

TOGETHER FOR FAMILIES

Enhanced Family Support Service (EFSS) Information

Together for Families is hosting online information sessions for organisations interested in applying for funding to deliver Enhanced Family Support Services as part of Together for Families (Together For Families webpage).

WEBINARS

The webinar sessions are aimed at Voluntary, Community and Social Enterprise (VCSE) organisations with extensive experience of supporting families in NI who have complex needs. We would encourage any organisation considering applying to attend one of these sessions.

Each of the webinar sessions will cover:

- Overview of the Enhanced Family Support Service vision
- Context for Change
- Who will benefit
- Eligibility Information
- Partnership and Collaboration
- Grant Timeline
- Q&A about the EFSS

Session 1	Monday 3 August	10am – 11.30 am
Session 2	Monday 3 August	3.00pm – 4.30pm
Session 3	Thursday 6 August	10am – 11.30 am
Session 4	Thursday 6 August	1pm – 2.30pm
Session 5	Friday 7 August	10am – 11.30am



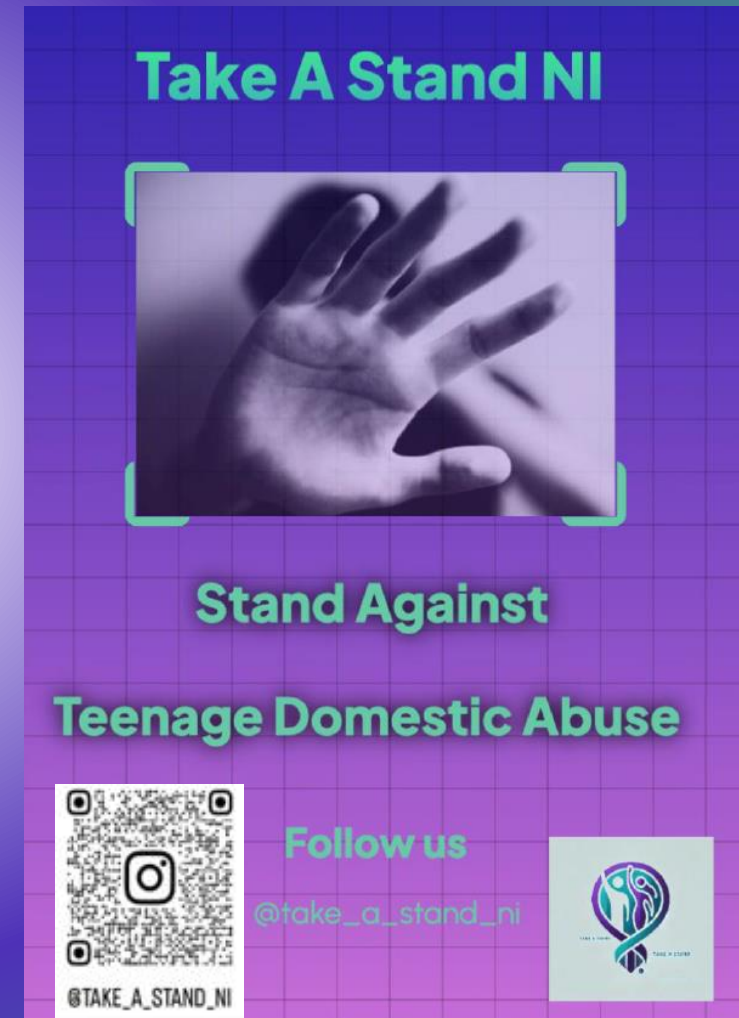
A Public Sector Transformation Project

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

LocalityPlanning@belfasttrust.hscni.net

Take a Stand

A pioneering initiative dedicated to raising awareness and addressing domestic abuse in teenage relationships



Children
in Northern
Ireland



Parent Well



**Preserving
Calm**

**Preventing
Chaos**



**Easy steps to supporting
behaviour & relationships**

**Please call us on 0808 8020 400 or
email parentline@ci-ni.org.uk
for your free copy**



-  No School?
-  No Routine?
-  No Problem!

Summer holidays can be a wonderful time—but they can also bring new challenges for families.

Parentline is here to help you *Preserve Calm and Prevent Chaos* this summer.

Our **FREE *Preserving Calm and Preventing Chaos* booklet** is packed with practical advice to help you spot trouble before it starts and what to do if it has!

 Call **Parentline** on **0808 8020 400** to request your **FREE copy** today.



Better Days
Pain Support Programme

Supporting people to self-manage their pain and live better and happier lives

Do you live with chronic pain?

“My pain had overwhelmed me and I had lost my confidence and drive. This course has built my confidence and improved my motivation and self-worth. I am now more confident in being able to manage my own pain and I have a more positive outlook”
Carole, 53, Belfast

reach out
Community Health and Wellbeing

ReachOut Better Days Pain Support 8 week Programme
Monday 7th September 11 till 1
Duncairn Community Centre
Contact: Claire Allen
M: 07585125743
E: claire@reachoutni.org

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care Board

ReachOut Better Day's Pain Support Workshop on: This workshop is designed to improve the health and well-being of those who suffer from pain and live better and happier lives.

DATE: 20th August 2026
TIME: 10:30-1:30pm
VENUE: Duncairn Community Centre

If you would like to register, please click the link here: <https://forms.office.com/e/7SDCk8wQ8U>



Better Days
Pain Support Programme

Topics include:

- Take 5 Steps to Wellbeing
- Sleep
- Pain Toolkit
- Self Care
- Understanding Pain
- Pharmacist Session
- Relaxation & Breathing
- Gentle Movement & Exercise
- Nutrition
- Peer Led Session

For more Information please contact us.
Details overleaf

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care Board

ReachOut Better Days Pain Support 8-week programme

- The Better Days Pain Support Programme in Northern Ireland aims to help individuals manage chronic pain and improve their quality of life. The program focuses on self-management, promoting mental well-being and social inclusion. Participants can learn techniques to reduce reliance on medication and improve their overall health.
- The program focuses on self-management of pain, promoting mental well-being and social inclusion. Participants can learn techniques to reduce reliance on medication and improve their overall health.
- The programme will run for 8 weeks. It will run from Monday 7th September 2026 until Monday 26th October from 11am until 1pm at the Duncairn Community Centre.

