

**Public Health Dietitians Team**



**FREE**

**Food & Health Essentials Training**

For anyone who works with others to make healthier food and health choices

Learn about the key food and health messages

Gain skills and confidence to promote these key messages in YOUR setting

Get access to a wide range of resources, sign posting and ongoing support

This is now the first step to completing training in our other programmes: Cook It!, I Can Cook It!, Food Values, Making the Most of your Slow Cooker and Nutrition Awareness.

**Upcoming training**

**Wednesday 28 April 2026**

**NICVA 61 Duncairn Gardens Belfast**

**9.30am – 4.30pm**

Click [here](#) to register interest

[PHdietitians@belfasttrust.hscni.net](mailto:PHdietitians@belfasttrust.hscni.net) | 028 96 152 450

Click [here](#) for information on all our programmes

**HSC** Belfast Health and Social Care Trust  
caring supporting improving together

**Public Health Dietitians' Group**  
NIHSC/NIHSD

**HSC** Public Health Agency  
Project supported by the PHA

Children in Northern Ireland The Parent Participation Service invites you to... **CYPSP**  
Children & Young People's Strategic Partnership

## Think Outside the Box...

Supporting Children's Emotional Health & Wellbeing

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

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

Time: **9:30am - 3:00pm**

Where: **Lough Neagh Discovery & Conference Centre**

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

Tea / Coffee on arrival and lunch will be provided



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

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

**Who is this for?**  
Parents, carers and professionals caring for or working with children, who want to:

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

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

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

If you have any information you would like to share across our Locality Planning Group members in Belfast please email:  
[LocalityPlanning@belfasttrust.hscni.net](mailto:LocalityPlanning@belfasttrust.hscni.net)



**NSPCC**  
**Learning**

## Managing Allegations of Abuse

In order to ensure that children are adequately protected from abuse and harm this training aims to improve the way you respond, manage, and record allegations and concerns that have been made against staff or a volunteer within your organisation.

### Objectives:

- Understand what an allegation is and how allegations may arise
- Identify national and local guidance in relation to managing allegations of abuse
- Understand your role and responsibilities in effectively managing allegations
- Recognise your personal values and how these can have an impact
- Provide appropriate support to all those involved
- Demonstrate an awareness of the emotional dimension of safeguarding work and identify ways in which you can support staff

To apply for a place on this training, please click on the link below:

<https://ccptraining.hscni.net/Courses/Details/259>



### Course Dates

#### Course 1

20<sup>th</sup> & 21<sup>st</sup> May 2026  
6.30pm - 9.30pm  
Online

#### Course 2

27<sup>th</sup> & 28<sup>th</sup> May 2026  
6.30pm - 9.30pm  
Online



## Level 1 Adversity, Trauma & Resilience Awareness

This training course aims to raise awareness of the potential impact of adversity and trauma upon individuals, families and communities and how relationships matter in promoting resilience and recovery.

### Course Date:

28/05/26

**Time:** 10am - 1pm

**Venue:** NICVA, Belfast

To book a place, please click on the link below:  
<https://ccptraining.hscni.net/Courses/Details/258>

# Mental Health First Aid Training

Free 2-Day Course | Delivered in your organisation or alternative venue with lunch provided

## For Individuals

- Awareness – Recognise mental health issues & early signs
- Skills – Provide initial support & guide to professional help
- Confidence – Talk about mental health effectively
- Stigma – Help reduce stigma
- Growth – Build empathy & self-care


## For Organisations


- Work Environment – Build a supportive culture & reduce absenteeism
- Employee Support – Equip staff to support each other
- Compliance – Meet health & safety responsibilities
- Crisis Management – Respond appropriately to mental health crises
- Community Impact – Promote awareness beyond the workplace

Interested in bringing MHFA training to your organisation?

