

**Back to
School!**

The new school year is an exciting time, but it can also bring worries and challenges for children, young people and families.

To help support children and young people as they prepare for the return to school, the CYPSP have created this Back to School Edition of the Children & Young People's Resource Pack.

Packed with fun, helpful and supportive information, the resource pack aims to help children and young people feel ready and confident for the new school year. Download at the link below:

<https://cypsp.hscni.net/children-young-peoples-resource-pack-back-to-school-edition/>

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

LocalityPlanning@belfasttrust.hscni.net



TOGETHER FOR FAMILIES UPDATE

Enhanced Family Support Service

The Together for Families Programme has completed its information webinars regarding the Enhanced Family Support Service - for anyone who missed out on the opportunity to attend these- this was recorded and is now available online along with the presentation slides and FAQs. You can find these here:

<https://www.health-ni.gov.uk/articles/together-families> (scroll to bottom of page).

Family Support Services List

A Family Support Services List will be developed to provide a menu of services available across the full range of family need. The Family Support Open List is a separate process from the Enhanced Family Support Service partnership applications. Organisations interested in receiving information relating to the Open List can register for updates through the Together for Families distribution list by contacting:

togetherforfamilies@health-ni.gov.uk



A Public Sector Transformation Project





Upcoming PROGRAMMES



The Common Ground Project is exploring a range of new **FREE TO ATTEND** programmes in and around the Greater Belfast area, designed to bring people together, build confidence, and strengthen community connections. **Interested?** Scan the QR code to register your interest.



AUTUMN
2026



Activity: Photography Workshops
Open To: Women aged 18+

This 8 week programme is a chance to get creative, connect with other women and see the world from a different perspective.

AUTUMN
2026



Activity: Women's Create & Connect Workshops
Open To: Women aged 18+

This 6 week programme is designed to help women improve wellbeing, build confidence and make new connections.

WINTER
2026



Activity: Accredited Community Development Training
Open To: Young people aged 16-25

This accredited programme will help you build confidence, develop practical skills and learn how to create positive change in your community.

WINTER
2026



Activity: Exploring Migration & Housing Workshops
Open To: Community Leaders aged 18+

This workshop combines facts, discussion and practical techniques to help participants navigate difficult conversations around migration and housing.

If you would like more information or are part of a larger group please contact CommunityInvestment@clanmil.org.uk to register.

Please note programmes are subject to demand, funding approval and participant interest

Common Ground PEACEPLUS Programme

We're excited to share updates on the upcoming Common Ground PEACEPLUS Programmes taking place across the Greater Belfast area.

- Programmes and events are **FREE** to attend, and we welcome a diverse range of people to participate. All are welcome!
- Exploring Migration and Housing workshops are specifically aimed at **Community Leaders!**
- We work across Northern Ireland and the boarder and are interested in connecting with as many groups as possible.



💜 There is plenty to look forward to this Autumn!! 💜

If the first half of the year has felt overwhelming, exhausting, or like you're still trying to find your feet, you're not alone. ADHD doesn't take a summer holiday but neither do hope, support and new opportunities!

We're looking ahead to September and October with events designed to help you learn, connect and feel supported.

Coming up...

- **Craft & Chat Session (mainly for adults)**
Monday 14th September, 11am
- **ADHD Training for Professionals**
Wednesday 16th September, 10.30am
- **ADHD Foundations @ Home – for parents only**
Monday 21st September, 10.30am

October is ADHD Month! 💜

We'll be sharing lots of opportunities to get involved throughout September, so keep an eye out for our new cookbook. Got a go-to-10-minute meal, family favourite, freezer staple or 'I can't face cooking' option? We'd love to hear from you!

Submit your recipe here: <https://form.jotform.com/parentingquestionnaires/adhd-cookbook-recipe-registration->

Please feel free to share with friends, family and other ADHDers who might have a recipe or tip to contribute.

Thank you for helping us bring this project to life! 💜

Ant and Dec's Making It In Media Programme

Ant & Dec's Making It in Media Programme gives participants the opportunity to learn from industry professionals and gain valuable insight into careers within the media sector.

Over the two-week programme, participants will work together to create a live show, including live interviews and pre-recorded content that they will plan, film and produce themselves.

