.



The Open University is the largest university in the UK with a mission to be "open to people, places, methods and ideas". It promotes educational opportunity and social justice by providing high-quality university education. The OU will provide academic expertise and offer insights into the design and execution of a comprehensive, peer-led evaluation plan.



AT A GLANCE

PEACE of Mind is a new project supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB). PEACE of Mind is designed to address the significant mental health challenges prevalent among young people in Northern Ireland and the border counties of the Republic of Ireland.

CONTACT:



✉ info@theverbal.co
☎ 028 7126 6946



✉ peaceofmind@cedar-foundation.org
☎ 075 2589 8325



✉ peaceofmind@inspirewellbeing.org
☎ 078 8546 5775



✉ PeaceofMindOU@open.ac.uk
☎ 019 0865 4031



PEACE of Mind

empowering young minds,
building resilience



PEACEPLUS
Northern Ireland - Ireland

Co-funded by the
European Union



Rialtas
na hÉireann
Government
of Ireland

Cedar
Opportunity Choice Inclusion

inspire
wellbeing, ability, recovery

verbal
EVERY STORY MATTERS

The Open University



PROJECT BENEFICIARIES

Young people
in both
mainstream
and special
needs schools

Employees and
clients of
youth-centred
mental health
services

Members of
youth and
community
groups

PROJECT ACTIVITIES



Direct Delivery

Participants will engage in a 6-week programme focused on building resilience and promoting positive mental health and wellbeing among young people.



Peer Mentoring

Young people will be offered facilitation training to deliver the programme to their peers.



Youth Work Training

Training for youth workers with specific attention to young people with physical or mental disabilities (Cedar) and complex social/behavioural needs (Inspire).



Youth Advisory Assembly

Led by the Open University, young people will help make decisions that will ensure the programme reflects their values.



Digital Inclusion

A closed digital platform by young people, for young people will be developed.

PROJECT OBJECTIVES

Provide a **sustainable, evidence-backed, peer-facilitated** community relations programme to **improve the mental health and wellbeing of young people** aged 9-25 years.

Enhance the capacity of all children and young people to **form positive and effective relationships** with others regardless of community background.

Assist children and young people to develop **coping strategies**, acquire a **sense of self-efficacy**, and build **resilience**.





OU Level 4 Certificate in Higher Education

Healthcare Practice

(in partnership with Belfast Health and Social Care Trust)



Contact:
hcsinfo@belfastmet.ac.uk



belfastmet.ac.uk

Working in—or just starting off in—healthcare?

This one-year, OU-validated certificate builds on your ambition with over **770 hours of real-world placement**—either through your current role (with employer support) or arranged by us at the Belfast Health & Social Care Trust.

In college, you'll study modules such as **communication**, **infection control**, **wound care**, and **building resilience**, equipping you with essential skills for a career in healthcare.

You'll gain essential clinical skills, strong support from college tutors and Trust supervisors, and a nationally respected qualification. Then, you may be able to progress to Stage 2 of the Open University Nursing Degree—or explore roles in a range of Allied Health Professional Degree programmes such as Occupational Therapy, Physiotherapy, Paramedic Science and Midwifery.

Scan for more
information



SAFER SELVES

GROW STRONGER.
STAY SAFER.
FEEL EMPOWERED.

JOIN US FOR A
COMMUNITY
PROGRAMME DESIGNED
TO HELP PEOPLE FEEL
SAFER, STRONGER, AND
MORE CONFIDENT
- AT HOME AND IN THE
COMMUNITY.

- Learn practical self-defence skills
- Hear from local police and safety organisations
- Build confidence and tools for everyday safety
- Meet others in a supportive and welcoming space



BRYSON ARTS & PLAY WOMEN'S GROUP

Mon 15th September
Mon 22nd September
Mon 29th September
Mon 6th October
Mon 13th October

TIME: 11.00AM - 12.30PM

Phone: **07976 722212** 

Email: communities@brysonpathways.org 

**BOOK YOUR
PLACE**

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ST. PAUL'S CHURCH OF IRELAND
210 YORK ST, BELFAST BT15 1WZ

Thurs 2nd October
Thurs 9th October
Thurs 16th October
Thurs 23rd October
Thurs 30th October

TIME: 12 - 1.30PM

Phone: **07586 693311** 

Email: communities@brysonpathways.org 

**BOOK YOUR
PLACE**



space to grow

AND

Glow NI

Support that helps children flourish

CONNECT. INSPIRE. GLOW

CREATIVE RESILIENCE WORKSHOP



Space to Grow and Glow NI would like to welcome children aged 8 to 11 to two fun and creative resilience building workshops.

LOCATION: NORTH QUEEN STREET COMMUNITY CENTRE, BELFAST

DATE: THURSDAY 9TH & 16TH OCTOBER
7PM-8.30PM

AGE: 8 TO 11 YEAR OLDS



Through fun, hands-on creative activities, children will have the chance to express themselves, build confidence, and feel strong. Whether your child could use a little extra support, a boost of inspiration, or simply a fun and friendly space to connect with others we'd love to welcome them!