If you would like to register for the programme, please click the link: <https://forms.office.com/e/upNGteLvdL>

Other programmes you might be interested in:

- Yoga with Nicola Caulfield for women that are experiencing perimenopause, menopause or post menopause.

Start Date: Thursday 3rd September

Time: 6:00-7:15pm

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



If you would like to register for the Menopause Yoga with Nicola, please click the link:

<https://forms.office.com/e/NBeFkQDfA7>



A supportive next step for young people who need time, confidence and the right support to move towards life, learning and work.

DASH may be suitable where a young person needs a more supported environment, a broader vocational pathway, or additional disability-related support to engage and progress.



Who it is for

Young people in the Belfast area who are eligible for SflW, including young disabled people up to under 22. Suitable for learners who need confidence-building, flexible support and a vocational route matched to their goals.

What learners gain

Essential Skills in literacy, numeracy and ICT or digital skills; personal, social and employability development; vocational learning; work-related activities and supported progression.

Why DASH

Inclusive delivery, individual support, mentor input, supported work placements when ready, and a focus on confidence, independence, wellbeing and next-step progression.

Programme offer at a glance

Core programme	Now welcoming referral discussions for June and September 2026 Belfast intakes. A structured 5-day per week programme with flexible, person-centred planning through each learner's Personal Training Plan.
Learning areas	Literacy, Numeracy, ICT/Digital Skills, Personal and Social Development, Employability and a vocational area.
Vocational options	Sport, Hospitality, Health and Social Care, Retail and Creative options, subject to suitability and availability.
Support and progression	Mentor support, workplace preparation, supported placements when ready, travel support where eligible, weekly allowance up to £40, and progression planning.

Referral route

Colleagues can contact Jen to discuss potential referrals. The formal route remains through Careers Service guidance and issue of a Training Credit. Self-referrals and external agency enquiries are welcome for initial discussion.

Contact for referrals: Jen | 07501 250224 | JenniferBell@disabilityaction.org

Disability Action: Skills for Life and Work Programme.

We are looking to support young people who meet the following criteria:

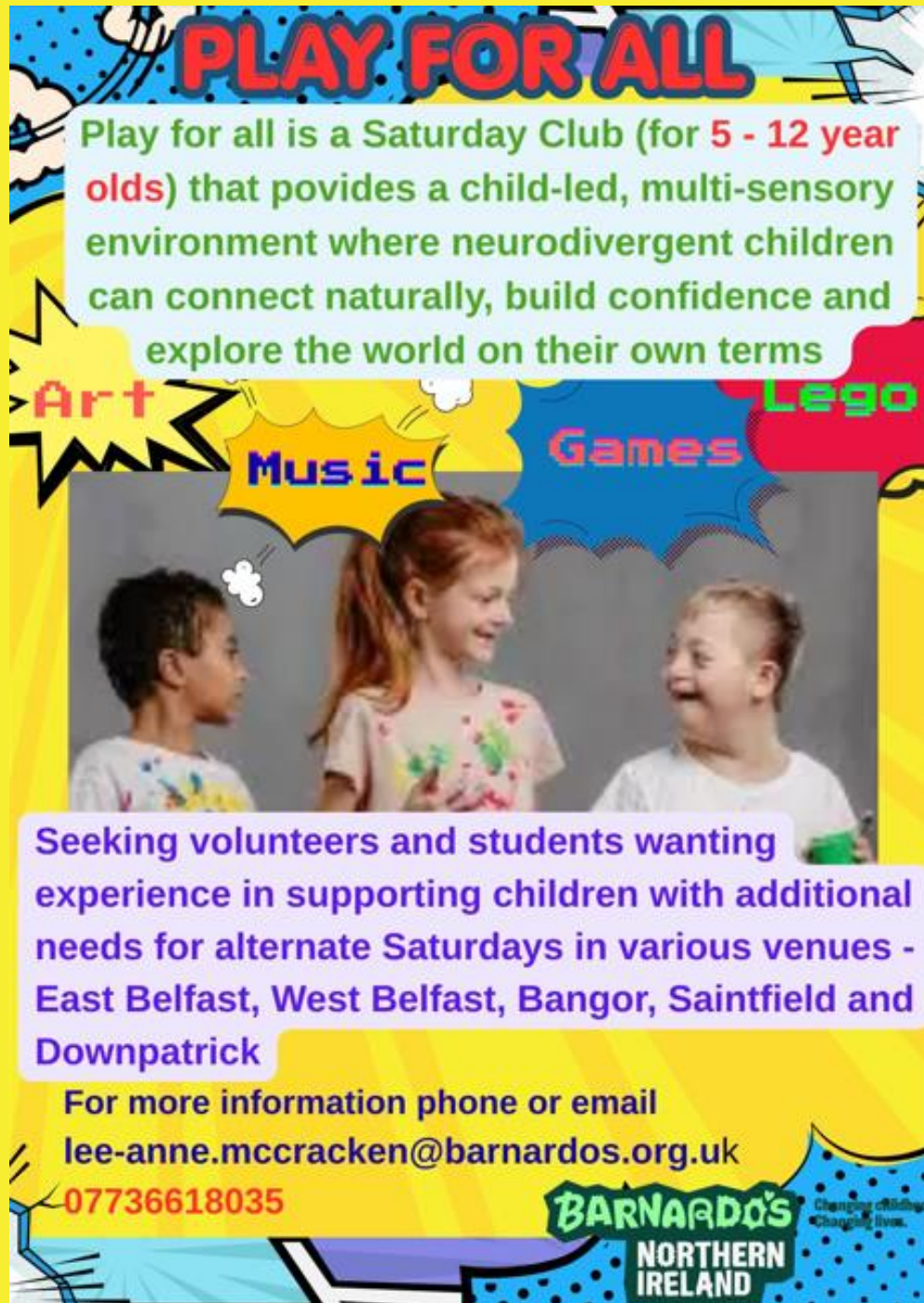
Age: 16-22

Eligibility: Young people living with a disability

Current Status: School leavers, disengaged young people, or those currently classified as NEET (Not in Education, Employment, or Training).

