



**BELFAST OUTCOMES GROUP**

**FAMILY SUPPORT SERVICES**

**2013/2014**

## FOREWORD

I am delighted to present this summary of the work carried out by Belfast Outcomes Group alongside the Belfast Health and Social Care Trust in developing and delivering the Family Support Initiatives included in this publication.

As Co Director of Family & Childcare with the Belfast Health & Social Care Trust and Chair Person of the Belfast Outcomes Group, I am pleased to present this directory of services in response to the current Family Support Funding.

There are many challenges for us all in delivering Family Support services across Belfast. However, this is an opportunity for us to learn from each other while developing services and improving the lives of many children, young people and their families.

These support services, delivered across the Belfast Trust area, highlight the value and Partnerships between the Statutory, Community and the Voluntary sectors.

The Belfast Outcomes Group is committed to enabling the improvement of support and services for parents in the care of their children and seeks to provide new opportunities through its Family Support funded initiatives.

I hope that you find this directory to be of benefit to you, and that the services provided benefit the children, young people and families with whom you work.



*Lesley Walker*

**Co Director of Family & Childcare  
Belfast Health & Social Care Trust  
Chair  
Belfast Outcomes Group**

## INTRODUCTION

Belfast Outcomes Group has recently approved an allocation of funding to a range of community and voluntary sector service providers within the BHSCT area. This funding aims to facilitate the delivery of family support interventions and the development of supportive networks within local communities, which will strengthen and empower families and develop the resilience of children and young people.

Services funded will target children and young people defined as falling within the Hardiker 'Tier 2' level of need and will focus on the following priority areas, identified and agreed by the Belfast Outcomes Group;

**1. Interventions targeting the 5-11 year old age band to support and enable positive family relationships which will include any of the following;**

- Children's mental and emotional wellbeing
- Children for whom there are barriers to learning/educational aspiration and attainment and school readiness
- Children presenting with behaviour difficulties.

**2. Outreach targeted at hard to reach/vulnerable families with school age children to reduce isolation and to build the resilience of;**

- Marginalised families for example BME and refugee families facing poverty
- Children living in families with complex health needs, mental health and or disability including the impact on children of parental mental health or disability issues.

**3. Promoting better youth engagement within the 11-16 year old age band;**

- Young people not engaged in mainstream provision
- Young people at risk of disengaging in mainstream provision.

The Belfast Outcomes Group is committed to enabling the improvement of support and services for children and young people. I hope that you find this directory of funded services useful and that the associated interventions will enhance the lives of children, young people and families within local communities.

Information on all services can be found on the Family Support NI website:  
[www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)

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## **CITY WIDE**

**Interventions targeting the 5-11 year old age band to support and enable positive family relationships**



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**DESCRIPTION OF PROGRAMME**

**ADD NI has been funded to deliver the following interventions across the BHSCT area:**

**Young People's Programme**

**6 x specialized therapeutic group intervention programmes for children aged 7-9 years and 10-11 years with a diagnosis of AD/HD.** The tailored programme consists of six weekly sessions (1 hour per week), facilitated by 2 therapists. A total of 36 young people will benefit from this intervention.

Children and young people who have undergone this form of intervention benefit from and experience change in the following domains:

- improvement in relationships with parents, siblings and peers
- better understanding of AD/HD
- increase in self-esteem and development in social skills
- development in coping strategies for managing stress
- a reduction of negative behaviours in the community.

**Parenting programmes**

**2 x ADD NI Parenting Programmes.** This is a specialized programme specifically designed to meet the complex needs of families with children aged 5-11 years affected by AD/HD. The 10 week programme has been designed to provide support for parents who are;

- experiencing difficulties in parenting children with a diagnosis of ADHD;
- experiencing high levels of parental stress and isolation within households where AD/HD is present, where significant and damaging communication breakdown is creating difficulties in the parent/child relationship
- suffering from parental mental health problems e.g. depression and/or anxiety, which may be impacting on their parenting skills

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Parenting Programme**

Parenting Programme 1; 5<sup>th</sup> June 2013 – 7<sup>th</sup> August 2013

Parenting Programme 2; 5<sup>th</sup> Feb 2014 – 9<sup>th</sup> April 2014

**Young Peoples Programme**

Young Peoples Programme 1; 6<sup>th</sup> June 2013 – 11<sup>th</sup> July 2013

Young Peoples Programme 2; 11<sup>th</sup> Sept 2013 – 17<sup>th</sup> Oct 2013

Young Peoples Programme 3&4; 7<sup>th</sup> / 8<sup>th</sup> Nov 2013 – 4<sup>th</sup> / 5<sup>th</sup> Dec 2013

Young Peoples Programme 5; 4<sup>th</sup> March 2014 – 8<sup>th</sup> April 2014

Young Peoples Programme 6; 9<sup>th</sup> Sept 2014 – 21<sup>st</sup> Oct 2014

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**Sarah Salters**





**ARDMONAGH FAMILY AND COMMUNITY GROUP**  
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**DESCRIPTION OF PROGRAMME**  
**Ardmonagh Family and Community Group has been funded to deliver the following interventions across the Belfast HSCT Trust area:**

**Parenting Programmes**  
 Nine programmes will be delivered over an 18 month period (June 2013 – November 2014). Twelve parents will participate in each six week programme.