Young people will have the chance to develop practical skills in:

- Filming and photography
- Social media content creation
- Video editing
- Sound and lighting
- Project management
- Teamwork and communication

The Programme will culminate in the delivery of a live morning show in front of an audience of family, friends and King's Trust staff.

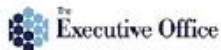
Key Dates

Taster Day:
Monday 24th August

Programme Dates:
1st September to 11th September

If you know any young people with an interest in media, broadcasting, content creation or creative careers, please encourage them to get involved.





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

BRIDGE THE GAP

SCHOOL ISOLATION

School isolation is a growing issue in NI. This webinar will explore behaviour through the foundations of child and adolescent development, emotional literacy and mental health – considering what behaviour may be communicating



**Tuesday,
8th September**

2:00–4:00PM

Online

- ✓ Understand School Isolation
- ✓ Learn Engagement Strategies
- ✓ Emotional First Aid
- ✓ Interactive session





The Neurodiversity Café is open to parents/carers of children on the autism assessment waiting list, and parents/carers who have used our service before. It offers a warm space to restore and tend to your wellbeing, alongside others with similar experiences. There is also time to share information about other local, family supports.

This Month's Focus: Yoga and mindfulness



We are pleased to welcome Maggie McKeever, who will lead a **beginner-friendly**, gentle yoga and mindfulness session for parents and carers. Maggie's community-focused, trauma-informed approach creates a safe, supportive space to relax and restore, with lots of options for all preferences and abilities.

(Mats and refreshments provided)

 **Date:** Thursday 17th September 2026

 **Time:** 10:00am – 11:30am

 **Venue:**

**Ballynafeigh Community
Development Association**

283 Ormeau Road. Belfast BT7 3GG

**To book your place, please email:
EHWBT@belfasttrust.hscni.net**



connected for change

SAVE THE DATE

Connected for Change Shared Learning
Event hosted by Include Youth

Join us for a shared learning event exploring
violence against women and girls.

The day will bring practitioners together for a programme of
learning and discussion featuring:

- Expert panel discussions
- A choice of workshops exploring key issues
- Practical learning
- Key note speakers


09:30-
3.30 PM


THURSDAY
8TH OCTOBER


THE GASYARD
DERRY

More information and registration
details coming soon.

Come along to share learning, hear from experts and explore how we can better understand and respond to violence against women and girls.

STEPPING INTO SCHOOL



FREE WORKSHOP FOR PARENTS AND CARERS

Understanding
School
Emotions

Building
school
connections

Managing
Anxiety

Creating a
Supportive
Home

Monday 17th
August
7pm-8.30pm
on Zoom

Call 0808 8020 400 for more
information or to book a place.

Trauma Informed Approach Training

Transform the way you support children and young people while building a trauma informed approach across your organisation.

Delivered regionally across Northern Ireland by **Action Mental Health's OUR Generation** team, this CPD accredited programme developed by the Safeguarding Board for Northern Ireland (SBNI) empowers professionals to understand trauma, respond with confidence, and strengthen trauma informed practice in their everyday work with children and young people aged 9–25.

About the Training

Our trauma-informed programme supports individuals and organisations to better understand:

- ✓ Adversity and trauma
- ✓ The impact on development and behaviour
- ✓ Building resilience and supporting recovery

It is a key step towards becoming a trauma-informed workplace, improving outcomes for children, young people, and the staff who support them.



OUR Generation is a project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

Training Structure

Module 1: Adversity, Trauma & Resilience Awareness (3 CPD credits)

Module 2: Developing a Trauma Informed Approach in Practice (3 CPD credits)

Duration: 3.5 hours per module.

Delivery can be split into two workshops, 1x2hr and 1x 1.5hr

Who is it for?

Anyone working with children or young people aged 9–25 years:

Senior Leadership Teams | Teaching Staff | Lecturers & Tutors | Youth Workers & Volunteers | Support Workers & Key Workers | Social Workers | Community Workers

Why this training?

- ✓ Supports your journey to becoming a trauma-informed organisation
- ✓ Builds staff confidence in responding to trauma
- ✓ Increases awareness of how adversity impacts behaviour
- ✓ Promotes resilience and recovery-focused practice



Flexible delivery, tailored and adapted to meet the needs of your team.

