



Belfast Locality Planning Newsletter

“Working together at a local level to connect services, share resources and strengthen support for children, young people and families.”

Edition:

1st October 2026

- Community News and Events
- CYPSP & LPG updates
- Training and Resources
- Funding and Grants
- Jobs and Opportunities



TOGETHER FOR FAMILIES UPDATE

Together For Families Enhanced Family Support Service applications are open.

The Application form and Guidance can be found here:

[Enhanced Family Support Services Resources Application form and Guidance | Department of Health](#)

Further instructions can be found on the Together for Families webpage:

[Together for Families Enhanced Family Support Services resources | Department of Health](#)



A Public Sector Transformation Project



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

← DREAM SPACE AT W5 LIFE

FREE DREAM SPACE HALLOWEEN CAMPS FOR COMMUNITY GROUPS

Register your interest by Thursday 15 October!

For more information click this link : [STEM Hub | Northern Ireland | W5 Belfast](#)

Please note that you do not have to attend all 2 days, you are welcome to sign up to either day or both days.

The camp will run:

- Thursday 29th October 10am – 2pm.
- Friday 30th October 10am-2pm

Each days consists of:

- A hands on crafting activity
- An element of coding
- A team build within Minecraft Education

- We require a minimum of 8 and maximum of 24 participants per group
- The leaders of your community group must attend to supervise but all content will be delivered by the Dream Space team. We require a minimum of 1 adult to 8 children.
- Lunch will not be provided. All participants must bring a packed lunch each day.
- You must arrange your own transportation to Dream Space at W5 LIFE
- The camp does not include admission to W5.
- Registration will close on Thursday 15th October 2026.

Link to register your interest:

<https://forms.cloud.microsoft/e/5C7WQccQaD>

Any questions please contact: dreamspacebelfast@odysseytrust.co.uk

Belfast City Council's Ending Violence Against Women & Girls Change Fund is now open for applications

Open to not-for-profit community, voluntary or social enterprise organisations, the purpose of the Ending Violence Against Women and Girls Change Fund is to support the community voluntary sector in Belfast to deliver events, projects or programmes of activity aimed at ending violence against women and girls.

There are 3 grants available:

Tier 1

Minimum award: £1,000

Maximum award:

Tier 2

Minimum award: £10,001

Maximum award: £15,000

Tier 3

Minimum award: £15,001

Maximum award: £25,000

For further details, guidance notes and to apply online please visit our website <https://grants.belfastcity.gov.uk> or contact the Central Grants Unit Belfast City Council at cgugrants@belfastcity.gov.uk



Belfast
City Council

Neuro-Affirming Practice in Action: Parents Plus ADHD Children's Programme

We're delighted to invite you to a FREE one-hour practice and information session on the Parents Plus ADHD Children's Programme (6-12yrs).

As our understanding of ADHD continues to evolve, this session offers space to reflect on practice, share learning, and consider how a neuro-affirming, strengths-based approach drives best practice in delivering parent support.

Experienced facilitators and managers will share their experience and perspectives from delivering the PP-ADHD programme within their (CAMHS – North Dublin; CAMHS – Gloucestershire NHS), alongside a whistlestop overview of the programme's content and delivery approach for those new to Parents Plus.

Whether you're already delivering the programme or new to the Parents Plus community and considering training, this session offers valuable insight into the programme in action, followed by an opportunity to put your questions to our panel.

Programme Outline & Speakers:

- Intro and Context – Prof. John Sherry, Clinical Director & Fred Ehresmann, Senior Trainer and Facilitator, Parents Plus.
- Adapting the ADHD Content to Parents' Needs – Lisa Whitlock, Trainer/Facilitator and Parenting Coordinator, Gloucestershire NHS Foundation Trust
- Practitioner and Manager Insights – Urszula Przybysz-Pereira & Sally Powell, Parenting Programme Team, Gloucestershire CAMHS
- Delivering PP-ADHD in North Dublin CAMHS – John O'Brien & Therese McCarthy, Advanced Nurse Practitioners

We hope to see you there and please feel free to send this email to interested colleagues: [Register here](#)

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

Health Visiting Helpline



Support and advice for parents with children aged 0-4 years

Our helpline is available
Monday to Friday 9am-5pm
Please contact us on:

028 9504 0846 or

Email: HVadvice@belfasttrust.hscni.net



Parenting a Young Person with ADHD

Free, practical ADHD support for parents and carers

What you can expect:

Parenting a young person with ADHD can feel both deeply rewarding and incredibly challenging and you don't have to navigate it alone.