Get in touch with:

Nicola Conlon

 [nicola.conlon@boysandgirlsclubs.net](mailto:nicola.conlon@boysandgirlsclubs.net)

 07935 944761

**boys & girls clubs**  
reach : involve : enjoy : achieve

## 'OUR GENERATION' STRONGER TOGETHER

'P6 & P7 Pupils are invited to take part in a seven week OUR Generation programme in your school including a Shared Learning Event'

### WORKSHOPS INCLUDE:

- IDENTITY
- HEALTH & WELLBEING
- EMPATHY & PROBLEM SOLVING
- GROUP GAMES & ACTIVITIES
- GOOD RELATIONS & SOCIAL INCLUSION

*Fully Funded & Facilitated*



Scan the QR code  
to register an interest for  
the programmes



**boys & girls clubs**  
reach : involve : enjoy : achieve

**OUR generation**

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

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



THE  
**CHANGING LIVES  
INITIATIVE**  
FLOURISH & THRIVE



## Sensory SOS!

**Practical Strategies for  
Kids Who Feel Everything**

Free Workshop For  
Parents and Caregivers

Does your child struggle with loud noises, itchy clothes or strong smells? For some children, everyday experiences can feel overwhelming to the senses. This free workshop will help you understand why sensory sensitivities happen, what they can look like, and how they affect daily life.

**Whether your child has a diagnosis, is waiting, or you're beginning to explore the possibility, this session offers knowledge, confidence, and practical strategies you can use right away.**

**In this workshop you can expect:**

- ✓ Parent-friendly information on what sensory sensitives are and how they can affect children
- ✓ Practical strategies to support your child

### Event Details:

 24<sup>th</sup> APRIL 2026

 10:30AM - 11:30AM

 **GREENWAY WOMENS  
CENTRE**  
19 GREENWAY  
BT6 0DT



SCAN HERE



A project supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB). Delivered by Colin Neighbourhood Partnership as part of The Changing Lives Initiative: Flourish & Thrive

ファンダム乗っ取り

# Fandom Con

Gaming & socialising event celebrating  
Autism & Neurodiversity



**May 23rd 2026**

12-4pm at ICC Belfast. All tickets £5

Get your ticket on our website  
[www.nowgroup.org/fandom](http://www.nowgroup.org/fandom)



Or buy at Loaf Cafe, Ewart Building, Bedford Street

**NOW**

Fandom Con is brought to you by NOW Group

We're a **JAM Card™**  
Friendly Event



**HERE FOR LIFE**



**PAPYRUS**

Hi from the Team at Papyrus in NI!

**I wanted to share our new identity with you and I'm asking for your help to cascade this info to your circle of contacts!**

For almost 30 years, this charity has existed for one reason: to prevent young suicide. That hasn't changed. It will never change. But the world around us has, and we needed to make sure that when a young person is looking for help – when they're frightened, overwhelmed, or thinking about ending their life – they can find us. Quickly. Clearly. Without having to work for it.

That's what today is about. A new brand identity. A completely redesigned website. And a renewed commitment to reaching the young people who need us most.

We hear from young people, from parents, from friends and families that Papyrus can be a real lifeline – as long as people can find us.

But the people who we exist to support – young people – told us they didn't see themselves reflected in our brand.

We listened, and we evolved.

Watch our video to hear more about [why Papyrus has rebranded.](#)

**What's Changed?**

- We have a new [website](#)
- We have a new number for HopeLine 24/7 (**0300 102 2470**).
- You can still text us on 88247 and email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org), and access our webchat service via our website.
- The service hasn't changed.
- Don't worry- the old number will still be active and phased out gradually while until everyone has been updated!
- Do let us know if you need support replacing existing posters/literature.

**What hasn't Changed?**

It may look new, but our vision has always been the same. More young lives lived. Fewer Ended.

Our mission remains to prevent suicide with support, education, campaigns and conversations that keep young people safe – and hope alive.

While our values are at the heart of everything we do. Collaboration. Curiosity. Integrity. Respect.

# INFORMATION SESSIONS ON: ACADEMIC ENGLISH CLASSES FOR REFUGEES & ASYLUM SEEKERS

REGISTER FOR ONE OF THE FOLLOWING:

**29 APRIL 2026, 12.30-2.00pm**

Rm 0G.026, 6 College Park East, Belfast BT7 1PS

Or:

**30 APRIL 2026, 6.00-7.30pm**

Room 0G.074, Lanyon Building, Queen's



<https://events.humanitix.com/ae-info-sessions-2026>

6 WEEKS | THURSDAYS | £30

## PHOTOGRAPHY COURSE

STARTING ON:

**THURSDAY, 10-11.30AM**  
23RD APRIL

Introduction to photography, from mobile phone to DSLR cameras and studio lighting.