- ✓ Interactive and engaging workshops
- ✓ Real-life application to your setting
- ✓ Space for discussion, reflection, and shared learning
- ✓ Practical tools you can use immediately



Interested?

Get in touch to discuss how we can support your team in becoming trauma-informed.



Contact: ogteam@amh.org.uk



@OURGenCYP1



@OURGenCYP1



@OURGenCYP1



[our-generation-project](https://www.linkedin.com/company/our-generation-project)



ourgeneration-cyp.com

action
mental
health



Mental Health Ambassador

The **Mental Health Ambassador Programme** by Action Mental Health is a dynamic young leadership initiative designed for individuals aged 16-25 who are passionate about mental health, peer support and making a positive impact. This programme equips young people with the skills, knowledge, and confidence to become mental health ambassadors in their schools, colleges, universities, and communities.

The programme is delivered over the course of five sessions. Sessions one to four last for 1.5 hours. The fifth session is a full-day event, consisting of two parts: a morning intergroup workshop and an afternoon featuring the accredited **safeTALK** course.

The programme is delivered using diverse and engaging methods, including group discussions, real-life scenarios and interactive workshops, creative planning sessions, peer-led projects, mental health tool kits community mapping, vision-building and opportunities to collaborate with other youth groups.



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



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

What the Programme Covers...

Ambassadors will:



Understand mental health and its impact on daily life, relationships, and communities



Learn how to be a positive peer and promote inclusive, respectful relationships



Develop skills in communication, empathy, and active listening



Explore the CBT model to build resilience and support others



Gain knowledge of safeguarding, referral pathways, and peer support boundaries



Create action plans for mental health events and inclusive support spaces



Improve awareness of local and NI-wide support services and groups



Use community mapping to build sustainable support networks



Earn a SafeTALK qualification to help identify and assist those at risk of suicide

Participants will build:



Confidence in mental health literacy, peer support, and emotional intelligence



Skills in empathy, leadership, communication, and planning



Ability to deliver inclusive, purposeful mental health activities



Awareness of diverse identities and how to build community belonging

Completers receive:



- A Mental Health Ambassador badge
- A certificate of completion for the full programme/SafeTALK accreditation

To find out more, scan the QR code or contact us:

OUR Generation Project
Bloomfield House
395-405 Newtownards Road
Belfast BT4 1RH
E: ogteam@amh.org.uk
T: 02891828494

SCAN ME



www.ourgeneration-cyp.com
www.amh.org.uk

Follow us on social media:





School Uniforms (Trousers) Bill



For more information, please visit:

**[School Uniforms \(Trousers\) Bill - Page 1 of 10 -
Northern Ireland Assembly - Citizen Space](#)**

Forward South Partnership is facilitating a Community Health Capacity Package across the South Belfast Locality, in collaboration with the Public Health Agency. We are collecting responses by email from community organisations, residents' groups, volunteers, and anyone who lives or works in South Belfast to help us identify local health and wellbeing needs and priorities.

This is an opportunity to share your views on capacity-building, training, and support needs within your community or organisation. Through partnership working and community engagement, the Community Health Capacity Package aims to:

- Build local capacity and skills
- Strengthen connections and partnership working
- Support communities to identify and respond to local needs
- Empower people and organisations to play an active role in improving health and wellbeing across South Belfast.

We would really value your input and time by completing the survey and is available here:

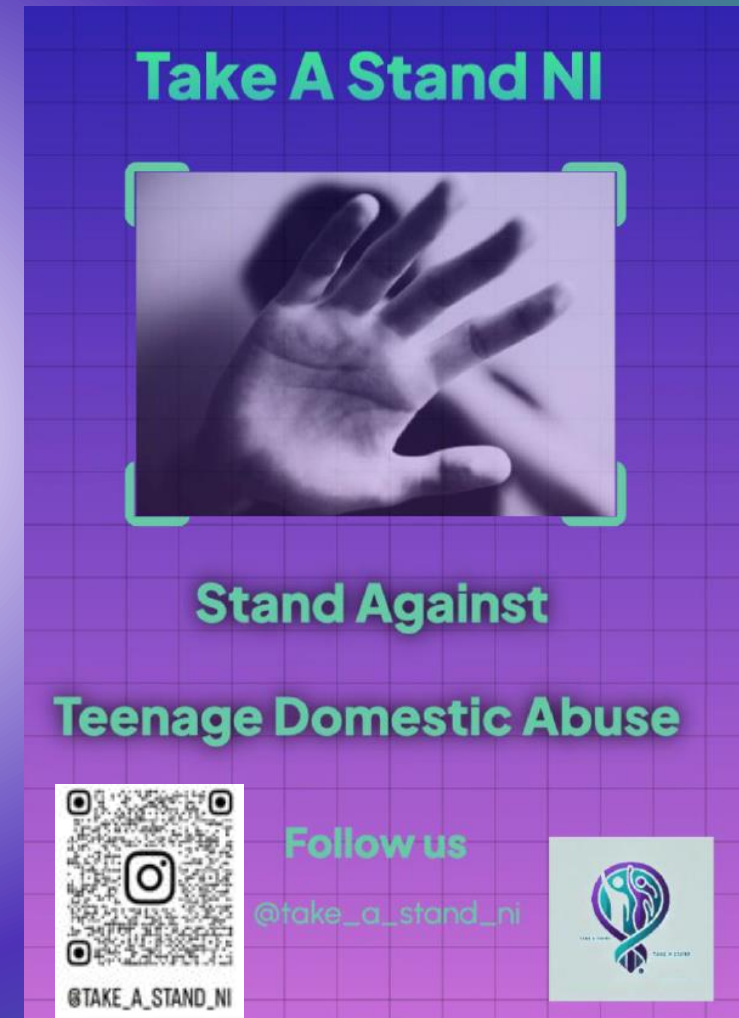
[South Belfast Health and Wellbeing Capacity Package – Fill in form](#)

Your feedback will help shape the package and ensure it reflects the needs of people and communities across South Belfast.