This two-part workshop offers a supportive, non-judgmental space for parents and caregivers to connect, share experiences, and build confidence in understanding their young person's needs.

Together, we'll explore ADHD from a young person's perspective, helping you understand the "why" behind the behaviours.

You'll gain insight into how differences in attention, motivation, and emotional regulation shape daily life, and why typical strategies often fall short.

This is not theory for theory's sake, everything we cover is grounded in real-life, practical understanding you can use straight away.



WEST BELFAST FEDERATION

Scan the QR
code to book
14th October
2026



Attendance on both days
essential

For more information visit
www.asafespacetobeme.co.uk
Email: info@asafespacetobeme.co.uk

Scan the QR
code to book
21st October
2026



In need of support ADHD?

Free, practical ADHD support for adults across Northern
Ireland



What you can expect:

- Practical strategies to manage overwhelm and burnout
- Support with focus, organisation and daily functioning
- Better understanding of how ADHD affects you
- A supportive, neuro-affirming environment

Who can access this?

- Adults aged 18+
- Living in Northern Ireland
- Struggling with day-to-day functioning
- No diagnosis needed



WEST BELFAST FEDERATION

Scan the QR code to book
3rd & 4th October 2026



For more information visit
www.asafespacetobeme.co.uk
Email: info@asafespacetobeme.co.uk

Scan the QR code to book
7th & 8th November 2026



TAKE A STAND NI

YOUNG PEOPLE. SAFER RELATIONSHIPS.
BRIGHTER TOMORROWS.

REAL VOICES.
REAL CHANGE. 

JOIN OUR YOUTH FORUM!

Be part of the **Take A Stand NI Youth Forum** – a group of young people who meet every month to plan and discuss how we highlight the issue of **Domestic Abuse in teenage relationships** and the support offered.



SHARE
IDEAS



HAVE
YOUR SAY



PLAN
CAMPAIGNS



DISCUSS
SUPPORT & SERVICES



MAKE A
DIFFERENCE



WE MEET
EVERY MONTH



ALL YOUNG
PEOPLE WELCOME!



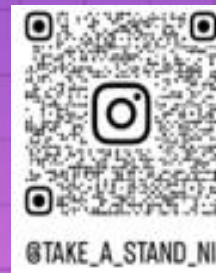
DIFFERENT
CONVERSATIONS.
BRIGHTER FUTURES.

Take A Stand NI



Stand Against

Teenage Domestic Abuse



@TAKE_A_STAND_NI

Follow us

@take_a_stand_ni



TEVOLVE

YOUR PACE, YOUR PLACE

SKILLS FOR LIFE & WORK PROGRAMME

A **FREE** programme for young people not in education, employment or Training, **Conditions apply**

- ✓ Build confidence
- ✓ Learn new skills
- ✓ Explore your future
- ✓ Create opportunities

**YOUR FUTURE.
YOUR WAY.**



FOR MORE INFORMATION
PHONE 02890742255



EMAIL
joanne.oreilly@ashtoncentre.com

OPEN TO
PEOPLE AGED
16 & 17
UP TO AGE 22 TO 24
(CONDITIONS APPLY)



WHAT YOU'LL GET:



Hands on workshops in
Digital Media, Design and
Creative Technology



Essential Skills,
Numeracy, Literacy & ICT



Up to £40
weekly incentive

SPACES LIMITED!
SIGN UP TODAY!