REGISTER ONLINE, BY PHONE, OR IN PERSON

 [conwayeducation.org](https://conwayeducation.org)

 [info@conwayeducation.org](mailto:info@conwayeducation.org)

 028 9024 8543

 Conway Mill, 2nd floor

SCAN QR CODE TO FOR QUICK ACCESS 





## [Parent Reference Group Information Sheet](#)

Hello everyone,

Parentline NI is currently recruiting parents to join a Parent Reference Group that will advise on a new study called *Generation New Era*. The group will help guide how best to involve parents in future research about children.

We are particularly looking to recruit mums and dads who:

- Have at least one child under 3 years old, and
- No longer live with, or are no longer in a relationship with, their child's other parent.

We recognise that parents' time is often very stretched, so those who take part in the group will receive a £50 shopping voucher as a thank you for their time. The meeting will take place online and will last 1.5 hours.

Please contact the helpline on 0808 8020 400 to express your interest- you can also email your interest to [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

If you would like any further information please visit the link below or feel free to get in touch.

[Parent Reference Group Information Sheet](#)

Thanks,

Parentline Team

# Parent/Carer Support Courses

Live and On-Demand options available



Book Here

## Online Courses include:

### **Autism and Sensory Processing**

15th April 2026, 10-12pm

### **Summer Structure: Helping your child with routines and transitions**

11th June 2026, 6-8pm

*Note: Courses delivered live on Zoom and include Q+A.*

## In-person Courses in East Belfast

### include:

### **Understanding Autism**

21st April 2026, 5.45-7.45pm

### **Using Visual Approaches**

5th May 2026, 5.45-7.45pm

### **Understanding Play and Engagement**

19th May 2026, 5.45-7.45pm

[Autism training and support courses for parents and carers | Autism NI](#)



**BELFAST CITY OF SANCTUARY**

# **ANNUAL GENERAL MEETING 2026**

*Join us at the Belfast City of Sanctuary AGM 2026  
to reflect, connect, and shape a more welcoming Belfast!*



**The Great Hall,  
Queen's University Belfast**



**Wednesday, 03 June 2026  
10:00am - 01:00pm**

**SCAN THE QR CODE  
TO REGISTER**



April's 'REACH OUT HLC' Menopause Master Class – 'Alcohol & Menopause' on Wednesday 27<sup>th</sup> April 2026

We have invited Diane McMullin (BDACT Connections) for April's Menopause Master Class chatting all things Menopause & Alcohol..... to answer some of your questions:

*'How much is too much?'*

*'Is alcohol making my hot flushes worse?'*

*'Is alcohol affecting my health and well-being?'*

*'Is your drinking putting me at risk?'*

Date: **Wednesday 27<sup>th</sup> April**

Time: **6-7.30pm**

Venue: **Duncairn Community Centre (Upper Mervue Street, BT15 2JZ)**

Theme: **Alcohol & Menopause**

Specker: **Diane McMullin (BDACT Connection's)**

This session is free, fully funded by National Lottery NI  
Light refreshments will be provided

To register, please click on link:

<https://forms.office.com/e/814d7bt8YG>



# LIVING LIFE TO THE FULL

A free six-week mental health course using Cognitive Behavioural Therapy (CBT) techniques brought to you by the depression charity for Northern Ireland, AWARE NI.

**Where:** AWARE NI, 40-44 Duncairn Gardens, Belfast, BT15 2GG

**When:** Every Friday beginning  
22<sup>nd</sup> May 2026 to 16<sup>th</sup> June 2026  
11 am - 1 pm

To register please scan the QR Code:



*This programme can make a big difference in your life!*

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

[AWARE-NI.ORG](http://AWARE-NI.ORG)    

Registered with the Charity Commission for NI with NIC100561 Company No. N.I. 30447

This programme sits within Tier Two of the PHA Mental Health, Emotional Wellbeing and Suicide Prevention Training Framework.



# LIVING LIFE TO THE FULL

This CBT-based mental health course is suitable for people aged 18 and over experiencing low mood, stress, and mild to moderate depression. It teaches skills that can be used in everyday life. Delivered by AWARE NI, this course has been adapted in partnership with Macmillan Cancer Support to help people living with cancer look after their mental health.