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



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



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



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

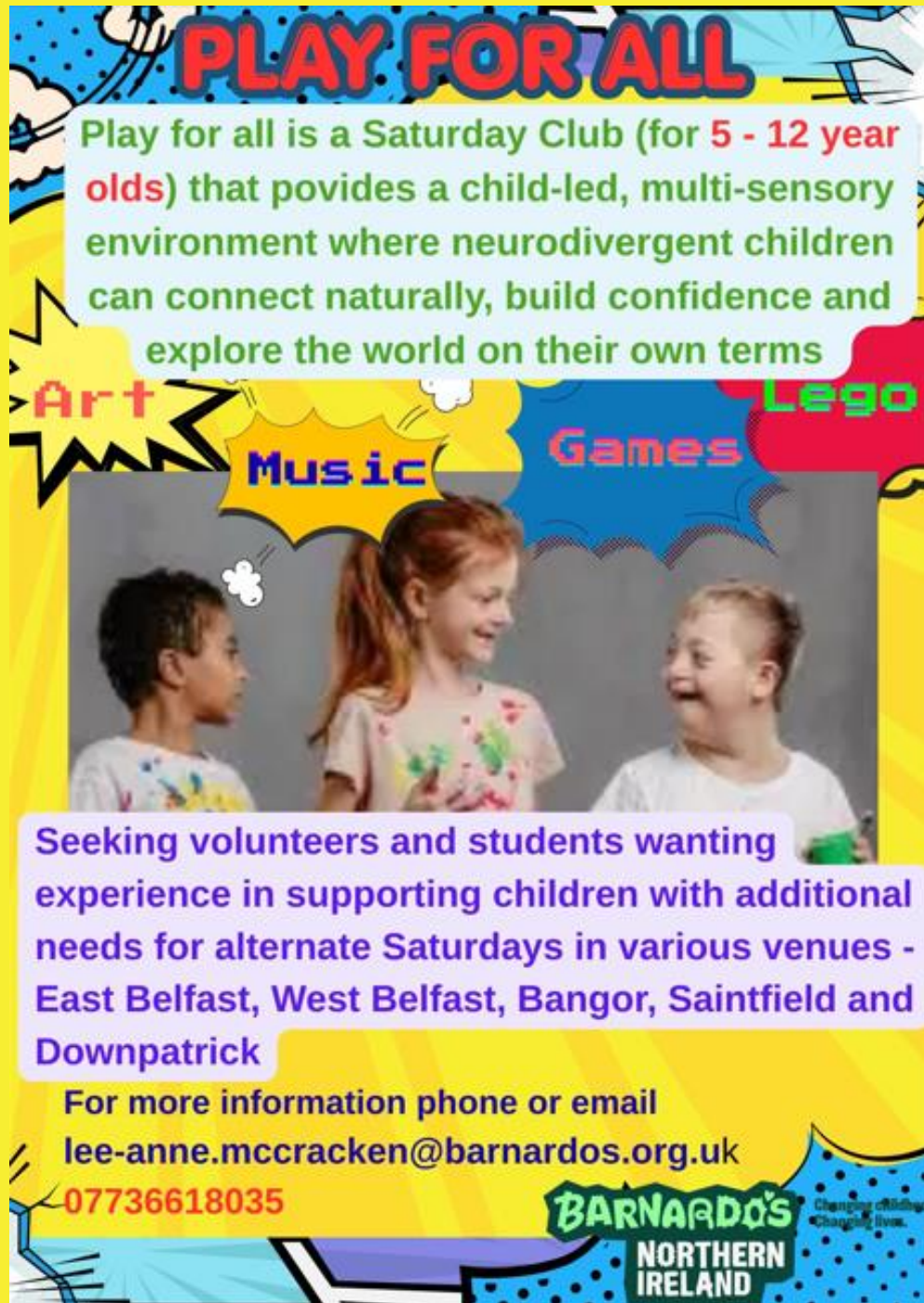
Start Date: Thursday 3rd September

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>



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.

EMERGING DRUG TRENDS BRIEFING EVENT

Sharing intelligence. Improving awareness. Reducing harm.

Join statutory, community and voluntary sector partners to hear the latest intelligence on emerging drug trends, drug-related deaths, harm reduction initiatives and public health responses across Northern Ireland.

 15 September 2026

 Venue: Corrs Corner Hotel, Antrim  9.30am – 1.00pm (Lunch included)

Who should attend?

- Community and voluntary organisations
- RAPID partners
- Drug and alcohol services
- Health and social care professionals
- Community safety practitioners
- Local government representatives
- Criminal justice partners

Please register your attendance by clicking on the link below or scanning the QR code in attached email

[Emerging Drug Trends Information Sharing Event – Fill in form](#)

This session will provide a valuable opportunity to:

- Improve awareness of current and emerging drug-related issues.
- Hear updates on drug-related harms and deaths.
- Learn about harm reduction approaches and public health responses.
- Network and share knowledge with partners from across sectors.

The event is particularly relevant for community and voluntary organisations, RAPID partners, drug and alcohol services, health and social care professionals, community safety practitioners, local government representatives and criminal justice partners.

Emerging Drug Trends Information Sharing Event



**Scan the QR
code to
register
now!**



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 blue hoodie with "PATHWAY OPPORTUNITY PROGRAMME" written on the back. The sky is blue with some clouds.

