



Something to celebrate!

Congratulations to Deirdre Walsh on reaching an amazing 30 years of service at Whiterock Children's Centre.

Deirdre's commitment to supporting children, families and the wider community has touched countless lives over the years. Her compassion, leadership and dedication continue to make a lasting impact across West Belfast.

Thank you, Deirdre, for your valued contribution and ongoing support of the West Belfast Locality Planning Group. We hope you enjoy celebrating this very special achievement.

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



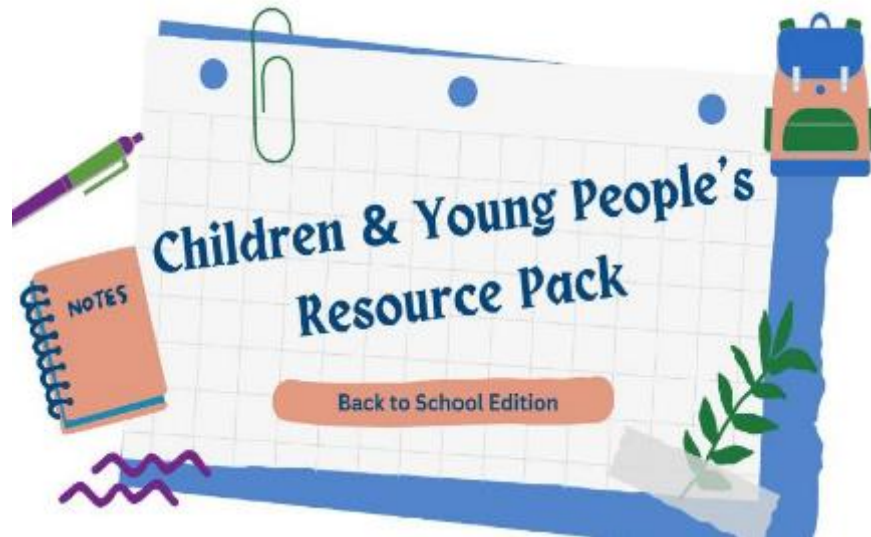
Children & Young People's Strategic Partnership



CYPSP Recruitment –
September 2026

<https://cypsp.hscni.net/become-a-cypsp-member/>

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/>

Healthy lunch boxes for kids

Healthy lunches top up energy levels and provide key nutrients for growing kids

Find out how to make easy, healthy lunch boxes from a Registered Dietitian

5 steps to a healthy lunch box

Helpful hacks

2 weeks of healthy lunch box ideas



YouTube



SCAN ME

youtube.com/@publichealthdietitiansNI



5 steps to a Healthy Lunchbox



1 Start with carbs

Breads, pasta, rice or crackers. Needed for energy and fibre. Use wholegrains most of the time if you can.

2 Add 1 fruit and 1 veg

For vitamins and fibre. Try frozen, fresh or tinned (in water or own juice). Keep dried fruit and juice to 1 portion a day.

3 Pop in some protein

Go for beans, pulses, fish, boiled eggs, unprocessed chicken or meat. Have processed meats, like ham, less often.

4 Choose some calcium

For strong bones, add lower fat, unsweetened yogurt, cheese or milk. Make sure dairy alternatives have added calcium.

5 Don't forget a drink

Keep them hydrated- water and lower fat milk are best.



For more tips and ideas:

YouTube



SCAN ME

youtube.com/@publichealthdietitiansNI



Belfast
City Council

Mum to Mumtreprenneur

Starting a business that works around family life

Date: Tuesday 29th September 2026

Time: 10.00am - 11.30am

Venue: Second Nature Belfast

Reserve your place at:

<https://buytickets.at/podiem/2339241>

- Hear real-life insight from women who have built businesses around family life
- Explore self-employment as a flexible and achievable route back into work
- Discover practical support available to help you take the first steps in business
- Connect with like-minded mums who are also navigating work, family and new ambitions
- Gain confidence and inspiration to shape a career path that works for your life.



‘Mum to Mumtreprenneur’ is a supportive and inspiring event created by Belfast City Council for women returning to work after having children or reconsidering how work can better fit around family life. The event will explore how self-employment and entrepreneurship can offer a flexible, achievable route forward, bringing together real stories, practical insight and information on the support available. With opportunities to connect with like-minded women, share experiences and feel inspired, this event is ideal for anyone considering self-employment as a way to balance work, family and future ambitions.