Dementia Friendly North Belfast

Music For the Mind



Thursday
24th September
1st, 8th & 22nd October



Time:
11am - 12.30pm



Location:
Survivors of Trauma
151 Cliftonville Dr,
Belfast BT14 6JR



**4 week Music programme for people
living with Dementia & Their Carers in a
friendly , fun social space.**

To book a space please contact Niamh :
niamh@reachoutni.org
07761868481



Welcome Information Programme (WIP)

Law Centre NI have now opened registrations for our three strands of FREE training covering the rights and entitlements of asylum seekers and refugees. This training is being offered under the Welcome Information Programme (WIP), a community development programme funded by Belfast City Council.

We invite staff/volunteers from community and voluntary organisations operating in Belfast to explore our training offers, whether they:

- Are new to working with asylum seekers and refugees
- Are familiar with asylum and refugee issues and need something more in-depth
- Need a refresher as the rules are always changing

There is something for everyone! To register, please follow the links to the relevant webpage and click the 'register here' button underneath your chosen course. Spaces are limited. See our full listings below:

1. Understanding Asylum & Refugee Rights – half day, in person

- North Belfast, BT15 - Monday 26th October 9:30am – 1pm
- West Belfast . BT12 – Thursday 12th November 9:30 – 1pm
- South Belfast, BT7 – Wednesday 9th December 9:30am – 1pm
- East Belfast - TBC

2. Delivering Services to Asylum Seekers and Refugees – 2-day, in person

- Tuesday 24th and Wednesday 25th November 9:30 – 4pm
- Wednesday 10th Thursday 11th February 9:30am – 4pm

3. Refugee & Asylum Masterclasses – 1 hour, online via Zoom

- Immigration advice vs immigration support 0 Wednesday 21st October 12 – 1pm
- Asylum Support – Thursday 19th November 11am – 12pm
- Permission to work for asylum seekers – Tuesday 1st December 2-3pm
- Refugee "move-on" process – Thursday 7th January 10.30 - 11.30am
- Understanding travel documents – Wednesday 24th February 12.30- 1.30pm
- Newborn babies & immigration status – Tuesday 9th March 2-3pm

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.



Strength & Balance Workshop



If you are 55+ years and want to feel stronger, move easier, and live better then this event might be just for you!

Thursday 1st October

11.15-1.15pm

**Maureen Sheenan Centre
Albert Street Belfast BT12 4HL**

The workshop will be led by Pauline McGarry, Healthwise Co-ordinator, Cardiac, Diabetes & Obesity Rehabilitation Specialist with



To register please complete the form in the link below or phone 02890745588 and leave your details:
<https://forms.cloud.microsoft/e/WEdBrVkgwE>

This project is supported by

LFT CHARITABLE TRUST



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



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.

DAVID LUTHERY • 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



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



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, Shanoli, 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!



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.



help is at hand...

CANCERlifeline

CANCER LIFELINE NEWS SHEET ISSUE NO. 57 OCT 26 - APR 27

A word from Cancer Lifeline...

If you are reading our Newsheet for the first time, we extend a very welcome to you & your family

Browse through it, learn about the range of support services and programmes we provide to help you and your family through a very challenging time in your lives.

We like to highlight what other support services and organisations are out there too, so make sure to check out pages 12-13. Also, take a few minutes to read David's story on page 11. He talks about how he has engaged with Cancer Lifeline and how some support has helped him to connect with others facing similar circumstances.

Keep a copy of the newsheet close at hand, and in particular pages 14-15 to see what's happening in the Centre.

We look forward to welcoming and supporting you & your family

44 Alliance Avenue
Belfast BT14 7PJ
T 02080351999
M 07949109091
E info@cancerlifeline.info
W www.cancerlifeline.info

Registered with The Charity Commission for Northern Ireland NIC100002
Company Limited by Guarantee
Reg. No. NI020212

FOLLOW GERRY'S LIGHTHOUSE CHALLENGE

Gerry Burns' connection to Cancer Lifeline started in 1999 when he met Bernie Montgomery - who founded Cancer Lifeline. Bernie was seeking help to set up a local cancer charity for people across North Belfast. Gerry connected Bernie with cancer services across Northern Ireland and ever since, he has served as Chair of the Cancer Lifeline Steering Group.

