



As we continue our shared commitment working in partnership to improving outcomes and upholding the rights of children and young people across Northern Ireland, I'm pleased to share that the Children's Services Planning Team has recently published updated interactive statistical reports on the CYPSP maps platform.

These reports provide valuable, high-level data on children's wellbeing, drawn from the CYPSP outcomes framework. They allow for easy comparisons at regional, trust, and local levels – perfect for planning, service development, advocacy, and understanding local needs.

Trust Area Report

High-level outcomes viewable at Health and Social Care Trust (HSCT) and Outcomes Group levels, with comparisons across Northern Ireland.

LGD Area Report

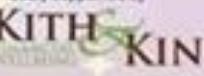
High-level outcomes at Local Government District (LGD) level, enabling detailed local comparisons across NI. Ideal for place-based planning and community-focused work.

UNCRC Report

Focused on UN Convention on the Rights of the Child (UNCRC) themes and articles, highlighting progress in realising children's rights and improving wellbeing. A great resource for rights-based practice and policy advocacy.

All reports are interactive and accessible via the main CYPSP reports page: <https://cypsp-maps.hscni.net/reports/>

 Neuro Night Club

Proudly Supported by 

Over 18s Disco

For Neurodivergent 18+



Friday 30th Jan 2026
Balmoral Hotel, Belfast
7pm-11pm £10 Admission

1:10 staff-to-attendee ratio. All staff have advance AccessNI and up-to-date ASD and safeguarding training.

visit wired-different.co.uk for tickets

For more info, contact 07732 704808 / 07710827264
or visit wired-different.co.uk


OUR generation
Growing Up Better, Together


co-operationireland
working for a future together


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

* JANUARY 2026

OUR GENERATION LEARNING LAB



21/01	Dyspraxia Training
10-12PM	ONLINE
21/01	Inclusion in Practice
6-8PM	ONLINE
27/01	Building Resilience in Children
12-2PM	ONLINE
28/01	Childhood Bereavement
10-1PM	ONLINE
30/01	Engagement Event
10-11:30AM	2 ROYAL AVENUE, BELFAST

The Education Minister, Paul Givan, launched the draft Executive Early Learning and Childcare (ELC) Strategy.

The draft Strategy, agreed by the Executive, sets out plans to transform early learning and childcare in Northern Ireland by expanding provision, easing financial pressures on families and strengthening the sustainability of the childcare sector.

The draft ELC Strategy and details of the consultation can be found at:

[Consultation on the draft Executive Early Learning and Childcare Strategy | Department of Education](#)

The consultation will run until 24 March 2026.



Cook Smart Sessions

Cook smarter. Waste less.
Save more.

Learn practical skills to help you make the most of your food & budget

What to expect ?

- Simple, budget-friendly recipes
- Tips for shopping smart
- Batch cooking ideas
- Reducing food waste
- Friendly, relaxed sessions

Open to all - no cooking experience needed !

Contact Danielle
For more Info
danielle.boyd@brysonpathways.org
+44 (0) 79 767 22212

Maureen Sheehan Centre

3rd, 10th, 17th Feb
1:30 - 3pm

BRYSON PATHWAYS IS MANAGED AND OPERATED BY BRYSON ENERGY

We are beyond thrilled to invite you to an exclusive, action-packed **FREE** Dream Space camp day at W5 LIFE! 🌟

This year's midterm camp runs over **multiple dates in February** as follows and is open to community groups with children **aged 8-12**:

- 📅 12th February 10:00am-2:00pm
- 📅 13th February 10:00am-2:00pm

Get involved this midterm:

- **Unleash the Fun:** Get ready to dive into a world of digital adventures with Sphero Robots, Minecraft Education, and Micro:bits! Plus, let your creativity soar with awesome arts and crafts. 🎨
- **Expert Guidance:** Our fantastic Dream Space team will lead the way, ensuring an unforgettable and inspiring experience. 🤖
- **Perfect for Ages 8-12:** Tailored activities for young explorers. 📅 *(Please note, the camp is not suitable for those under 8, the team reserve the right to question ages on arrival. Exceptions can be made for the upper age limit please add a note to the registration form if you wish to bring children 12+)*

Important Details:

- **Timing:** The camp runs from **10:00 AM to 2:00 PM** on the selected dates above.
- **Group Size:** We need **a minimum of 12 and a maximum of 24 participants per group.**
- **Supervision:** **Community group leaders must attend to supervise**, with a minimum of 1 adult per 8 children.
- **Date Selection:** You must select the date(s) you wish to attend. Participants may be selected to attend multiple dates or individual dates, subject to popularity. You do not need to be able to attend all dates to be considered for the camp.
- **Lunch:** Please bring a **nut-free packed lunch**.