Expression of interest form:

[DA Skills Hub Expression of Interest – Fill in form](#)



PLAY FOR ALL

Play for all is a Saturday Club (for 5 - 12 year olds) that provides a child-led, multi-sensory environment where neurodivergent children can connect naturally, build confidence and explore the world on their own terms

Art **Music** **Games** **Lego**

Seeking volunteers and students wanting experience in supporting children with additional needs for alternate Saturdays in various venues - East Belfast, West Belfast, Bangor, Saintfield and Downpatrick

For more information phone or email
lee-anne.mccracken@barnardos.org.uk
07736618035

BARNARDOS
NORTHERN IRELAND



- Play for All is a Saturday club for children with additional needs aged 5-12 and their siblings.
- The club runs on alternate Saturdays across Co. Down and East/West Belfast.
- We are seeking volunteers or students wishing to gain experiences and knowledge supporting children with additional needs with a high level of training and support needed.
- Play for All supports children in child-led, multi-sensory environments where neurodivergent children can connect naturally, build confidence and explore the world on their own terms.



Queens University Belfast – Pathway Opportunity Programme

A large, historic brick building with many windows and a tall spire, likely a part of Queen's University Belfast. In the foreground, two students are standing on a paved area. A young woman with long dark hair is smiling and looking towards the camera. Next to her, a young man is seen from the back, wearing a dark blue hoodie. The sky is blue with some light clouds.

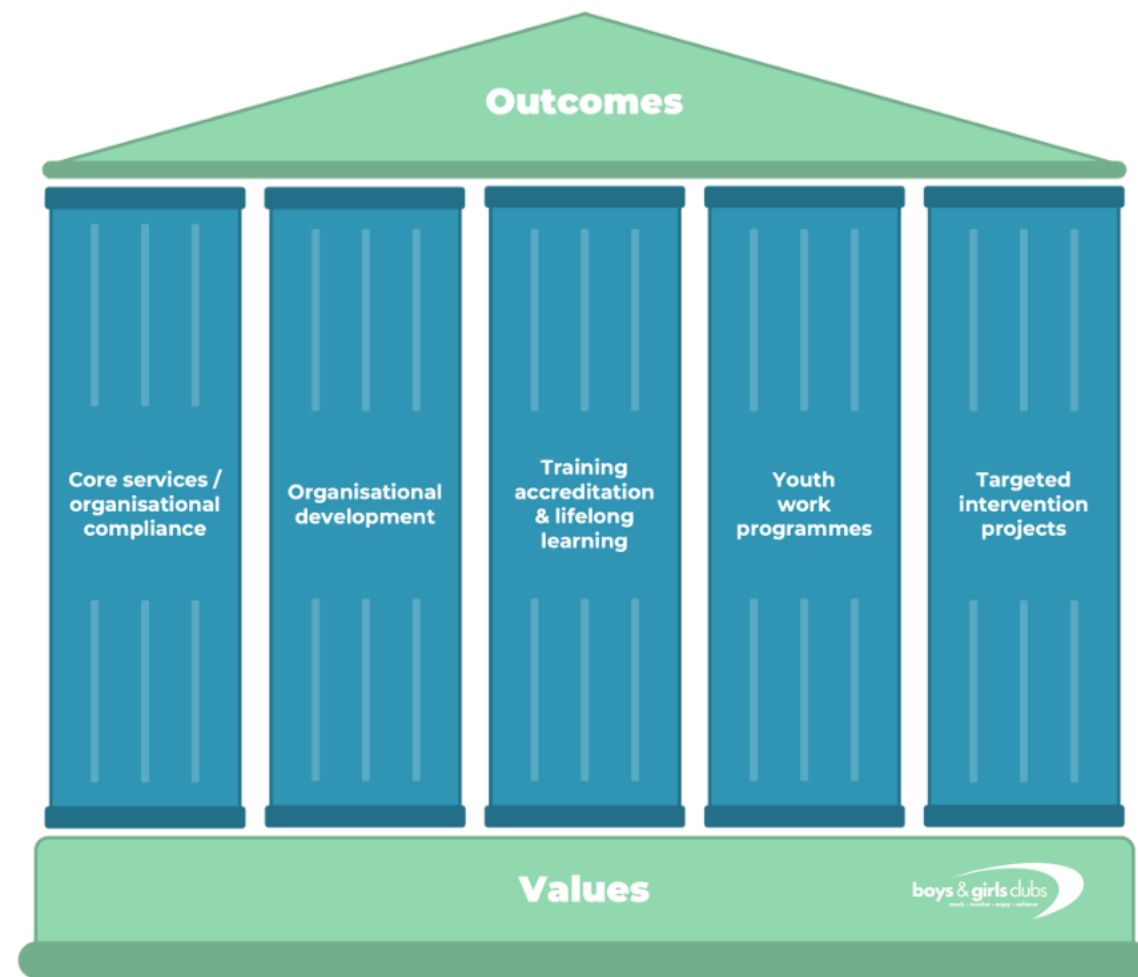
PATHWAY OPPORTUNITY PROGRAMME

DISCOVER NEW HORIZONS

**Find out more information here: Pathway
Opportunity Programme | Student Centre | Queen's
University Belfast**

Our Mission

Boys & Girls Clubs strengthens youth work practice, educational pathways, and community engagement, ensuring young people have the opportunities, support, and environments they need to aspire, evolve, and thrive.