Now, Gerry is taking on a brand-new challenge in support of the charity he helped bring to life: cycling to every lighthouse in Ireland which you can follow on our social media channels.

There are over 100 lighthouses dotted around our coastline. Gerry has already set off from Fanad Head in County Donegal - one of Ireland's most iconic lighthouses, perched dramatically above the Atlantic.



Each pedal stroke and every lighthouse ticked off the list brings Gerry closer to completing this extraordinary journey and closer to raising vital funds for the services Cancer Lifeline provides to people affected by cancer right here in North Belfast.

A heartfelt thank you to Gerry for taking on this incredible

challenge. His commitment to us has never wavered from the very first meeting over 25 years ago.

Support Gerry's challenge and Cancer Lifeline by donating through our Just Giving page.

<https://www.justgiving.com/CancerLifeline>

Every donation, big or small, makes a real difference to the people we support.

Let's get behind Gerry and cheer him on for the rest of his journey around Ireland's lighthouses!

If you would like to find out more about Cancer Lifeline's support services or want to get help, please do not hesitate to get in touch.

It is very straightforward, you can...

- Telephone us on 028 9035 1999 or 07949 109091
- Email us at info@cancerlifeline.info
- Drop in to 44 Alliance Avenue, Belfast, BT14 7PJ (we will ensure all health restrictions are followed)
- Ask a friend, family member, community worker or health professional to contact us on your behalf.

help is at hand...
CANCERlifeline

*We understand
that taking that
first step to ask for
help can be
difficult.*

**Cancer Lifeline is managed by individuals who have all had cancer themselves. They understand what you are going through.
Every day, individuals and families tell us that coming to Cancer Lifeline has been a "lifeline" to them.**



Belfast
City Council



Belfast Health and
Social Care Trust
carino supporting improving together



REGULATOR



Public Health
Agency

Project supported by the PHA



Communities
at Risk

Pobal

Communities



M

Public Health

Agency

ONE-TO-ONE SUPPORT

Counselling



Everyday someone gets news that will change their life forever. This is true for people who receive a cancer diagnosis.

Often it takes time for this news to actually register. When it does, it brings a whole array of emotions and questions which can be overwhelming.

This is a time when you may benefit from speaking with a trained counsellor. Counselling seeks to respect each person and to help the person to come to terms with the new reality they face.

Staff Support Calls / Advocacy



Staff keep in touch with you to respond to your needs and link you into Cancer Lifeline's services and those of other agencies.

Some examples include, Welfare Benefits Advice, Local Foodbanks, referrals to Social Work in the community and hospital, Breast Care nurses, Call Management, Hospice, Housing, and other allied health professionals.

If you would like to chat about any of these, or are struggling with any other issues or concerns, again please contact the office where we will do our best to help.

Complementary Therapies



Cancer Lifeline offer one to one Complementary Therapy treatments to cancer patients, family members and carers.

Complementary Therapy does not treat or cure cancer, but it may help to manage symptoms and ease side effects. The therapies we offer are aromatherapy, massage, and reflexology. Our Complementary Therapy team are specially trained to treat people with cancer and haematological conditions.

If you wish to avail of any Complementary Therapies, simply contact the office on 02890 351999 or Maggie on 07508 439742.

Bach Flower Remedies & Aromatherapy Consultations



Cancer Lifeline encourages and supports clients to take up Bach Flower Remedies and Aromatherapy blends. These can help with low mood, anxiety, stress, pain relief and poor sleep.

We deliver these supports to you by phone or in person in Cancer Lifeline. To book a telephone consultation with our Lead Complementary Therapist please contact the office.

Peer Support



Some people take comfort from talking to someone who has been through a similar experience.

If you have been diagnosed with cancer and would like to talk to one of our committee members who all have experience of a cancer diagnosis, we can arrange for one of them to call you for a chat.

The committee can arrange to meet you somewhere which is convenient for you, in Cancer Lifeline, your home, local coffee shop, or chat to you over the phone.