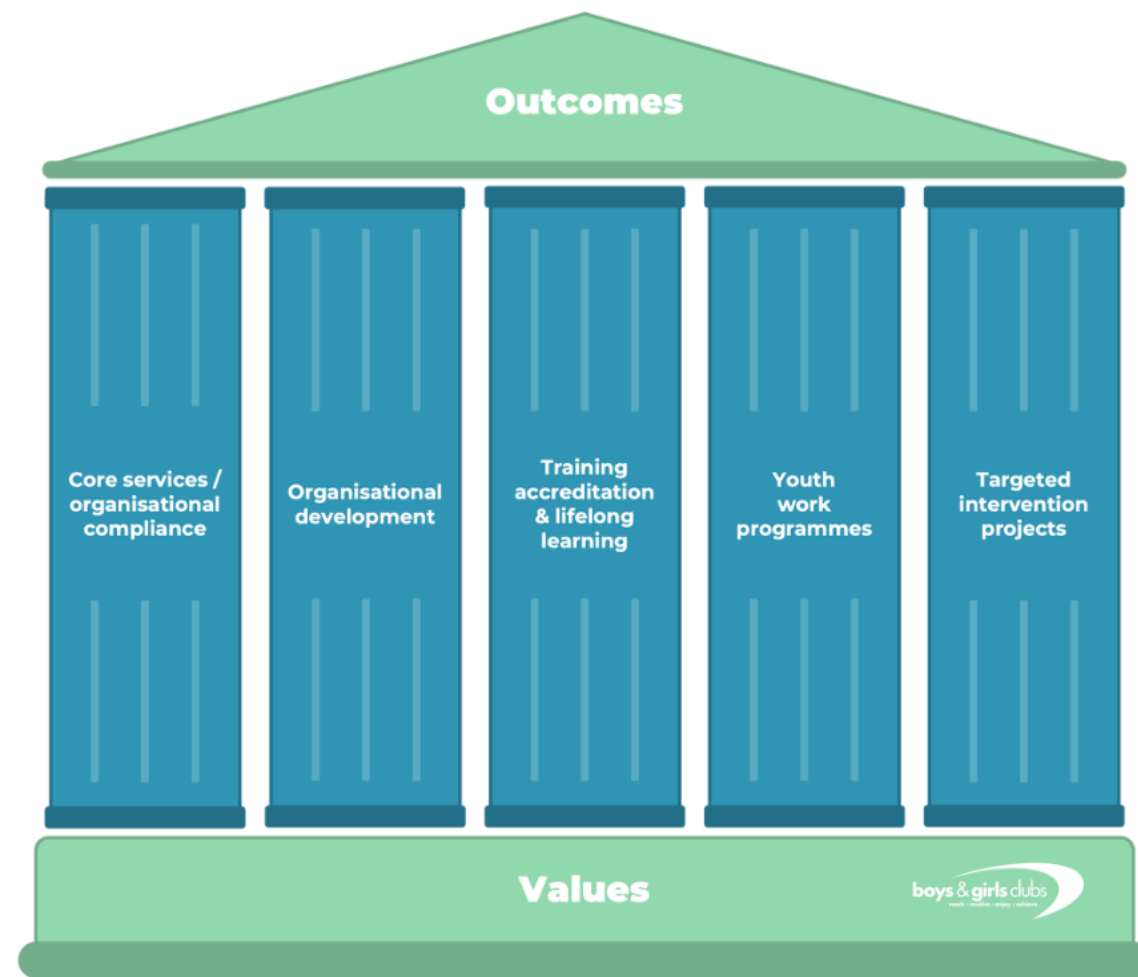
PATHWAY OPPORTUNITY PROGRAMME

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](#)

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's Skills for Life and Work Programme

Specifically, 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)

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

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

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.



Feeling Anxious? Mental Health Awareness Campaign 2026

The **Public Health Agency** along with each of the five HSC Trusts and Northern Ireland Ambulance Service have worked collaboratively on the **Feeling Anxious? Mental Health Awareness Campaign 2026**, which will run from 10th of September 2026 – 10th of October 2026.

We are asking for your help to share the campaign messages to raise awareness of anxiety and the support available. By working together, we can encourage people to recognise when they are feeling worried or anxious, learn practical ways to cope with these feelings, and seek help when they need it.

PHA have developed a range of digital resources which organisations can access and use including suggested social media posts and calming skills videos which will be hosted on <https://www.mindingyourhead.info/>.

We are also encouraging organisations to host A Calming Skills Workshop. You don't have to be a healthcare professional to facilitate this as there will also be a step-by-step guide available.