FOR PARENTS AND
CHILDREN 4 YEARS
AND UNDER

Bryson
PATHWAYS

BRIGHT PATHWAYS STAY TO PLAY



SNACKS PROVIDED



STORIES & SONGS
FOR LITTLE ONES

Interactive play Session
Time to play and connect

Fridays 10.30am-12pm

Starting 4th September

Bryson Pathways -2 Duncairn Gardens
North City Business Centre
BT15 2GG

**To book your place or for more
information**

Contact Melanie - 07887341873

BRYSON PATHWAYS IS MANAGED AND OPERATED BY BRYSON ENERGY



**Online
Workshops**



September 2026

**Sept
16th**

7:30PM - 8:30PM
Social Smarts:
Helping your child
build meaningful
connections



**Sept
17th**

10.30 - 11.30am
Social Smarts:
Helping your child
build meaningful
connections



**Sept
21st**

10:30AM - 11.30AM
Attention HQ -
Helping Kids Tune
In and Stay On
Track



**Sept
28th**

10:30AM - 11.30AM
Stop, Think & Act:
Helping Children
Manage
Impulsivity



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

SING IT OUT MAMA!

Sing. Breathe. Move. Connect. Thrive.



A JOYFUL, GENTLE WELLBEING CLASS FOR MUMS DURING PREGNANCY AND EARLY MOTHERHOOD. COME ALONG FOR SINGING, BREATHWORK, GENTLE MOVEMENT, RELAXATION AND CONNECTION — A CHANCE TO PAUSE, RECHARGE AND ENJOY TIME WITH OTHER MUMS. *A LITTLE TIME FOR YOU, MAMA — PRE-WALKING BABAS WELCOME TOO*

11 September 2026
10-12
Morningside Community Project,
117 Ormeau rd
Booking:
clara.delaney@morningsidecommunityproject.com

NO SINGING EXPERIENCE NEEDED — JUST COME AS YOU ARE!





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.





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.





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.





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.





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









Young Men's Drama

END VIOLENCE
AGAINST
WOMEN
& GIRLS

Start: Wednesday 2nd Sept 2026 4pm

Venue: YouthAction NI

14 College Square North

Contact: naomi@youthaction.org



YOUNG MEN... JOIN THE CONVERSATION!

If you're a young man aged 14-24 passionate about ending violence against women and girls (EVAWG) and have an interest in drama, this program is a perfect fit for you.

Join us as we delve into sensitive topics like values, beliefs, violence, and relationships through engaging workshops and the creation of a devised drama titled "**Breaking the Grid.**"

This unique opportunity not only allows you to voice your commitment to change but also to collaborate with like-minded individuals to create a powerful theatrical performance **scheduled for October 8, 2026.**

Additional performance opportunities will also be available.

The journey begins on **Wednesday 2nd September at 4 PM** at **YouthAction NI, located at 14 College Square North, Belfast.**

To participate or learn more, contact Naomi :
naomi@youthaction.org / 02890 240551



Belfast
City Council



The
Executive Office
www.executiveoffice-ni.gov.uk



Belfast
City Council



The
Executive Office
www.executiveoffice-ni.gov.uk



Wear Her Story:

Calling Young Women Aged 16-25



Interested in fashion, textiles, creativity or digital technology?

Join Wear Her Story, an exciting 18-month cross-border project delivered by Glow NI and Dundalk Institute of Technology, funded through PEACEPLUS ChangeMakers.

Participants will explore digital fashion, 3D printing, digital fabrication, augmented reality, museum visits, wellbeing activities, and creative workshops, while building confidence, making new friends, and developing skills for future careers in the creative industries.

- Free transport provided
- Lunches and refreshments included
- Certificate of participation
- Branded project sweatshirt
- Final exhibition showcasing participants' work

To register your interest, complete the application form: <https://lnkd.in/eZYREJhk>

To find out more about the project: Glow NI: <https://www.linkedin.com/company/glowni/>
Limited places available.

ARTS & CRAFTS GROUP

Create, connect, and unwind



THURSDAYS
& FRIDAYS



10.30AM - 12PM



DONATION
REQUESTED



Painting



Jewelry-
making



Felting



Crafts
& more



Make, chat
and relax



EVERYONE WELCOME

No experience needed – just bring your creativity!

Forthspring
Inter Community Group



028 9031 3945



play@forthspring.com



373 Springfield Road,
Belfast, BT12 7DG

www.forthspring.com



ACUPUNCTURE CLINIC

Relax. Restore. Rebalance.

Acupuncture is a gentle, natural therapy that can help support your wellbeing and promote balance in both body and mind.



MONDAYS
11.30AM - 12.30PM



ALL WELCOME
No need to book,
just turn up.