Please scan the QR Code and fill out our registration form before Friday the 3rd of October.



Once submitted, our team will be in touch to confirm your child's place!
spacetogrow@macsni.org



Whiterock

Child & Family Centre

WWW.WHITEROCKCFC.ORG

SUBSTANCE MISUSE TRAINING

10am-1pm Reduce the Use
2-3:15pm: Women and Addictions
Lunch will be provided

Training from
Gary, CEO of
SAOL

SAOL
project

To register, please call the centre or email Emma at
e.lewis@whiterockchildrenscentre.org



<https://email.mae-communications.co.uk/c/19AGRUGYNNZZYnLQJxRS5PDfwdUip>

The Government launched a £30.5m fund called Better Youth Spaces to support youth organisations in 42 priority areas across England with grants for equipment, vehicles and refurbishments.

Hopefully, this isn't the first time you've heard about this funding, and your application is already submitted or underway. If not, read on to find out how your service could benefit.

The deadline for all applications is 21st September – don't miss out!

Grants of £5k-£100k for equipment, vehicles (such as a minibus), or refurbishments can support youth organisations to provide a whole range of enrichment activities, help to expand access, create safer spaces, or make youth services more sustainable.

Is your service in one of the 42 priority areas? Use our handy online [postcode checker](#) to find out.

Is your service set up as any of the following?

- Charities registered with the Charity Commission;
- Not-for-profit companies (including Community Interest Companies (CICs) and Companies Limited by Guarantee (CLGs) with dividend, asset and mission lock) registered with Companies House;
- Local Authorities (where they provide youth services);
- Uniformed organisations; or
- Community Benefit Societies.

If you answered yes to the questions above, then you could be eligible for a grant!

YOU COULD BE A LIFESAVER

Your family will always be involved if organ donation is a possibility, so it's important they know your decision.

Leave them certain.

Take 2 minutes to sign the NHS Organ Donor Register.



YOU COULD BE A LIFESAVER

But please leave your family certain.
Sign the NHS Organ Donor Register.



YOU COULD BE A LIFESAVER

If you want to be an organ donor, your family need to know.

Because 90% support organ donation when they know their loved one's decision.

When they're unsure, this drops to just 50%.

So leave them certain.

Take 2 minutes to sign the NHS Organ Donor Register.



The
Parent
Rooms

GRAND *Opening*

OF OUR NEW WELLBEING HUB

3.30 PM
Wednesday

01

October
2025

18-22 GORDON STREET
BELFAST
BT1 2LG

WITH SPECIAL GUEST:
MIKE NESBITT
MINISTER FOR HEALTH



Parent Groups

Coffee Morning

Fri 26th Sept

Fri 24th Oct

Fri 28th Nov

10-12pm

Evening group

Mon 29th Sept

Mon 20th Oct

Mon 24th Nov

6.30-8.30pm

- Peer support
- Workshops
- Mindfulness - Simply Healing

For more info please contact Megan - 07544863242
megan.mcglinchey@kidstogetherbelfast.org

Free
Breakfast

The Notice Board Breakfast

Friday 26 September 10am
Morningson Community Project

Do you work for an organisation in the community, are you a community activist or just want to know more of what's going on in the area?

Come and Enjoy a relaxed environment and chat over breakfast!

- **Everyone Welcome!**
- **Opportunities to connect**
- **Bring a friend**
- **Tea Coffee and Breakfast provided**

The
Notice Board
Breakfast

THE IDEA:
TO CREATE A RELAXED
ENVIRONMENT TO SHARE AND
HEAR ABOUT WHAT'S HAPPENING
IN SOUTH BELFAST AND FURTHER
AFIELD



THE NOTICE BOARD:
BRING YOUR LEAFLETS OR
NOTICES AND PIN THEM
UP ON OUR NOTICE BOARD

morningson
community project



HALIFAX FOUNDATION
for southern ireland

FACEBOOK: POP-UPS AT MORNINGTON
ERINTHOMPSON@MORNINGTONCOMMUNITYPROJECT.COM

NATIONAL FITNESS DAY

Celebrate National Fitness Day with us and bring your friends and family to try a variety of fun and free activities. Open to all ages and interests, you'll find more ways to move at your local leisure centre.

Book your free sessions at better.org.uk/book or via the Better UK app.

24TH
SEPTEMBER
2025

NATIONAL
FITNESS
DAY

BETTER



Awareness Event

Find out more about Drug and Alcohol Support Services in Belfast

Thursday 2nd October 2025

9:30am – 2pm

Stormont Hotel, 587 Upper Newtownards Road

To register your
attendance, or express an
interest in showcasing
your work email
pcsp@belfastcity.gov.uk





Bryson
PATHWAYS

COMMUNITY FUN DAY

Join us for an action-packed day with something for everyone!