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)

Online Courses Availability

Please see information below to webinars, online courses and information for sharing with staff and parent/carers:

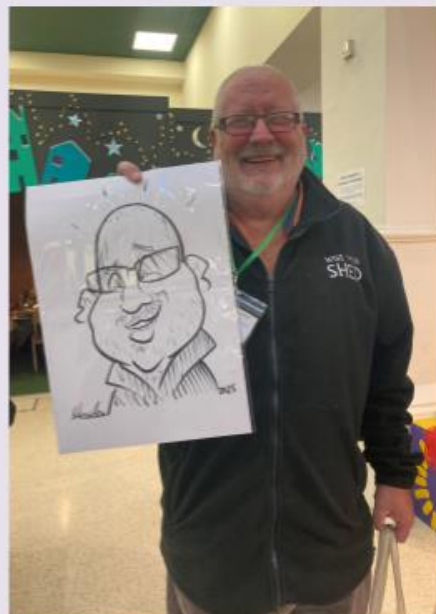
- Supporting your child in transitioning from Primary to Secondary school:
<https://www.eventbrite.ie/e/supporting-your-child-in-transitioning-from-primary-to-secondary-school-tickets-1990381427429?aff=erellivmlt>
- Beyond Attention: Understanding and Supporting Your Child's Mental Health – FREE:
<https://www.eventbrite.sg/e/beyond-attention-understanding-and-supporting-your-childs-mental-health-tickets-1994118538228?aff=ebdsreoeymlcollection>
- Understanding ADHD and Autism in the Early Years (2-5 years) - FREE ONLINE 6WK COURSE:
<https://www.eventbrite.co.uk/e/understanding-adhd-and-autism-in-the-early-years-free-online-6-wk-course-tickets-1990778843110?aff=ebdsreoeymlcollection>
- Busting myths about Autism: A useful animation from Autism Central UK, which can be used with staff and parents'/carers etc. to dispel some myths about Autism. More animations to follow:
<https://www.youtube.com/watch?v=scIaiDpivUs>

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

WE ARE HIRING!

Autonomie
Independence through education and support

2 SAIL PROJECT SUPPORT WORKERS

Join our fantastic team and help young people build confidence, develop life skills and **achieve their potential!**

- SUPPORT YOUNG PEOPLE TO THRIVE
- BUILD CONFIDENCE & INDEPENDENCE
- BE PART OF A CARING & FRIENDLY TEAM
- REWARDING ROLE, POSITIVE IMPACT

MAKE A DIFFERENCE EVERY DAY!

YOUR CARE CAN CHANGE SOMEONE'S FUTURE

HOW TO APPLY

Please contact
Sandra McDonald
Project Manager

07707 198706
sandra@autonomie.org.uk

BE PART OF SOMETHING SPECIAL!
WE CAN'T WAIT TO HEAR FROM YOU!

Join the Autonomie Team!

We're Recruiting – 2 x SAIL Project Support Workers

Do you want a job where you genuinely make a difference every single day?

Autonomie is looking for two enthusiastic, caring, and motivated Support Workers to join our fantastic SAIL (Social & Independent Living) team.

At Autonomie, you'll support young adults with physical and/or learning disabilities to:

- Build confidence
- Develop independence
- Learn new life skills
- Making lasting friendships
- Reach their full potential

No two days are ever the same. From life skills and social activities to helping young people achieve goals they never thought possible, you'll become part of a team that changes lives.

If you're passionate about helping others, enjoy working as part of a friendly team and want a truly rewarding career, we'd love to hear from you!

See flyer attached for more application details!

Join our team...

Projects & Partnerships Manager



Are you passionate about making a real difference to the lives of women, children and families?

Are you an inspiring leader, strong relationship builder and creative thinker who wants to shape services and create positive change in our community?

Windsor Women's Centre is looking for an experienced and passionate Projects & Partnerships Manager to join our Senior Management Team.

This is an exciting opportunity to lead, develop and grow projects and partnerships that improve outcomes for women and families. Working closely with our Chief Executive, staff team and key partners, you will help develop innovative services, identify new opportunities and strengthen our work to improve outcomes for women and families.

We are looking for someone who is strategic, collaborative and committed to making a difference — someone who can build strong relationships, inspire others and help shape the future of our services.

Are you ready to lead change, build partnerships and make a real difference?

CLOSING DATE: Tuesday 1st September 2026 at 12 noon.

Email ruth@windsorwomenscentre.com for further information

An exciting job opportunity has come up with Windsor Women's Centre for a Projects and Partnerships Manager!

Please see job description attached and feel free to circulate around your own networks.

Applications close 1st September 2026

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>

#joinourteam #AutismNI #leadership #learninganddevelopment

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