**Family Capacity Building**  
 During the months of June 2013 – November 2014 inclusive, 27 families will receive a package of support which consists of 6 one to one sessions per family. Each session will last for a minimum of 2 hours.

**Disability Transport Service:** This service will be provided in partnership with Blackie Community Services and will support their work with children with a diagnosis of autism

**Disability Summer Scheme:** This service will be provided in partnership with The Blackie River Centre and will support their work with children with a diagnosis of autism. The programme will run twice per day for 10 days (2 week period) and will provide a service to 12 children who otherwise could not avail of a summer intervention.

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**DESCRIPTION OF PROGRAMME**

**Blackie River Centre has been funded to deliver the following interventions, targeting families from across the Belfast Trust area.**

**Behavioural Support Programme x 3 for children aged 5 – 11 years (identified as having behavioural difficulties) and their parents.** Each programme will run twice a week in the evenings for a 12 week period. Three programmes will be delivered over an 18 month period, with a maximum of 8 children participating per programme. The focus of the 12 week programme will be to promote positive behaviour using a variety of techniques. Children will be given techniques to help them cope, parents will be given strategies to deal with their children's behaviour and parents will act as a support for each other.

**Saturday Club for Children aged 5 – 6 years with a diagnosis of ASD**

Three 12 week programmes will be delivered, 3 hours per session. Transport will be provided.

**Summer Scheme for Children aged 5 – 6 years with a diagnosis of ASD**

Two 2 week programmes will be delivered (AM and PM sessions x 5 days per week). Transport will be provided.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Behavioural Support Programme:**

3 x 12 week programmes; Two sessions per week from September to December 2013, January to April 2014 and April to June 2014.

**Saturday Club:** 3 x 12 week programmes delivered during the period September 2013 – June 2014


**Summer Scheme:** 2 x 2 week programmes delivered during August 2013 and August 2014

**Referrals to the above programmes will be accepted from across the Belfast HSC Trust area**

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<b>DESCRIPTION OF PROGRAMME</b>  <p>The Holy Trinity Centre has been funded to deliver the following interventions across the BHSCT area.</p> <p><b>One to one befriending and mentoring interventions</b> which will take place in 'Trinity Community Counselling Services' and on an outreach basis where appropriate. This programme will target <b>children aged 5-11 years and their families</b> who require support to facilitate the development of coping strategies and mechanisms. This community based programme may stand alone in terms of family support but can also be offered to compliment interventions and support offered by other agencies. Children will be offered one to one or group mentoring/befriending support as appropriate and according to individual needs. Parental consent and involvement in the process is essential and pivotal to the success of the intervention.</p> <p>Over a 72 week period, 48 children aged 5-11 years and their families will receive a befriending and mentoring intervention.</p> <p><b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b>  June 1<sup>st</sup> 2013 until November 30<sup>th</sup> 2014. The service is available between the hours of 9am-9pm, Monday to Thursday and 9am-5pm Friday.</p>	
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**DESCRIPTION OF PROGRAMME**  
The Northern Ireland Association for Mental Health has been funded to deliver the following interventions. Programmes will be delivered across the Belfast HSC Trust area to meet identified need.

**7 x Positive Parenting Programmes:** The primary aim of the 'Positive Parenting Programme' is to offer parents a supportive environment, in which to gain information, knowledge and skills in relation to key parenting issues. Within each six week programme for parents, there will be two interactive, themed workshops for the children.

**1 x Child and Parent Support Programme:**  
This programme is targeted at 10 families with children who are experiencing emotional or behavioural difficulties.

It will focus on providing practical help, guidance and support to parents, building confidence and skills to encourage positive child behaviour and helping parents to understand the impact that their parenting has on their children. Each client is assigned a project worker who will develop a support plan.

The child support element of the Programme will involve a Child Counsellor providing a one hour session per week with nominated children. A range of methods will be employed, depending upon the age and personality of the child, including play therapy, non-directive play, play chat, multi-media resources and artwork with a view to help them build resilience and coping skills for the situations in which they live.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

Positive Parenting Programme  
Week commencing 9<sup>th</sup> September 2013 to week commencing 21<sup>st</sup> October 2013. It is proposed to run 4 of these programmes across North, South, East and West Belfast, involving up to 80 parents and 80 children.