[Visit Here For More Information: About Us – Boys & Girls Clubs NI](#)



Our next issue of CiNI connect will be circulate on Friday 24th of July.

- Our monthly CiNI CONNECT Newsletter brings together key policy developments, opportunities, research, training and events, alongside examples of the innovative and impactful work being delivered by our members.
- Our aim is to keep you informed, connected and supported, as we work collectively to improve outcomes for children, young people and families.

The fourth call of the Police Property Fund Small Grants Scheme is now open for applications!

This follows three successful Small Grants funding calls awarding almost half a million pounds, and one Large Grants funding call awarding a further £150,000 to community-based projects across Northern Ireland.

Policing Board Chair Brendan Mullan encouraged any organisation that has an idea for a project that fits the bill to apply:

“We’re delighted to be able to launch another call of the Police Property Fund Small Grants Scheme, which gives us an opportunity to support projects that benefit people on a local level.

We’ve seen the real and important impact of previously funded projects in communities across Northern Ireland, with over half a million pounds awarded over the last five years. We look forward to seeing even more positive changes and improved relationships between communities, their police service and their local Policing & Community Safety Partnerships.

Building better communities is everyone’s responsibility – so if you feel like you have a project that fits the criteria, make sure you apply.”

For further information please contact the Board's Communications office:

information@nipolicingboard.org.uk

Free Summer Pitch Drop in @ Girdwood Community Hub!

Due to the success of this pilot in Summer 2025, Belfast City Council are again supporting a free community pitch drop in for everyone to use over the summer months @Girdwood Community Hub.

Guidance Information:

- Young people must come into Girdwood Reception to create a free Better Junior Pay and Plau membership (no fee required) and provide emergency contact details.
- Participants will receive a wristband upon registration.
- Participants must bring their own football.
- Climbing on the nets is strictly prohibited.
- The young people can then be presented with a card; they must come in everyday rto get a new wristband.
- Bins for water bottles must be used and lifted upon exit of the pitch, no litter to be left for others,
- Under 9s should e supervised at all times by a parent/ guardian/ responsible adult etc.

For any queries on how to register youth groups and families – please email:

girdwood@gll.org

Week Commencing	
Monday 20 July	1pm to 5 pm
Tuesday 21 July	1pm to 5 pm
Wednesday 22 July	1 pm to 4 pm
Thursday 23 July	1 pm to 4 pm
Friday 24 July	1pm to 4 pm
Week Commencing	
Monday 27 July	1pm to 5pm
Tuesday 28 July	1pm to 5pm
Wednesday 29 July	1pm 4 pm
Thursday 30 July	1pm to 4pm
Friday 31 July	1pm to 4pm



Oasis Caring In Action has been running youth programmes in Belfast since 2017. From July 2024, with funding from the Henry Smith Charity, we have been delivering a new bespoke NxtGen@Oasis programme. In designing the programme we have used direct feedback from previous project participants, and have focussed in on the needs of local young people, whilst ensuring we do not replicate anything being offered locally by neighbouring organisations or clubs.

The new programme is aimed at 16-25 year olds, with a focus on supporting participants who are at the start of their journey after school, or who have been affected by the covid pandemic or perhaps suffer with mental health challenges, including depression, poor self-esteem or social anxiety.

Our aim is to build confidence, resilience and self-esteem, whilst focusing on improving mental health, building life skills and having fun while doing so!

Scan here for more!



To find out more contact us on the following:

Phone: 07904374926

Facebook: NxtGen@Oasis

Instagram: NxtGen@Oasis



NxtGen Youth Project – Only 2 places Remaining! Please help us reach out to young people who could benefit from NxtGen!

We are excited to be launching the fourth cohort of our NxtGen programme VERY SOON and are now in the final stages of recruitment.

There are only **TWO** spaces remaining!

Since the programme began, over 80% of our participants have progressed into positive, sustainable outcomes, demonstrating that the NxtGen approach is making a genuine, lasting difference in the lives of young people.

Find out more information:

📞 Call, text or WhatsApp: 07904 374926

✉ Email: NxtGen@Oasis-ni.org

📱 Follow us on social media: @NxtGenOasis



What is NxtGen?

NxtGen is much more than a personal development programme for **16–25-year-olds**.

Designed alongside previous participants, it provides the support young people told us they needed most. Throughout the programme we help participants develop:

- Confidence and self-belief
- Resilience and emotional wellbeing
- Communication and social skills
- Life skills and independence
- Motivation and direction for the future

NxtGen is ideal for young people who may be:

- Unsure of their next steps after school or college
- Struggling with confidence, isolation or social anxiety
- Living with depression or other mental health challenges
- Neurodiverse and looking for a supportive environment
- Not yet ready for employment or education
- Simply looking to meet new people, try something different and have some fun

Over **16 weeks**, participants discover their strengths, explore future opportunities and gain practical skills that prepare them for whatever comes next.

Every group also plans and delivers a community project, giving young people the chance to make a real difference while developing teamwork, leadership and confidence.

What our participants say...

"What I got out of the programme was... CONFIDENCE and friends!" – Stephanie

"It helped me get out of the house more and gave me the motivation to come out." – Kevin

"I don't think I've laughed this much in years. That alone made the whole experience worthwhile." – Shantelle

"I've learnt to listen to other people's opinions without thinking they're attacking me. Turns out some people are trying to help!" – Morgan

"My son started talking again—and not just in the house!" – Parent

Who can join?

Anyone aged **16–25** who:

- Lives in Northern Ireland
- Has a National Insurance number

Our Wednesday drop-in is open to **anyone aged 16–25**, not just current participants. Whether someone wants advice, information about NxtGen, a chat over a cup of tea or simply somewhere welcoming to spend time, they're always welcome.