## LEARNING OUTCOMES

This programme can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and teach you simple, practical skills to help you cope with life's challenges.

## DETAILS

Tuesday 12<sup>th</sup> May - 9<sup>th</sup> June 2026

6:30pm - 8:30pm

Delivered online

## HOW TO APPLY

Scan the QR code to apply:



## COURSE CONTENT

Week One: Understanding your feelings

Week Two: Doing things that make you feel better

Week Three: Looking at things differently

Week Four: How to fix almost anything

Week Five: Building inner confidence

**AWARE** x **MACMILLAN**  
OVERCOMING DEPRESSION. CHANGING LIVES. CANCER SUPPORT

[AWARE-NI.ORG](http://AWARE-NI.ORG)    

T: 02890 357 820 (BELFAST) / 02871 260 602 (DERRY/LONDONDERRY)













Registered with the Charity Commission for Northern Ireland with NIC100561 Company No. N.I. 30447

# Job and Training Opportunities



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

### Upcoming courses

-  [Get Ready for Careers in Customer Service](#)
-  [Get Started with Music](#)
-  [Get Started with Make up](#)
-  [Get Started with Content Creation](#)
-  [Get Ready for Careers in Digital](#)
-  [Get Ready for Careers in Health and Social Care](#)
-  [Get Started with Photography](#)
-  [Get Started with Nails](#)
-  [Get Into TK Maxx](#)
-  [Enterprise](#)
-  [Drop Ins](#)
-  [Monthly Flyer and Quick Guide](#)

# Job and Training Opportunities

JOB | FLEXIBLE

## Befriender

### Upper Springfield Development Trust



Friday / 29 May 2026 12:00pm

Salary: £12.92 per hour

Hours per week: 0.00

BASED AT: Upper Springfield Development Trust , 200 Springfield Road, Belfast, Hours: Pending – Contracted hours secured as per successful match. REPORTS TO Team Leader - Befriending and Advocacy SALARY £12.92 per hour

Action Ability Belfast

#### Closing Date

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Friday / 29 May 2026  
12:00pm

#### Contact Details

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200 Springfield Road  
Belfast  
BT12 7DB

02890236677  
j.fegan@usdt.co.uk

# Job and Training Opportunities

## WE ARE HIRING! REGENERATION SUPPORT PROJECT CO-ORDINATOR

Drive Change. Shape Ligoniel. Take the lead on the physical, social, and economic transformation of Ligoniel Village. You will bridge the gap between private developers, public bodies, and our local community to turn regeneration plans into reality.

### Ready to step up? Contact us today for an application pack:

- Location: Wolfhill Centre, 148 Ligoniel Rd, Belfast
- Phone: 028 9039 1225
- Email: [administration@ligonielvillage.com](mailto:administration@ligonielvillage.com)

**Ligoniel Improvement Association is an Equal Opportunities Employer.**

### Why Join LIA?

**Impact:** Be at the heart of a community-based organisation dedicated to creating a flourishing Ligoniel.

**Benefits:** Competitive salaries, generous holiday allowances, and a focus on professional development.

**Support:** Work within a collaborative multi-agency framework alongside schools, GP surgeries, and statutory partners.

**The Mission:** Manage five sub-committees, negotiate multi-sector funding, and lead project staff in implementing the Integrated Local Area Plan.



**SALARY: £31,648 P.A**

**FIXED TERM UNTIL 31<sup>ST</sup> MARCH 2027**

**3RD LEVEL QUALIFICATION & AT LEAST 3 YEARS EXPERIENCE IN COMMUNITY REGENERATION**



## WE ARE HIRING

### Youth Health Co-ordinator

#### YOUTH HEALTH CO-ORDINATOR

**Empower the Next Generation.** Join the Ligoniel Healthy Living Centre (HLC) team to design and deliver life-changing health programmes for our young people. From mental well-being to physical activity, you will be the lead advocate for youth health in the area.

#### THE MISSION

Create evidence-based programmes, lead outreach for "hard-to-reach" youth, and manage a portfolio of services tackling health inequalities.

#### WHO YOU ARE

A qualified professional (Youth Work, Social Work, or Teaching) with 2+ years of experience working directly with young people in a community setting.