Acupuncture may help with:

- Stress and anxiety
- Pain relief
- Sleep problems
- Improved energy
- General wellbeing



A calm space for wellbeing and balance.

DAISY DUFFY • NATURAL HEALING • HOLISTIC THERAPIST

PENSIONERS' TEA DANCE

Music, laughter
and good company



WEDNESDAYS
11AM - 12PM



Music for dancing
Refreshments



£1 DONATION
REQUESTED



JOIN US FOR OUR WEEKLY TEA PARTY!

- Enjoy great music and dancing
- Meet friends and make new ones
- Light refreshments provided
- Everyone welcome!

COME ALONG
AND ENJOY
GOOD TIMES
TOGETHER!

Wellbeing WORKSHOP SERIES

Nourish Your Mind, Body & Soul



25

SEPTEMBER
10.30am-12pm

Health & Mental Wellbeing Workshop

Practical tips and supportive strategies
for a healthier, happier you.



16

OCTOBER
10.30am-12pm

Pilates Workshop

Strengthen, stretch and recharge
in this uplifting session.



30

OCTOBER
10.30am-12pm

Hello Positivity

A feel-good session to boost positivity,
resilience and self-confidence.



13

NOVEMBER
10.30am-12pm

Emotional Management Workshop

Learn tools to manage emotions, reduce stress
and build emotional wellbeing.



27

NOVEMBER
10.30am-12pm

Mental Craft with Jessica

Get creative, relax your mind and
enjoy some mindful crafting.



15

JANUARY
10.15am-12.15pm

Healthy Eating

Discover simple, nutritious ideas
for everyday wellbeing.

Donations
Welcome
All Free

FORTHSPRING

Our Community. Our Space.
Everyone Welcome.

To book with Claire
☎ 028 9031 3945

Everyone
Welcome!

MIDWEEK MINGLE

Wednesdays just got awesome.

A weekly gathering of women in a chilled environment. Join us for a cuppa, some chat and plenty of good vibes!



RELAX
CONNECT
BELONG
You're welcome here



DIFFERENT
ACTIVITIES
EACH WEEK



TEA, COFFEE
& GREAT
COMPANY



GAMES,
QUIZZES
& BINGO



ART, CRAFTS
& SEASONAL
ACTIVITIES

BINGO NIGHT!

Fun, prizes and a great night out!

Join us for a lively evening of bingo, laughter and fantastic prizes. Everyone welcome!



STARTS AT 7PM
First Wednesday
of the month



£5 FOR 3 SLIPS
Winner takes all!



£2 ENTRY
Refreshments provided



MEN'S GROUP

*Good food.
Better conversation.*

A welcoming space for men to come together, talk, listen and support one another.



YOU'RE NOT
IN IT ALONE
Let's support each other



LAST THURSDAY
OF EVERY MONTH



6PM



FOOD AND
CONVERSATION

www.forthspring.com



ALL WELCOME

CHRISTMAS Lunch

WEDNESDAY
16TH DECEMBER



3 COURSES
ALL DIETARY REQUIREMENTS
CAN BE MET



DONATIONS WELCOME
FREE TO ATTEND



ENTERTAINMENT
FROM LOCAL
PRIMARY SCHOOLS

3 COURSE MEAL
IN FORTHSPRING
12PM - 2PM

COMMUNITY FITNESS

Move your body, feel your best

Fun and friendly exercise classes suitable for all fitness levels. Come along and feel the difference!

TUESDAYS	9.15am - 10am	Chair Aerobics
TUESDAYS	5.30pm - 6.15pm	Keep Fit
WEDNESDAYS	9.15am - 10am	Pilates
WEDNESDAYS	6pm - 7pm	Zumba
THURSDAYS	9.30am - 10.30am	Legs, Bums, Tums
THURSDAYS	5.30pm - 6.15pm	Keep Fit



028 9031 3945



play@forthspring.com



373 Springfield Road,
Belfast, BT12 7DG

Scéalta

Peace Community

Faith. Welcome. Reconciliation.

A space for people to find God in the everyday.

A welcoming time to come together, share, reflect and journey in faith with others. All are welcome.



EVERY OTHER MONDAY



7PM – 9PM



STARTING SEPTEMBER 7TH



ALL WELCOME
Come as you are

Forthspring
Inter Community Group



028 9031 3945



play@forthspring.com



373 Springfield Road,
Belfast, BT12 7DG

www.forthspring.com



SPRINGERS AFTERSCHOOL PROGRAMME

Learn through play.

A fun, safe and welcoming after-school space for primary school children aged 5–12.