When does it run?

Monday, Tuesday, Thursday & Friday

10:00am – 3:30pm

Wednesday Drop-In

11:00am – 2:30pm

CREATIVE EXPERIENCE FOR YOUNG ADULTS

Interested in inspiring young people through digital arts?

Aged 18-30 and wondering where your creativity could take you?

Join our free Creative & Volunteer Experience and learn how to inspire young people through digital art, creativity and hands-on workshops. You'll gain real experiences, learn from professional artists, build your confidence, and explore new opportunities in the creative and community sector no facilitation experience needed – just creativity, enthusiasm, and a willingness to learn.

- Free Training
- Mentoring from experienced Artists
- Real Workshop Experience
- A potential pathway to future opportunities

Get involved and see where your digital art skills can take you. Find out more by visiting:

www.wheelworksarts.com/creative-influencers



Introductory Family History Talks

Belfast Branch Committee of the North of Ireland Family History Society

The North of Ireland Family History Society is a long-established educational charity dedicated to promoting the study of genealogy and local history. Our Belfast Branch has experienced members who would be pleased to deliver engaging talks such as **'Starting Your Family History'**, providing practical guidance on how people can begin researching their ancestors using both online and local resources.

We believe these talks would be of interest to a wide range of community organisation, including other people's groups, community associations, men's sheds, women's groups, libraries and other local organisations. They encourage lifelong learning, help reduce social isolation by sharing memories and experiences, and promote an appreciation of Belfast's rich history and heritage.

We understand that Belfast City Council supports a variety of community initiatives and, where appropriate, may be able to facilitate programmes of this nature. We would therefore welcome the opportunity to discuss how the Society might work with the Council to make these talks available to community groups across the city. For more information, please visit: www.nifhs.org Email: NRoots@nifhs.org

Belfast Belongs To All of Us

Belfast Belongs To All of Us is a brand-new **storytelling** and **filmmaking** project for **young people aged 13-18** across West Belfast. Over four Saturdays in **August and September**, we'll explore identity culture, community and belonging through storytelling and conversation. We will then work with the team at Triplevision Productions to turn those ideas into short films that share young people's voices with a wider audience.

It isn't about acting or performing. It's about young people being themselves. Sharing their own experiences, and telling the stories that matter to them. The project is especially aimed at young people from minoritised, underserved and underrepresented communities, because every young person deserves to feel seen, heard and celebrated.

Huge thanks to Belfast City Council and to Arts Ekta for supporting this project and making it possible.

Sign up now via this short form:

[form](#)



Mindset: Mental health awareness programme



Mindset is a mental health and emotional wellbeing programme, offered to Young People and Adults.

How can the Mindset programme help you?

- Raises your awareness and understanding of mental and emotional health and wellbeing.
- Increases your knowledge of signs and symptoms of mental ill health.
- Promotes self-help, self-care and resilience techniques.
- Explores how to maintain a safe level of positive mental and emotional health and wellbeing.
- Provides information and resources on mental health support organisations available locally and regionally.



Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your will, please visit:

amh.org.uk

Who is Mindset for?

- The Mindset Programme can be tailored to young people from 14 years and to adults. There is also a version tailored for young people and adults with Special Educational Needs (SEN).

Where is Mindset offered?

- Mindset is delivered by Action Mental Health Project Workers across Northern Ireland in all youth and community settings.

More information

- Mindset is funded by the Public Health Agency. The programme is available throughout the year in all HSC Trust areas.

Learner requirements: None

Time: 3 hours (Can be delivered in 1 or 2 sessions)

Delivery: In-person or online via Zoom.

Group numbers: 8-30

Programmes will involve a mixture of learning slides and audience participation, along with group work and exercises. Everything shared in a session is confidential.

Find out more about our Schools
& Community Wellbeing
programmes at amh.org.uk or
email: wellbeing@amh.org.uk

Action Mental Health is a local charity supporting minds and changing lives, across Northern Ireland.

To find out how you can support our vital work through donations and fundraising, or by leaving a gift in your Will, please visit amh.org.uk

Schools & Community Wellbeing
Action Mental Health
4a Steeple Road Antrim
BT41 1AF

T: 028 9442 5356
E: wellbeing@amh.org.uk

www.amh.org.uk



Registered with the Charity Commission
for Northern Ireland NIC100753.



Communities
in Transition

BRINGING COMMUNITIES
& CULTURES TOGETHER
THROUGH SPORT

BCT NI
...building brighter futures

UNITY CUP



ONE GAME. ONE COMMUNITY. ONE GOAL.



THURSDAY
13TH AUGUST



12:00PM – 3:00PM



MARROWBONE PARK

SPECIAL GUEST

Cliftonville's

JOE
GORMLEY



BRINGING PEOPLE
TOGETHER



CELEBRATING
DIVERSE CULTURES



BUILDING RESPECT
& FRIENDSHIPS



INCLUSION
FOR ALL



POSITIVE FUTURES
THROUGH SPORT

A DAY OF FOOTBALL, FRIENDSHIP, INCLUSION
AND COMMUNITY SPIRIT.

EVERYONE IS WELCOME – COME ALONG AND CELEBRATE UNITY THROUGH SPORT!

Unity Cup

Celebrate cultural
diversity and unity
in North Belfast!



- Free 4 week programme that doesn't affect benefits
- Complete a work experience placement with Better Gym
- Gain your National Pool Lifeguard Qualification
- Support with CV writing, interviews and job applications
- Interview for live lifeguard roles with Better Gym

Get In Touch
Email: outreachni@kingstrust.org.uk



Taster day:
10th August

Course dates:
17th August - 11th Sept

Location: Belfast



Lifeguarding vacancies and NPLQ Qualifications

Do you know any young person who would like to get into lifeguarding?

There are live job vacancies at various leisure centres across Belfast for successful applicants.