DREAM SPACE AT W5 LIFE

- **Location:** Dream Space at W5 LIFE, Odyssey Place (2 Queens Quay, Belfast, BT3 9QQ).
- **Parking:** We can validate your parking at W5 based on your number plate. Please note the Odyssey operates a ticketless car park.
- **Admission to W5:** Not included, but you can add it at an additional cost per attendee.
- **You must provide your own transport to and from W5 LIFE**

Ready to Join the Adventure?

Fill out our expression of interest form to secure your spot > [Dream Space Free Community Group Camp - February Mid-Term 2026 - Registration of Interest – Fill in form](#) 🌟

Hurry, the form closes on **23rd January 2026 at 12noon**. Please note, places are limited and successful applicants will be notified shortly after the closing date.

If you have any questions, feel free to reach out!

Kind regards, The Dream Space Team

You have received this email as you have previously shown interest in W5 LIFE/Dream Space for community group purposes. If you no longer wish to receive these emails, please respond to this email.



Frontline Immigration Advice Project

Refugee Action run a lot of free courses for organisations wishing to increase their immigration advice provision through the

As more and more people struggle to secure immigration legal advice and are turning to non-legal staff and volunteers for help and guidance, we would recommend this [FREE Refugee Action Boundaries & Good Practice Course](#)

(10th February 2026, 9:30am – 5:30pm) so that you can understand what you can and cannot do if you are not an adviser.

The King's Trust Newsletter

Northern Ireland, January 2025

[It's a New Year, and our mission hasn't changed](#)



PARENT WORKSHOP

Worry to Wonder

Monday 2nd February, 10am-11.30am

Online via ZOOM

A workshop for parents of primary school aged children exploring why our children worry and ways we can support them.

CALL NOW TO BOOK YOUR PLACE
0808 8020 400

Parent Line NI
0808 8020 400



Trauma-Informed Practice: Understanding Pathways into the Criminal Justice System

Multi-agency learning on trauma-informed approaches across justice, health, education and community services

Date: Friday, 27 February 2026

Venue: The Beechlawn Hotel

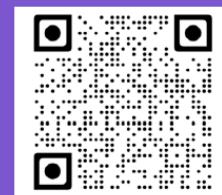
Registration: 9.30am (tea, coffee and scones provided)

Start time: 10.00am

RSVP

Please confirm attendance by emailing kc@crjireland.org

Please include details of any dietary requirements.





Your Resilience

Fully Funded Mental Health & Resilience Support for your Youth group

Do you ever wish you had the training and support to better help the young people you work with build Mental Health resilience?

Your Resilience offers fully funded training and in class support through our codelivery programme designed to build resilience and emotional wellbeing across your organization.

www.mindwisenv.org

 Sarahferris@mindwisenv.org



Your Resilience

FULLY FUNDED MENTAL HEALTH & RESILIENCE SUPPORT

01. *Rising Prevalence of Mental Health Problems*
1 in 8 children and young people in Northern Ireland meet the criteria for a mood or anxiety disorder. this is about **25% higher than the UK average**

02. *What You Get*

- Your resilience training for your staff team
- 4-weeks workshop series co-delivered with MindWise
- Resources, planning support & follow-up
- Fully funded by Mental Health UK. **Completely free for your organisation.**

03. *Create Lasting Impact*
We know that making a difference in young people's lives takes more than one-off sessions.
Full Your Resilience brings:

- Expert support
- Learn-by-doing co-delivery
- Lasting tools your staff can use every day

04. *Ready to bring YR to your setting?*
Scan to register your interest. It only takes 2 minutes!
or email sarahferris@mindwisenv.org





Approximately 400 more fostering households are needed across Northern Ireland to meet demand as more children and young people come into care.

Could you foster?

0800 0720 137
adoptionandfostercare.hscni.net



Could you foster?

**Give a child a
brighter future**

There are children and young people in your local area right now in need of safe and loving foster homes.

0800 0720 137
adoptionandfostercare.hscni.net



Could you Foster?

There are currently 3,514 children and young people who are reliant on foster care in Northern Ireland (March 2025). Every child deserves a stable and loving home where they can thrive.