- ✓ SUCTION ARCHERY & MORE
- ✓ BATAK & CARNIVAL GAMES
- ✓ ARTS AND CRAFTS
- ✓ ACTIVITIES FOR EVERYONE
- ✓ REFRESHMENTS

**VISIT
OUR NEW
COMMUNITY
HUB**

**Discover local support and opportunities –
chat with our team about:**

- Energy Advice & Support
- Apprenticeships & Skills Training
- Employment Support
- Recycling & Sustainability
- HR Recruitment Opportunities
- Connect with other organisations for advice, guidance and support

**SATURDAY 27TH
SEPTEMBER 2025
11.00AM - 2.00PM**

CONTACT US:
communities@brysonpathways.co.uk

BRYSON PATHWAYS IS MANAGED AND OPERATED BY BRYSON ENERGY

Training Opportunities



Delivering High Quality Domestic Energy Advice:

A Practical Guide (e-learning)

Funded places available

Reducing a home's energy requirements is an effective way of helping those in fuel poverty, and many different organisations are now providing advice on how to do this.

This course is relevant for any frontline staff who engage with or support low income and vulnerable consumers on energy efficiency improvements.

[UPDATED \(booking link unable to open in previous email promotion\) - Delivering High Quality Domestic Energy Advice: A Practical Guide e-learning - funded places available](#)

Training Opportunities

Blackie River Centre

NCFE CACHE Level 5 Diploma in Leadership for Children's Care,
Learning and Development (Management) (Northern Ireland)

QN: 603/6040/9

What does the qualification cover?

This qualification provides learners with the skills and knowledge needed to manage practice and lead others in children's care, learning and development. It covers a wide range of subjects, including leading professional practice, health, safety, and risk management, safeguarding and developing professional supervision practice.

Who is it suitable for?

This qualification is suitable for Assistant Managers and Deputy Managers working in children's care, learning and development who are looking to progress their career. It is also appropriate for Managers who have not yet achieved a vocational qualification at this level.

What are the entry requirements?

You should be at least 19 years old. You should be working in a role which includes a degree of supervisory and leadership responsibilities such as Room Leader. you will need to be working, volunteering or on practical placement as you need to show competence in both knowledge and skills.

How is it assessed?

Your tutor or assessor using a range of methods will assess it. This includes gathering a range of evidence, written assignments, work products and direct observation of practice.

How long does it take to complete?

We allow 18 months for you to complete the course, however many students complete within this timeframe.

Classes are delivered on-line (Wednesday evenings 6.30 – 8.30pm)

The cost is £1600. This can be paid monthly over a 10 month period. You may also be eligible to apply for an Aisling Bursary, c/o West Belfast Partnership Board.

For further information contact Penny Ambrose, 02890319634 OR e-mail penny@blackieriver.ie

Training Opportunities



NEA NI TRAINING SERVICES



National Energy Action (NEA) is one of the leading providers of domestic energy and fuel poverty training services for over 30 years. We are delighted to offer both face-to-face and online tuition across the UK. Our aim is to enhance the quality of energy advice services provided by local, regional and national organisations across various sectors.

Fuel poverty remains a sadly prevalent issue around the UK, and the net zero target means that energy efficiency and heating decarbonisation is high on the agenda, with a large-scale retrofit programme of the UK's housing stock required if net zero is to be achieved by 2050. This means that households of all kinds will need high-quality and up-to-date energy advice services and fuel poverty training.

As well as our existing suite of training NEA can create bespoke courses to respond to specific needs.

We look forward to welcoming you on one of our courses soon.

For further information about any of the courses and fees, please contact:

Nichola MacDougall
Training Officer
T: 028 9023 9909
E: Nichola.MacDougall@nea.org.uk
W: www.nea.org.uk



**City
& Guilds**



NCFE
CUSTOMISED
QUALIFICATION

NATIONAL ENERGY ACTION NORTHERN IRELAND TRAINING SERVICES

QUALIFICATIONS

- ❖ **LEVEL 3 AWARD IN ENERGY AWARENESS (CITY & GUILDS 6281-01)**
- ❖ **INTRODUCTION TO DOMESTIC RENEWABLE LOW CARBON TECHNOLOGIES (LEVEL 2 AWARD – CQ11641/001)**
- ❖ **FUEL DEBT ADVICE IN THE COMMUNITY 6281-16 (CITY & GUILDS LEVEL 2 AWARD) – COMING SOON**

SHORT COURSES

- ❖ **UNDERSTANDING FUEL POVERTY AND HEALTH IN NORTHERN IRELAND: IMPACTS ON PHYSICAL AND MENTAL HEALTH**
- ❖ **INTRODUCTION TO DOMESTIC ENERGY EFFICIENCY IN NORTHERN IRELAND**
- ❖ **CHANGING ENERGY-RELATED BEHAVIOUR**

INFORMATION SESSION/WORKSHOP

- ❖ **ENERGY EFFICIENCY IN THE HOME**