If you would like to discuss any young people you think would be suitable for this opportunity, please get in touch:

Outreachni@kingstrust.org.uk



Neurodivergent? Looking for a job? School Leavers Open Days – Belfast 20th and 21st August

- NOW Group, the award-winning social enterprise based in Dublin and Belfast, work with people and businesses to unlock potential and transform lives.
- NOW helps people who are neurodivergent, autistic or have a learning difficulty by supporting them into jobs with a future.

Belfast School Leavers Days on 20th and 21st August 2026

Register here: nowgroup.org | [Neurodiverse](#) | [Autism](#) | [ADHD](#) | [Learning Difficulty](#) | [Dublin Ireland](#) | [Belfast N.Ireland](#)



Hilden Charitable Fund's Annual UK Programme Opens for Applications

Funding to support social justice and tackle disadvantage within the UK

- This grant-making foundation aims to address disadvantage by supporting causes which are less likely to raise funds from public subscription or statutory services. It is keen to support small organisations with a preference to find those already established rather than new ones.
- This year, a total of £400,000 is being made available with grants of between £5,000 and £7,000 per year for up to two years.
- The fund is for projects taking place in the UK that address one of the following:

Asylum Seekers and Refugees – for organisations working to provide essential services which help meet the needs of asylum seekers and refugees and support their integration/participation in the wider community.

Penal Affairs – for work "through the door" where charitable organisations go into prisons with projects and support to help prisoners (especially women) cope and/or maintain family bonds and to be better able to resettle positively when released.

- Unrestricted grants or project funding is available. Charitable Incorporated Organisations (CIOs), Charitable Companies (registered both as a charity and a company) and excepted charities providing they have a total annual income of less than £200,000 in the last three years and are registered and operating within the UK.
- If the fund is oversubscribed, priority may be given to organisations based outside Greater London. Applications from Northern Ireland are also being encouraged.

Applications are accepted from 28th July 2026 (10:00) to 27 August 2026 (15:00)



Do you care for someone?

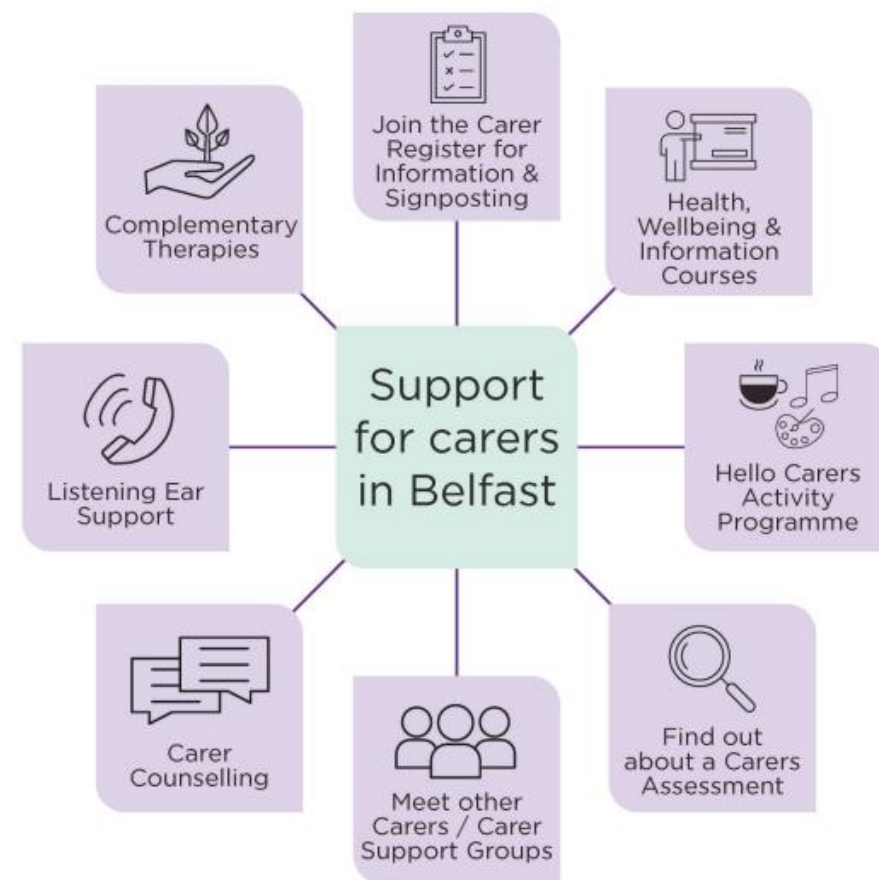


Information for Carers

Who are we?

The Carer Support Service is part of the Belfast Health and Social Care Trust (BHSCT). We are here to support carers of all ages, as we recognise and value all that you do. You are a carer if you are regularly supporting a family member, or friend who is unwell, frail, living with a disability or a mental health condition. This could be a child, adult or an older person.

Here are supports available for carers in the Belfast HSC Trust



We also:



Invite you to register with the Carer Support Service to keep you up to date with support opportunities, activities, information, courses, community events and Newsletters



Issue a Carers ID card to recognise your unpaid caring work. It may also help you gain discounts and easier access to public venues, events and attractions



Link young carers to support and available services. A young carer is aged under 18. For further information refer to: <https://www.nidirect.gov.uk/articles/young-carers>



Offer opportunities for you to have a say in our work or get involved to plan and shape our services in the future so they are carer focused



Provide information about how a Carer Assessment may help you in your caring role.

Caring for others can have such a big impact on your life so knowing your rights is important. The law says that a person who provides a regular and significant amount of care for a person has a right to an assessment of their needs as a carer (a Carer Assessment). You can access a Carer Assessment by meeting with a Belfast Trust member of staff (a Key Worker) to identify what you may need help with. This can include:

- A space to talk about your caring situation and what your caring needs are
- Reflecting how the caring role affects your physical, social and emotional wellbeing
- Exploring what you find difficult at this time and any concerns you have for the future.