Foster carers are ordinary people who make an extraordinary difference to the lives of those children and young people in their community who, for a variety of reasons, are unable to live with their birth families.

HSCNI Foster Care are encouraging anyone who feel they could open their hearts and homes to supporting a child or young person and consider Fostering. By doing so, you are availing of an opportunity to **give a child a brighter future**.

If you are interested in hearing more about the types of foster care that can work with your lifestyle including short breaks, emergency and long-term foster care opportunities, please get in touch on 0800 0720 137 or adoptionandfostercare.hscni.net



Sing Along Music for the Mind

8 Week Sing Along Music Sessions for People with Dementia and Mild Memory Difficulties and their carers

APRIL 10TH, 17TH 24TH &
MAY 1ST, 8TH, 15TH, 22ND, 29TH

2PM-3.30PM

ST PAULS CHURCH CENTRE
125 FALLS ROAD, BELFAST, BT12 6AB



HSC Belfast Health and Social Care Trust

FOR MORE INFORMATION CONTACT: EDITH DORAN 0289035185/90593337



Register now by calling
07712323347 or call to
Wolfhill Centre



DIGITAL SKILLS TRAINING

- Empower yourself to learn how to use digital devices (phones, tablets, laptops).
- Accessing WIFI Settings
- Emails
- Access Websites and Scan QR Codes

REFRESHMENTS PROVIDED!

21 JAN
4 FEB
18 FEB
11 MAR

10:30AM-12:30PM

WOLFHILL CENTRE

LIGONIEL
healthy living
CENTRE





Belfast Parks Photographic Competition 2025/26

Tick which category you are entering:

- People in our Parks
- Buildings and art in our parks
- Seasons in our parks
- Under 16

The submission of entries shows acceptance of all conditions of entry.

Closing date for receiving entries is Friday 30 October 2026 at 4pm.

Signed: _____ (Photographer)

Please note: if you do not sign this form your entry will be considered to be ineligible.

Photographs, CDs, DVDs or memory devices should be securely packed and delivered to:

Belfast Parks Photographic Competition
Parks Events & Outreach Unit
City & Neighbourhood Services Department
4-10 Linenhall Street
Belfast, BT2 8BP

Please note that prints, CDs, DVDs or memory devices cannot be returned to entrants.

Please ensure the following information is included on each of your prints:

- name of entrant
- category
- age (under 16s only), and
- name of the park where the photo was taken.

www.belfastcity.gov.uk/parkphotocompetition

Terms and conditions of competition

- To be eligible, your photo(s) must have been taken after 1 April 2025 and they must have been taken from an area of the park that's open to the public and is a recognisable park setting.
- No competitor, including under 16s, may enter more than one category.
- Entrants can submit up to four photos in their chosen category.
- Entrants must be the sole author and owner of copyright for all photos entered.
- Images must have been taken in one of Belfast City Council Parks & Open Spaces.
- Belfast City Council retains the right to free reproduction and exhibition of all entries. By sending a photograph to us you grant permission for the council to publish the photograph, or any part of it, for an indefinite period, in any media it chooses including the council website and social media accounts. No commercial payment will be made by the council for the use of your photograph(s).
- Entries must be accompanied by an official entry form. If you are entering online, you must include your name, category, age (under 16s only) and the name of the park where the photo was taken, along with your entry.
- Before taking an image and submitting an entry, photographers must seek permission from anyone who is recognisable in any photograph or secure the permission of parents or guardians for the photographs of minors or vulnerable adults.
- Entrants' images may be digitally edited to remove spots or scratches. However, the image should not have content added or removed digitally. Judges reserve the right to exclude any image that they believe has been excessively treated so as to alter its authenticity.
- All entries are sent at the photographer's own risk and Belfast City Council is not responsible for damage or loss sustained in delivery (either electronic or hard copy) of entries.
- No more than one prize will be awarded to any entrant.
- A panel of judges will choose the winning photos. The decision is final and no correspondence will be entered into.
- No employee of Belfast City Council and McQuillans Companies may enter the competition.
- By entering, entrants will be deemed to have agreed to be bound by these rules.

For queries on the competition please call 028 9091 8768 or email parklife@belfastcity.gov.uk. The closing date for the competition is Friday 30 October 2026 at 4pm.

An awards ceremony for the winning entrants will take place in December 2026.