Child and Parent Support Programme  
Week commencing 9<sup>th</sup> September 2013 to week commencing 16<sup>th</sup> December 2013. The final stage of the programme, a group outing will follow completion of Stage 1 and Stage 2.

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**DESCRIPTION OF PROGRAMME**

There are three intakes of new families to Quaker Services each year. Each family engages in a 1 year package of intensive therapeutic and practical support services. Individual therapeutic work runs in tandem with the services outlined below.

**Quaker Services have been funded to deliver the following programmes to families from across the BHSCT area;**

Two 6 week **Summer Schemes** for up to 10 school aged children (**5-11years**) each day, July - August 2013 and July - August 2014;

**A Term Time After Schools Programme** for up to 12 children (**5-8 years**) running Tuesday afternoons from 3.30pm to 6.00pm from June 2013 June 2014;

**A Term Time After Schools Programme** for up to 12 children (**9-11years**) running Thursday afternoons from 4.00pm to 7.00pm from February 2014 – November 2014;

**A Term Time After Schools Programme** for up to 12 children (**5-8 years**) running Tuesday afternoons from 3.30pm to 6.00pm from May 2014 – November 2014;

**4 Family residentials in Corrymeela** (each 4 days) for children aged **5 – 11years** and their families.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Summer Scheme 1;** 6 weeks in July - August 2013 from 10am to 4pm Monday – Friday.

**Summer Scheme 2;** 6 weeks in July - August 2014 from 10am to 4pm Monday – Friday.

**Term Time After Schools Programme 1** from Sept 2013 to June 2014 on Tuesday afternoons from 3.30pm to 6.00pm

**Term Time After Schools Programme 2** running Thursday afternoons from 4.00pm to 7.00pm from February 2014 – November 2014

**Term Time After Schools Programme 3** running Tuesday afternoons from 3.30pm to 6.00pm from May 2014 – November 2014.

**Family Residential 1;** September 2013

**Family Residential 2;** October 2013

**Family Residential 3;** January 2014

**Family Residential 4;** May 2014

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**Outreach targeted at hard to reach/vulnerable families with school - aged children to reduce isolation and to build resilience**



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**DESCRIPTION OF PROGRAMME**

**Barnardos ‘Tuar Ceatha’ has been funded to provide a range of locally based, targeted family and parenting support services on an outreach basis, to promote the integration of Black Minority Ethnic and Refugee families and communities into Northern Ireland society.** Tuar Ceatha will work with Ethnic minority communities from across the Belfast Trust Area targeting families where there are children from pre-birth to 16 years of age in the most deprived wards.

**Individual Family Support Sessions** to 15 new Black, Minority Ethnic and Refugee families, where there is a school age child, during the period September 2013 - November 2014. This will include delivery of Individual ‘Toybox’ sessions when required.

**Parent and Children Group Summer programmes:** Tuar Ceatha will deliver parent and children group Summer programmes (Summer 2013 and 2014) to encourage parent /child play, reduce isolation and access to local facilities. Each programme will be run weekly (two hours per week) for five consecutive weeks, targeting groups of BMER parents who have at least one school aged child. Each programme will provide 20 hours per family, focusing on identified play themes during July/August 2013 and 2014. The programmes will be delivered in community venues by facilitators.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Home visiting / individual family support sessions** will be delivered during the period September 2013 - November 2014. (318 sessions)

**Parent and Children Summer programmes**

Summer 2013

Two programmes delivered during **July / August 2013** for five consecutive weeks and target two groups of BMER parents who have at least one school aged child (20 hours per family per programme).

Summer 2014

One programme delivered during **July/August 2014** for five consecutive weeks targeting one group of BMER parents with at least one school age child, (20 hours per family per programme).

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**DESCRIPTION OF PROGRAMME**

**Bryson Care Children's Services has been funded to deliver outreach Family Support to the hardest to reach vulnerable BME families living in the South Belfast area with a primary focus on the Roma Community, who face extreme poverty and multiple issues in relation to health & wellbeing, isolation, and deprivation. This home visiting service aims to reduce the above issues, build capacity and resilience by working on a 1:1 with parents in relation to a range of issues. These include school attendance and associated routines, promotion of positive mental health, childcare routines, promotion of healthy lifestyle and linking and signposting to other appropriate services/agencies.**

Ten outreach family support sessions (approx. 3 hours per session) will be delivered each week for 78 weeks, to vulnerable BME families with school age children.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

10 sessions per week delivered between 8.30am & 4.30pm for 78 weeks commencing 3<sup>rd</sup> June 2013 to 30<sup>th</sup> November 2014.

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**DESCRIPTION OF PROGRAMME**

**Lenadoon Women's Group has been funded to deliver the following Family Support interventions to families from across the BHSCT area;**

**'5 -15' Parenting Courses**

Five 10 week courses will be delivered with a maximum of 10 parents participating in each. Parents who participate in the course can request additional one to one support if required.