A Carer Support Plan is then developed in partnership with you to support you in your caring role. If you do not have a Key Worker contact the Carer Support Service and we will make a referral for you. A Carer Assessment is not linked to carers receiving benefits or allowances. For further information refer to: www.nidirect.gov.uk/articles/overview-carers-rights

How to contact and register with the Carer Support Service

📞 028 9504 2126

✉ CarerSuppSvc@belfasttrust.hscni.net

🌐 <https://belfasttrust.hscni.net/service/carers-services/>

To visit the Carer Support Service website scan the QR Code



To join the Carers Register scan the QR Code



Carer Support Service - what people say about us

"The events I have attended were so helpful for me to just enjoy focusing on things that were so beneficial to my mind, body and soul. I depend on these sessions for my mental health"

"I appreciated the peer and Carer Support Groups. The Carer Team staff were so compassionate. I felt seen, understood and less isolated"

"Feeling that I'm not alone, having fun, enjoying the time out from our caring duties"

"The Carers Register was a great way to keep me informed"

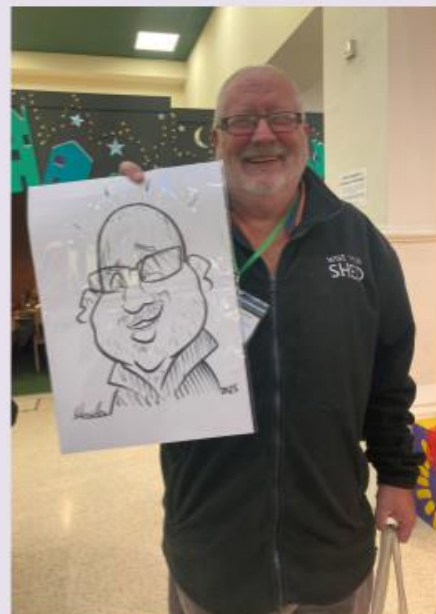
"The programme of activities are brilliant. There's something for everyone"

What's on for Carers May - Aug 2026

Carer Support Service Newsletter

Inside this issue:

- Building Carer Friendly Communities – Carers Week 8th-14th June 2026
- Hello Carers Spring/Summer Programme May – August 2026
- Carers Corner & News



"I really enjoyed the crafting sessions, it has uplifted me so much and helped reduce my isolation."

Building Carer Friendly Communities



Building
Carer Friendly
Communities



Welcome to this edition of our Belfast Trust Carer Support Service Newsletter. The focus of this edition and programme is Carers Week. This year's theme of **Building Carer-Friendly Communities** is close to the heart of everything we do in the Carer Support Service. Here we strive to help build and strengthen our community in Belfast.

Our goal is clear: **a society where carers feel valued, recognised, connected, informed and supported**, not only by Health and Social Care services but by the wider community around them. We want carers to feel confident seeking help, taking breaks, accessing information, and knowing that they are not alone.

Thank you for being part of this journey with us. By raising awareness, sharing resources, and working together, we can continue to shape communities where carers are at the centre, not the sidelines.

One simple way to build a carer friendly community is to start conversations about caring. If you are a carer, let trusted people around you know about your role and what helps. If you work with or alongside carers, take a moment to ask, listen and signpost to support. Small, open conversations can break down barriers and help create understanding and supportive communities for everyone.



A community is more than just a place where people live. It is a network of connections, relationships, shared experiences, and mutual support. Communities thrive when people feel

seen, understood, valued and when everyone has a place. For carers, community can play an even more vital role. Caring can be rewarding, but it can also be isolating, exhausting, and emotionally demanding. A carer friendly community is one that recognises these realities. It is a community where carers are acknowledged, supported, and included.

Across the Belfast Health and Social Care Trust, we recognise the vital role unpaid carers play in supporting family, friends, and neighbours. A carer friendly community is one that understands and values this support and works together to make carers' lives easier. Carers should have access to clear information, good communication, emotional support, and chances to take short breaks and look after their wellbeing. Most importantly, carers should feel seen, respected, and included.

Within the Carer Support Service, we are committed to improving carer awareness across all services. We work alongside carers, involve them in decisions, promote training, and support options, and help staff recognise the knowledge carers bring. Our aim is to ensure carers know where to get help and feel confident asking for it.

Building a carer friendly community is a shared effort. Health and social care staff, community and voluntary groups, councils, employers, schools, faith groups, neighbours, and families all have a role. By working together, we can create communities where carers are supported and able to thrive.

Hello Carers Monthly Activity Programme: August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3rd East Belfast Carer Support Café 2 - 3.30pm Arches Health & Wellbeing Centre		5th Walking Group 10.30 - 11.30am Waterworks	6th Information Session: Personal Safety with PSNI Personal Safety with Belfast City Council 11 - 12:30pm Duncairn Community Centre	7th North Belfast Carer Support Café 2 - 3.30pm Belfast Recovery College
10th Yoga 10.30 - 11.30am Online	11th Wellbeing Session with Ulster Wildlife 7-8.30pm Bog Meadows	12th Post Caring Coffee Morning 10:30 - 12pm Cregagh Library	13th Photography 1.30 - 3.30pm Ravenhill Bowling Pavilion	14th Music Café 11 - 12:30pm TBC
17th Yoga 10.30 - 11.30am Online		19th South Belfast Carer Support Café 11am - 12pm Agape Lisburn Road	20th Wellbeing walk and history tour 10:30 - 12:30 Ulster Folk Museum	21st "Listen to one favorite song, or spend five minutes cloud-watching"
24th Yoga 10.30 - 11.30am Online West Belfast Carer Support Café 1-2pm Foodstock Andersonstown Road,	25th Cave Hill Conservation Campaign Guided Foraging/History Walk 1-12pm Belfast Castle		27th Drumalis Carer Retreat Day Gardening with Belfast City Council - Plant cuttings 1.30 - 3pm Ravenhill Bowling Pavilion	28th Coffee Morning 10.30 - 12pm City Hall, The Bobbin

Some of these activities have limited places and so you will be notified whether a place has been allocated to you,
 To Sign up to Sessions: Email: CarerSuppSvc@belfasttrust.hscni.net Or Call: 028 9504 2126

Carers Week 8th-14th June



8-14
June
2026

YOU'RE
INVITED

To mark the start of Carers week this June, we are delighted to host a special launch event celebrating this year's theme: **"Building Carer Friendly Communities"**. The event will take place on the 8th June at **THE MAC** in Belfast.