Welfare Benefits Advice



Financial worries can be a major concern for people affected by cancer.

Cancer Lifeline can link you directly into a Welfare Benefits Advice Service (part of the North Belfast Advice Partnership) to assist you to get the right help and advice on what benefits you may be entitled to.

The advisors will help you to complete the necessary forms.

Please contact the office if you need advice.

HOW TO CONTACT US



Our services are flexible to respond to your needs – making sure you feel supported and connected is our priority.

To benefit from any of our services and programmes simply contact the office on

Landline: 028 9035 1999

Mobile: 07949 109091

07508 439742

Make sure to add our numbers into your phone contacts so you know it is Cancer Lifeline trying to contact you.

Email: info@cancerlifeline.info

Cancelling appointments - we need your co-operation

If you need to cancel an appointment, we NEED you to give us at least 24HRS NOTICE.

This avoids money being wasted, which is all the more important in these financially tight and difficult times. Thank you for your co-operation.

MONEY WASTED MEANS LESS SERVICES.

WALKING on EGGSHELLS

Non-violent resistance programme



Child to parent violence refers to patterns of behaviour which can impact on safety and wellbeing at home, often signalling that the child and family need understanding, support and guidance

About the Programme

Walking on Eggshells is an 8-week programme to support parents and carers in achieving a calmer, violence-free home

It can help you:

-  Overcome feelings of helplessness
-  Develop a support network
-  Work toward healthier behaviours
-  Improve family relationships

- Online, 8 x 2-hour sessions
- Daytime and evening programmes available
- Daytime programme starts Wednesday 21 October, 10am - 12pm
- Evening programme starts Thursday 22 October, 6pm - 8pm

Open to parents and carers in both the Belfast Trust and Southern Trust areas

All parents / carers will complete an initial assessment to ensure the programme is suitable for their family circumstances

Take the first step towards a safer, more peaceful home for you and your child

028 9040 1290  info@ci-ni.org.uk

Daytime registration Evening registration



Children
in Northern
Ireland

 Belfast Health and
Social Care Trust
caring supporting improving together

 Southern Health
and Social Care Trust
TOGETHER, IMPROVING CARE, TRANSFORMING LIVES

NIHR | Public Health Intervention
Responsive Studies Teams



THE UNIVERSITY
of EDINBURGH

Help us shape the evaluation of e-Bug

Invitation to be part of a Public Advisory Group

What is e-Bug?

e-Bug provides a set of resources for schools and community groups to help raise awareness of antimicrobial resistance and infection prevention. These resources are freely available to teachers and include lessons plans for different year groups. The lessons are not just delivered by teachers – STEM Ambassadors go into various schools throughout Northern Ireland to deliver e-Bug as well.

What is happening?

We are [PHIRST-Elevate](#), a research team at the University of Edinburgh. We have been asked to evaluate e-Bug over the next 12 months to learn how it works and understand what difference it is making. In order to include local context, insights and knowledge when we conduct the evaluation, we would like to create a Public Advisory Group.

What will the Public Advisory Group do?

The group will help us shape the evaluation in real time. Tasks could include:

- Feedback on how we conduct the evaluation (e.g. how we recruit people to take part, whether the survey questions make sense)
- Comment on evaluation findings (e.g. what do you think are the most important messages)
- Tell us how you think the evaluation findings should be shared with others in Northern Ireland

What is the time commitment?

The group will meet online or in-person about 4 times in the next 12 months. Each meeting will last around 1-2 hours. We can do meetings online or in-person.

Who else will be part of the group?

The group will be made up of various people who are potential e-Bug users or delivery partners. People will have different levels of involvement or knowledge about e-Bug. We encourage you to bring diverse views to the discussions during the Public Advisory Group meetings.

What will I get for participating in the Evaluation Steering Group?

As a token of appreciation for your time, we will offer you a high-street voucher after each meeting*. The voucher will be approx. £27.50 per hour of your time. We will cover reasonable expenses (e.g. travel, childcare) and also provide refreshments during in-person meetings. There are also other forms through which we can recognise your contributions, for example acknowledgement in research outputs.