Belfast Parks Photographic Competition 2025/26



Sponsored by



**Belfast
City Council**

www.belfastcity.gov.uk/parkphotocompetition



Information for those interested in becoming a Walk Leader



Walk Leader training course

What is Walking for Health?

Walking for Health aims to encourage inactive people to increase their level of physical activity by participating in local-led health walks. Walk Leaders are key to the success of Walking for Health in Northern Ireland and add to the range of preventative services that the health service provides.

Walk Leaders have a unique and valuable contribution to make to health improvement – which is different from, but complementary to, that of Health and Social Care staff. There are currently around 1,500 active Walk Leaders supporting 250 Walking for Health groups throughout Northern Ireland.



Walk Leaders play a significant role in getting more people more active, more often. By leading health walks in local communities, Walk Leaders are vital to the success of many walking programmes.

What does the training involve?

This is a one-day training course for people who wish to learn how to lead a health walk.

By the end of the training day, you will be able to:

- set up a local walking programme;
- lead safe and enjoyable walks for people of all ages and abilities;
- promote the health benefits of walking;
- motivate people to start and continue walking.

Date	Time	Delivery
Wednesday 21 st January 2026	Arrive 9.55am	Girdwood Community Hub, 10 Girdwood Avenue, Belfast BT14 6EG
Monday 23 rd February 2026	Start 10.00am	
Monday 23 rd March 2026	Finish 12.45pm	

[Register here](#)



Childhood vaccinations

This webinar session is aimed at community and voluntary staff working with children. The webinar aims to cover:

- the importance of childhood vaccination
- an overview of the childhood vaccination schedule in Northern Ireland
- information regarding the introduction of the changes to the childhood vaccination schedule commencing January 2026
- [Register your interest – Fill in form](#)

**WEDNESDAY 21ST
JANUARY 2025 1PM – 2PM**

[Join the meeting now](#)
Meeting ID: 374 367 293 014 29
Passcode: GN3Qz2J5

**TUESDAY 27TH JANUARY
2025 1PM – 2PM**

[Join the meeting now](#)
Meeting ID: 365 127 165 462 22
Passcode: Rm3UY3UP



[This month's session will focus on Holistic Wellbeing.](#)

☕ The Neurodiversity Café offers a welcoming space for parents/carers, to focus on their own wellbeing. It provides a safe space to pause, talk and get information on local services/signposting.

The EHWBT will be collaborating with aromatherapist Dr. Kate Laverty to offer a gentle, guided aromatherapy experience, providing the opportunity to choose an essential oil to help promote relaxation, emotional regulation, and overall wellbeing.

The session will take place in a calm, inclusive and sensory-considerate environment. Refreshments will be provided.

Date: Thursday 12 February 2026 **Time:** 10:00am – 11:30am

Venue: Forthspring Inter-Community Group
373-375 Springfield Road, Belfast BT12 7DG

Registration:

Places are limited. To book your place, please email:
EHWBT@belfasttrust.hscni.net



Bryson PATHWAYS

Bryson Pathways exists to

MAKE THE GREATEST DIFFERENCE TO THE GREATEST NEED.

We develop and deliver a range of programmes to directly address root cause issues in relation to health, education, employment and environment.

To find out more about the services we provide,
please head to our website:
www.brysonpathways.org

or contact us at
advice@brysonpathways.org
or 07386662309.



Bryson Pathways is managed and operated by Bryson Energy

PATHWAYS TO NET ZERO



To find out more contact us at: advice@brysonpathways.org

UK-Germany Youth Summit 'Resilient Democracies – Youth Shaping the Future'

What is the summit about?

The UK-Germany Youth Summit is a lighthouse project under the landmark UK-Germany Kensington Treaty, which strengthens cooperation between the UK and Germany, including in the area of youth exchange and democratic engagement.

The Summit brings together young people from the UK and Germany and offers a space to explore intercultural dialogue and deepen your understanding of different perspectives.

Through creative workshops and meaningful conversations with peers, you will engage with topics such as disinformation, civic engagement, diversity and democracy. You will be encouraged to reflect on what democracy means in your everyday life, exchange ideas, and imagine the inclusive and resilient society you want to live in.

By taking part, you will broaden your horizons, connect across borders with like-minded people, and discover ways to bring new insights back to your own community.

Please note: This application process is for young people based in the UK.
Applicants living in Germany can find information and apply via [IJAB's website](#).

Who is involved?