MONDAY TO FRIDAY



1.30PM – 5.30PM



AGES 5 – 12

ALL WELCOME

WHAT WE OFFER



SCHOOL PICK-UPS AVAILABLE



READING, WRITING & HOMEWORK HELP



GAMES, CREATIVITY & LEARNING



A POSITIVE, CARING ENVIRONMENT



FRIENDSHIP, FUN AND SUPPORT

£22 PER DAY

- Includes school pick-up where needed
- Please contact Charlene to check if your school is included in the school pick-up run.



UNWAGED RATE AVAILABLE
for families in the Glenside, Shanili, Woodvale and Springfield areas. Please contact Charlene to find out more.



Christmas Lights Switch On

**Friday, November 20th
6 p.m.**

Forthspring

Step into Winter Magic

- Fun games & activities
- Prizes to be won
- Seasonal food
- Everyone welcome



GARDENING GROUP

Grow, connect, Thrive together.

Join us for a relaxing and rewarding time in the garden. Make new friends, learn skills and enjoy the outdoors.



TUESDAYS



1PM – 2PM



ALL WELCOME
No experience needed!



💜 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!



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

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:



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.



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.



New Workshop

Parent LineNI
0808 8020 400

**WHEN EVERY DAY PARENTING FEELS
LIKE FIGHTING FIRES...**

TAKE A STEP BACK AND JOIN US TO

Step 1: Think about how you Parent
Step 2: Explore what works and why

Wednesday 9th September
7-8.30pm on Zoom

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





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 young people are standing on a paved area. A woman on the left is smiling and looking towards the camera. A man on the right is seen from the back, wearing a blue hoodie with "PATHWAY OPPORTUNITY PROGRAMME" written on it. 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**

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](#)

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.

Right Care, Right Person (RCRP) Workshop

📅 14 September 2026 - 1:45 to 4:00pm



Contact Name

Edwina Crummy

Venue

61 Duncairn Gardens
Belfast
BT15 2GB
United Kingdom

Join us for an interactive workshop on the PSNI-led Right Care, Right Person (RCRP) programme— a collaborative approach being developed with Health and Social Care Trusts, the Department of Health, Department of Justice and other partners.

RCRP is designed to help ensure that when someone is experiencing a mental health crisis, is the subject of a welfare concern, or is absent without leave / has walked out of a healthcare setting, they receive the most appropriate and timely response from the service best placed to meet their needs. The shared aim is to improve outcomes for individuals, strengthen safeguarding, and support a safe, person-centred response— while ensuring policing resources are used appropriately where a police response is necessary.

Our operating context is distinct, shaped by pressures across all public services, rurality, and diverse community needs. This makes effective partnership working—across statutory, voluntary, community and place-based organisations—essential to delivering safe pathways and preventing people from falling between services.

[Right Care, Right Person \(RCRP\) Workshop | NICVA](#)

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!**

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!

SUPPORT YOUNG PEOPLE TO THRIVE

BUILD CONFIDENCE & INDEPENDENCE

BE PART OF A CARING & FRIENDLY TEAM

REWARDING ROLE, POSITIVE IMPACT

Join the Autonomie Team!

We're Recruiting – 2 x SAIL Project Support Workers

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!

JOB | PART TIME

Sure Start Health Visitor

Greater Shankill Partnership

Friday / 25 September 2026 12:00pm

Salary: 28,301

Hours per week: 25.00



We are seeking a compassionate and motivated Health Visitor to join the Shankill Sure Start team, supporting families with children aged 0–4 years. The successful candidate will work collaboratively with families and multidisciplinary professionals to deliver health promotion programmes, provide home visits, assess family needs, and promote positive child health and development through early intervention and support. Please complete an application form or send a CV. For more information/queries please contact Stephanie McConnell. manager@earlyyears.org.uk

[Sure Start Health Visitor | CommunityNI](#)

JOB | PART TIME

Childcare Assistant, 20hrs Per Week Term Time

Greater Shankill Partnership

Friday / 25 September 2026 12:00pm

Salary: £10,930

Hours per week: 20.00



Tiny Steps is a developmental programme for 2-3 year olds and is currently delivered by Shankill Sure Start. The successful candidate will be responsible for assisting in the delivery of the programmes throughout the four Tiny Steps settings. please fill in an application form or send a CV to manager@earlyyears.org.uk Job | Part Time Shankill Sure Start - Childcare Worker, 20hrs Per Week - Term Time Salary: 10,930 PA Hours per week: 20.00

[Childcare Assistant, 20hrs per week Term time | CommunityNI](#)