#### WHY JOIN LIA?

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- **Benefits:** Competitive salaries, generous holiday allowances, and a focus on professional development.
- **Support:** Work within a collaborative multi-agency framework alongside schools, GP surgeries, and statutory partners.

### How to apply?

Ready to step up?  
Contact us today for an application pack:

 Wolfhill Centre,  
148 Ligoniel Rd, Belfast


 028 9039 1225



[administration@ligonielvillage.com](mailto:administration@ligonielvillage.com)

Ligoniel Improvement Association  
is an Equal Opportunities Employer

 **Salary: £29,684.76**

 **Fixed term until March 2027**

# Job and Training Opportunities

ROGRAMME • EMPLOYABILITY PROGRAMME • EMPLOYABIL



**YOUTH START**

**Empowering Futures on Springfield Road**

The YouthStart Programme supports young people aged 16–24 build skills, boost confidence, and improve employability. Whether it's landing your dream job or starting a career, we're here to support your next step.

- L1 Award in Peer Mentoring
- Industry Qualifications
- Lunches Provided
- L2 Award in Employability Skills

FIND US ON    

 Funded by UK Government

ROGRAMME • EMPLOYABILITY PROGRAMME • EMPLOYABIL

## THE JOURNEY

**PHASE ONE:**

*Phase one focuses on personal development and wellbeing. Participants join a 2-week induction, create a Personal Action Plan, and engage in activities like group sessions, community challenges, and outdoor pursuits. Each participant is paired with a YouthStart Mentor for ongoing support. This phase addresses barriers to engagement and employment through personalized support and referrals to specialist services, helping participants build confidence, motivation, and leadership skills.*

**PHASE TWO:**

*In phase two, participants build skills and gain qualifications to prepare for employment. With support from tutors and mentors, they develop employability, leadership, and personal skills while addressing past barriers. Participants complete qualifications in **Peer Mentoring (Award in Peer Mentoring)**, **Employability (Award in Employability Skills)**, boosting confidence and readiness for the workforce.*

**PHASE THREE:**

*Phase three focuses on employment through an individualized employment academy approach. Participants receive industry-specific training, hear from guest speakers, visit employers, and attend a jobs club and fair. Training covers qualifications like **CSR, Forklift, SIA, and Youth Work**, tailored to sectors with high growth potential. Employer engagement ensures training aligns with job market needs. Participants explore career pathways, learn about workplace environments, and prepare for interviews. Workshops led by the YouthStart Team will focus on managing workplace stress, rights at work, and achieving work-life balance, equipping participants with the skills and confidence to sustain long-term employment.*

For further information, please contact us at [youth@springvalelearning.com](mailto:youth@springvalelearning.com) or call us on **07771679954**

FIND US ON    

 Funded by UK Government

# Job and Training Opportunities

Do you know anybody aged 18+ looking for a job in July and August? Belfast City Council is seeking temporary staff to help us deliver Summer Schemes in our Community Centres again. These are 20-hours per week, and recruitment is via agencies. If interested, please contact any of the recruitment agencies below a.s.a.p.:

- Blue Arrow
- Industrial Temps Limited
- Staffing Professionals
- CPL Solutions International Limited
- Lynn Recruitment
- First Choice Selection Services Ltd
- Staffline Recruitment (NI) Ltd
- Platinum Recruitment (NI) Ltd
- Bluestones Staffing (NI) Ltd
- Hatched Recruitment Group
- Task Recruitment Ltd
- Gen Tech Specialist Recruitment Solutions Ltd
- Prime Recruitment Services Ltd
- Proactive Solutions Group Ltd
- Cogent Staffing



Belfast  
City Council

I would be grateful if you shared this via your networks, too.

Many thanks and kind regards -

**Ulrike Letzner** | Community Development Officer

Community Services | City & Neighbourhood Services Department | Belfast City Council | 4-10 Linenhall Street | Belfast BT2 8BP

Mobile: 077 4746 5446 | Email: [letzneru@belfastcity.gov.uk](mailto:letzneru@belfastcity.gov.uk)

[www.belfastcity.gov.uk](http://www.belfastcity.gov.uk) | [www.facebook.com/belfastcitycouncil](https://www.facebook.com/belfastcitycouncil) | [www.twitter.com/belfastcc](https://www.twitter.com/belfastcc)