Guests will enjoy lunch, a few surprises along the way, and the opportunity to explore and connect with other carers. There will also be time to discover the delights of The MAC and take in the exhibits on display, creating a relaxed space to explore, connect, and celebrate together.



Thanksgiving and Celebration

The Carer Support Service warmly invites you to an evening of thanksgiving and celebration in recognition of carers.

This special evening will offer a space for reflection, gratitude, and connection. It is an opportunity to come together, pause and celebrate the compassion, strength, and dedication of those who care for others.

We are delighted that the Carers Choir will be joining us to share beautiful singing and performances as part of the evening.

Join us on the **10th June at 7pm in Knockbracken Hall** for what will be a meaningful and uplifting occasion.

This is an inclusive event and we extend the hand of friendship to the diverse community of Belfast to celebrate carers together on this special occasion.

Quiz Night for Carers – Join the Craic this Carers Week!



As part of Carers Week, we are inviting carers to take a well-deserved break and join us for a fun and friendly Quiz Night on 12th June. It promises to be a great evening of laughter, a bit of healthy competition, and plenty of craic along the way.

Whether you are a quiz champion or just in it for the laughs, everyone is welcome. Come along, meet other carers, share a few stories, test your trivia knowledge, and enjoy a light-hearted evening together.

After all, building carer-friendly communities isn't just about services and support. It is also about creating opportunities for carers to connect, unwind, and have a bit of fun.

We hope you will join us for a fantastic night!



Friday 12th June at 7-10pm
The Duncairn Centre for Arts
and Culture



Belfast Sightseeing Treasure Hunt

For something, a little different this Carers Week, we're offering a Belfast Sightseeing Bus tour with a twist. Join us for a tour around the city while taking part in a fun treasure hunt along the way.

As you travel through Belfast, you'll hear about the city's rich history while searching for clues. It might get a little competitive, but it's all part of the fun!

Come along, enjoy the sights, and see if you can solve all the clues in our Belfast treasure hunt.

10th June 10:30-12:30
Donegal Square West

CARERS CORNER AND NEWS

The Vital Role of the Community and Voluntary Sector in Building Carer Friendly Communities

The community and voluntary sector is essential in creating carer friendly communities. Local charities and groups across the Belfast Trust area provide trusted spaces where carers can access information, reassurance, and practical support.

Through peer groups, respite, advice and wellbeing programmes, these organisations reduce isolation and strengthen resilience. Their close links with local communities help them respond flexibly and identify hidden carers who may not know how to access support.



Cruse
Bereavement
Support

Lifeline
0808 808 8000
www.lifelinehelpline.info



carers NI



Celebrating Our Crafting Community

Over the past number of years, our Carer Craft Community has grown into something truly special. A warm, creative space where carers come together to chat, unwind, learn new skills, and express themselves through art.



On the 13th June, we are excited once again to host a special craft session as part of our Carers Week celebrations. Carers will have the opportunity to take part in a relaxed, hands-on workshop supported by our fantastic craft facilitator, Ciaran.

We are also delighted to highlight two beautiful collaborative artworks created by carers in previous Carers Week sessions. These pieces reflect much more than artistic skill, they capture the sense of connection, community, and shared strength that continues to grow within our craft group.



Our wonderful psychology intern, Shannon, will be finishing her placement with the Carer Support Service in May. Since joining us in September, she has become an invaluable part of our team.

Shannon, thank you for your work, positivity, and dedication over the past months. We are truly sad to see you go, but so grateful for everything you have contributed.

On behalf of the entire Carer Support Service, we wish you every success in the future - you will be greatly missed.



We're hiring!

Head of Training and Development

To apply visit
www.autismni.org/vacancies



AutismNI
Northern Ireland's Autism Charity

We're Hiring! 🔊

We're looking for a Head of Training and Development for our training service and help create a more inclusive society for autistic people across Northern Ireland.

If you're an experienced leader with a passion for learning and development, we would love to hear from you.

Find out more and apply today:

<https://autismni.org/car.../head-of-training-and-development>

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AutismNI
Northern Ireland's Autism Charity



Building an inclusive society

Unit 3, Forestgrove Business Park, Newtownbreda Road, Belfast, BT8 6AW
Tel: 028 9040 1729 Website: www.autismni.org



Ark Housing – New Job Opportunity!

A new job opportunity has become available at Ark Housing – Ark Housing Association is seeking to recruit an experienced and dedicated individual to join the organisation as Floating Support Officer.

- This position is on a permanent full-time employment basis.
- Reporting to Team Leaders and Homeless Family Services Manager, the postholder will ensure the delivery of a comprehensive floating support service for homeless families and to provide high-quality services to our Homeless Services clients in accordance with the strategic objectives of Ark Housing.
- Our Homeless Family Service has been developed in partnership with the Northern Ireland Housing Executive (NIHE) and is funded by the Department for Communities (DfC) through the Supporting People Programme.

You can see more details about this new job opportunity here:

Floating Support Officer - Ark Housing

**For a confidential discussion regarding this position, please speak directly to Gail McLaughlin,
Homeless Service Manager:**

gail.mclaughlin@arkhousing.co.uk (02890 752310)