If you are interested in participating, please email Bronagh McBrien or Sarah Janac:

- Bronagh.McBrien@hscni.net
(02895 362696)
- sarah.janac@ed.ac.uk

*We will discuss voucher payments in more detail.

Hello Carers Monthly Activity Programme: October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Self-Care Tip "Reflect: Jot down what you are grateful for."	1st Action Mental Health: YEW Programme 10.30-12.30pm Marrowbone Community Hub, North Belfast	2nd North Belfast Carer Support Café 2-3.30pm Grove Library	3rd
5th Yoga 10.30-11.30am Online East Belfast Carer Support Café 2-3.30pm Arches Health & Wellbeing Centre	6th Choir 10.30-12.30pm Ekenhead Halls, North Belfast	7th Walking Group 10.30-11.30am Waterworks North Belfast	8th Action Mental Health: YEW Programme 10.30-12.30pm Marrowbone Community Hub, North Belfast Photography 1.30-3.30pm City Cemetery Visitors Centre	9th Mindful Water Colouring 10.30-12.30pm Arts Care, Knockbracken Healthcare Park	10th Craft with Ciaran 2-4pm Online 
12th Yoga 10.30-1.30am Online	13th Choir 10.30-12.30pm Ekenhead Halls, North Belfast	14th Carer Retreat Day at Drumalis 10-4pm Larne	15th Music Café 11-12.30pm Mormington Community Project Ormeau Road	16th	18th October World Menopause Day
19th Yoga 10.30-11.30am Online	20th Choir 10.30-12.30pm Ekenhead Halls, North Belfast	21st South Belfast Carer Support Café 11am-12pm Agape, Lisburn Road 	22nd Information Session: Benefits 11-12pm Online	23rd Mindful Water Colouring 10.30-12.30pm Arts Care, Knockbracken Healthcare Park Grand Opera House Tour 11-1pm Grand Opera House	
26th West Belfast Carer Support Café 1-2pm Foodstock, Andersonstown Road			29th Gardening with Belfast City Council - Spring bulbs 1.30-3pm City Cemetery Visitors Centre	30th Coffee Morning 10.30-12pm 2 Royal Avenue Mindful Water Colouring 10.30-12.30pm Arts Care, Knockbracken Healthcare Park	

Hello Carers Monthly Activity Programme: November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2nd Yoga 10.30-11.30am Online East Belfast Carer Support Café 2-3.30pm Arches Health & Wellbeing Centre	3rd Choir 10.30-12.30pm Ekenhead Halls North Belfast	4th Healthy Cooking with Barbara 2-4pm Finaghy Community Centre	5th Men's Coffee Morning 10.30-12pm Robins Hobby Café Titanic Quarter	6th Mindful Water Colouring 10.30-12.30pm Arts Care, Knockbracken Healthcare Park North Belfast Carer Support Café 2-3.30pm Grove Library
9th Yoga 10.30-11.30am Online	10th Choir 10.30-12.30pm Ekenhead Halls North Belfast	11th Healthy Cooking with Barbara 2-4pm Finaghy Community Centre	12th Music Café 11-12.30pm Morningson Community Project Photography 1.30-3.30pm City Cemetery Visitors Centre	13th Information Session: Men's Health: Cancer Focus 10.30-12pm Mersey Street Presbyterian, East Belfast
16th Yoga 10.30-11.30am Online Thanksgiving and Celebration Evening 7-8.30pm Knockbracken Hall	17th Choir 10.30-12.30pm Ekenhead Halls North Belfast Information Session: Self-Care for Carers 2-3pm Online	18th South Belfast Carer Support Café 11-12pm Agape, Lisburn Road Healthy Cooking with Barbara 2-4pm Finaghy Community Centre	19th Belfast Tool Library Woodwork Session 10-1pm Shankill Mission Building Self Advocacy Course 7-9pm Online MENS MENTAL HEALTH CARERS RIGHTS DAY	20th Cultural Food Tasting 11-1pm Chinese Welfare Association NI Carers Quiz 7-10pm The Duncairn Centre for Arts and Culture
23rd Yoga 10.30-11.30am Online	24th Choir 10.30-12.30pm Ekenhead Halls North Belfast	25th Healthy Cooking with Barbara 2-4pm Finaghy Community Centre	26th Gardening with Belfast City Council - Christmas Wreaths 1.30-3pm City Cemetery Visitors Centre Self Advocacy Course 7-9pm Online	27th Coffee Morning 10.30-12pm 2 Royal Avenue
30th Yoga 10.30-11.30am Online West Belfast Carer Support Café 1-2pm Foodstock, Andersonstown Road			Self-Care Tip "Move: Take a quick, mindful walk to clear your mind."	