- 70 young people from Germany and the UK, aged 18–25

When is it?

- Main event:** Thursday, 19 – Sunday, 22 March 2026
- Online preparatory seminar:** 2–3 hours in early March 2026

Where will the summit take place?

Berlin (venue to be confirmed)

What costs will be covered?

All costs for travel, accommodation and meals will be covered. Participants will not be required to contribute financially to the summit.

Please note: pocket money is not included.

Why take part?

- Connect with peers from the UK and Germany and build meaningful international friendships
- Develop key skills that strengthen your critical thinking and resilience
- Explore how democracy shapes your daily life and how you can contribute to sustaining it
- Gain confidence through speaking up, collaborating and sharing ideas
- Bring new perspectives back to your school, workplace or community
- Be supported by an experienced intercultural team throughout the fully funded programme
- Enjoy an enriching and memorable experience in Berlin!

Who can apply?

To be eligible for the Youth Summit, you should:

- be between 18 and 25 years old at the time of the event
- should currently live in the UK and have done so for the past 2 years
- should have done at least two years of your formal education (which could be secondary, further or higher education) in the UK
- should have a good understanding of English, as the entire programme is in English
- be able to participate fully in the summit in Berlin from 19 to 22 March 2026 (no part-time participation)
- be available for a 2–3 hour online preparatory seminar in early March

You should also:

- be interested in topics such as democracy, civic engagement, disinformation and resilience
- be open and respectful towards different cultures, opinions and experiences

How to apply

[Complete the online application form by 25 January 2026.](#)

If selected, you will receive confirmation of your place by early February 2026. You will then receive detailed information about the programme, preparatory activities and travel arrangements.

UK-Germany Youth Summit 'Resilient Democracies – Youth Shaping the Future'



We'll have a dedicated email inbox for questions from early January. Until then, enjoy a peaceful holiday break!

Who is organising the summit?

The UK-Germany Youth Summit is a joint initiative of the German Federal Ministry of Education, Family Affairs, Senior Citizens, Women and Youth (BMBFSFJ), the UK Department for Education (DfE) and the Department for Digital, Culture, Media and Sport (DCMS). The project is delivered by IJAB – the International Youth Service of the Federal Republic of Germany – and the British Council.



Funded by:
Federal Ministry for Education, Family Affairs, Senior Citizens, Women and Youth

As part of the:
Federal Children and Youth Plan

Department for Education

[UK-Germany Youth Summit 'Resilient Democracies – Youth Shaping the Future' | British Council](#)



Understanding trauma and neurodivergence in children

Conference
21 April
London or online



Understanding Trauma and Neurodivergence in Children (Online) 21 April 2026

This one-day joint conference between BPS and UKTC features psychologists and academics sharing insights on trauma and neurodiversity, focusing on the lived experiences of neurodivergent children.

[Trauma and Neurodivergence Conference 2026 \(Online\) | Anna Freud](#)

Autism Assessment and Diagnosis

12 March 2026 • 1:00pm - 2:30pm

Autism

Free (registration required)

Online workshop



[Autism Assessment and Diagnosis | BPS](#)

Public Health Dietitian's Group Northern Ireland

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care

For information on our programmes click here

Food & Health Essentials

Tutor training dates January - March 2026

Wednesday 21st January 9.30am - 4pm

You must have completed Food & Health Essentials Training before you can proceed to book any other session dates

Cook it! fun, fast food for less

I can Cook it! fun, fast food for less

Wednesday 28th January 9.30am - 4pm

Making the most of your slow cooker

Wednesday 4th March (online) 2-4pm

Nutrition Awareness

Tuesday 24th March (online) 10am-12noon

Wednesday 25th February 9.30am - 4pm

Food Values

Tel: 028 9615 2450

Email: PHdietitians@belfasttrust.hscni.net

Public Health Dietitians Team

Nutrition Awareness Training

Nutrition & lifestyle advice for 11-18 year olds

- * For anyone working with 11-18 year olds
- * Gain knowledge, skills & confidence to deliver key messages in YOUR setting
- * Receive 'cue cards' on how to deliver 8 short (10 minute) health and wellbeing sessions

Upcoming training

Tuesday 24th March 10.30-1pm Online

phdietitians@belfasttrust.hscni.net | 028 9615 2450

HSC Northern Health and Social Care Trust

Public Health Dietitians Group Northern Ireland

HSC Public Health Agency
Project supported by the PHA