Hello Carers Monthly Activity Programme: December 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1st Choir 10.30-12.30pm Ekenhead Halls, North Belfast	2nd Festive Craft 10:30-12.30pm Micah Centre, Willowfield Church, 149a My Lady's Road		4th North Belfast Carer Support Café 2-3.30pm Grove Library	5th Craft with Ciaran 11-2pm Knockbracken Hall
7th Yoga 10.30-11.30am Online East Belfast Carer Support Café 2-3.30pm Arches Health & Wellbeing Centre	8th Carer Retreat Day at Drumalis 10-4pm Lame Choir 10.30-12.30pm Ekenhead Halls, North Belfast	9th Festive Craft 10:30-12.30pm Micah Centre, Willowfield Church, 149a My Lady's Road	10th Photography 1.30-3.30pm City Cemetery Visitors Centre	11th Information Session: Budgeting Tips 11-12pm Online	12th
14th Yoga 10.30-11.30am Online West Belfast Carer Support Café 1-2pm Foodstock, Andersonstown Road	15th Choir 10.30-12.30pm Ekenhead Halls, North Belfast	16th Festive Craft 10:30-12.30pm Micah Centre, Willowfield Church, 149a My Lady's Road South Belfast Carer Support Café 11am-12pm Agape Lisburn Road	17th Music Café 11-12.30pm Mornington Community Project 	18th Seasonal Coffee Morning 10.30-12pm City Hall The Bobbin	19th
21st Yoga 10.30-11.30am Online		Self-Care Tip Practice mindfulness: Take brief pauses to focus on your breathing or simply check in with how you are feeling.			

If you sign up for an activity you will be allocated a space unless there are limited places available. For limited places you will be contacted if you are on a waitlist or have been allocated a space. For all other activities we send out a reminder the day before.

To Sign up to Sessions: Email: CarerSuppSvc@belfasttrust.hscni.net Or Call: 028 9504 2126



Queens University Belfast – Pathway Opportunity Programme



[Find out more information here: Pathway Opportunity Programme | Student Centre | Queen's University Belfast](#)

We are pleased to announce that the Pathway Opportunity Programme applications are now open!

Programme Information and Materials

You can find digital flyers and resources you can share with your Year 13 students with detailed information and how to apply [here](#). On request, we can deliver a presentation to eligible young people in person or virtually.

Applications will close on Wednesday 4th November 2026.

Programme benefits include:

- Receive up to a 2 grade reduction off the standard A Level entry requirement to courses at Queen's (where eligible).
- Receive a guaranteed conditional offer or a guaranteed interview for courses at Queen's.
- £1000 bursary, transition support and other benefits as a POP student during their studies at Queen's.

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.

Barnardo's Traveller Support Service
are recruiting for a Youth Project
Worker to deliver our exciting new
Youth Programme!

23738 - Youth Project Worker (PW2) -
Belfast | CommunityNI

Help us keep our community connected!

If you have community news, something worth celebrating, upcoming events, training opportunities, useful resources, funding information, job vacancies, or other opportunities to share, we'd love to hear from you.

Your contribution could help inform, support, and inspire others across our community. Send your content to us for consideration in future editions!

Please send these to:
LocalityPlanning@belfasttrust.hscni.net