**40 Family Support Packages** consisting of 8 (two hour) sessions which will be delivered on an outreach home visitation basis to 40 families. Participants will also be signposted to access additional support services where required E.g. Childcare, Counselling etc.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**'5-15' Parenting Course x 5** will be delivered during the period June 1<sup>st</sup> 2013 to November 30<sup>th</sup> 2014. Two courses will take place in 2013 and three will take place in 2014.

**Home Visitation Family Support** packages will be delivered during the period June 2013 to November 2014

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**DESCRIPTION OF PROGRAMME**

The National Autistic Society has been funded to deliver a planned incremental programme for young people aged 11 to 16 years, living within the Belfast Trust area, who have had an assessment and diagnosis of Autistic Spectrum Disorder (ASD). This project will offer opportunities to children and young people with ASD and their siblings to participate in residential weekends at the Share Centre in Fermanagh, with an emphasis on participation, activity, fun and learning.

Two groups of 15 children who have ASD and their siblings will benefit from this intervention.

Each group of children with ASD will attend three **Pre-residential Youth Club sessions** (7pm to 9pm) over a three week period and then attend three **Residential Weekends** at the Share Centre in Enniskillen. (Fri 8pm until Sunday 2pm).

Each group of siblings will attend one Pre-residential Youth Club session (7pm to 9pm) and one residential weekend at the Share Centre in Enniskillen (Fri 8pm until Sunday 2pm).

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Group 1**

**ASD Pre-residential Youth Club Nights x 3; 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> Sept 2013**

**ASD Residential Weekend x 3; 27<sup>th</sup> September 2013, 4<sup>th</sup> October and 11<sup>th</sup> October 2013**

**Siblings Pre- residential Youth Club Night x 1; 8<sup>th</sup> November 2013**

**Siblings Residential Weekend x 1; 15<sup>th</sup> November 2013**

**Group 2**

**ASD Pre- residential Youth Club Nights x 2; 31<sup>st</sup> January 2014, 7<sup>th</sup> and 14<sup>th</sup> Feb 2014**

**ASD Residential Weekend x 3 ; 21<sup>st</sup> and 28<sup>th</sup> Feb 2014 and 7<sup>th</sup> March 2014**

**Siblings Pre- residential Youth Club Night x 1; 11<sup>th</sup> April 2014**

**Siblings Residential Weekend x 1; 18<sup>th</sup> April 2014**

**BHSCT PROFESSIONAL LINK**

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**DESCRIPTION OF PROGRAMME**

**NI Alternatives has been funded to provide support for vulnerable young people and their families from across the BHSCT area** through delivery of a **Family Support / Intensive Youth Support Programme. This is an intensive package of support to young people and their families**, who have been identified as 'at risk' or vulnerable. This service will not only involve interaction with the young person, but with the family as a whole where required and as appropriate.

It will include models of practice such as intensive support / mentoring, action planning, school support, parental and sibling support where appropriate, family group conferencing, counselling, mediation where required, and signposting. Each family will be assigned a support worker. The project will involve intensive weekly contact, with a minimum of 5 contacts each week, over a 4 month period, with the individual young person focusing on their behaviour, their role within the community, anger management, and the development of a personal plan.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

Each of the 'Alternatives' offices based in the Greater Shankill, North Belfast and East Belfast will deliver eight programmes over an 18 month period. The South Belfast office will deliver 6 programmes. Programmes will be delivered at 4 monthly intervals from 1<sup>st</sup> June 2013 to 30<sup>th</sup> November 2014.

**BHSCT PROFESSIONAL LINK**

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**DESCRIPTION OF PROGRAMME**

**Opportunity Youth has been funded to deliver a series of Family Residential Programmes as an additional component linked to the DAISY Service (Drug and Alcohol Intervention Service for Youth). DAISY is a multi-component service with a range of therapeutic interventions with young people aged 8 up to 21 years old and their families, affected by both parental and youth substance misuse.**

In partnership with ASCERT, Opportunity Youth will deliver a series of one and two night residential programmes **for families from across the BHSCT area who are marginalised or vulnerable as a result of parent and youth alcohol and drug misuse and associated physical and emotional health and social issues.**

Elements of the Strengthening Family programme will be incorporated into the programme and will include:

- Discussion groups with parents
- Physical activity sessions with families
- Reflection and evaluation session with parents
- Reflection and evaluation session with children and young people.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Family Residential 1**

5 families participate in a two night residential. Start time 10.00 a.m. day one – finish time 3.00 p.m. day three. August 2013

**Family Residential 2**

5 families participate in a one night residential. Start time 10.00 a.m. day one – finish time 3.00 p.m. day two. October 2013

**Family Residential 3**

5 families participate in a two night residential. Start time 10.00 a.m. day one – finish time 3.00 p.m. day three. April 2014

**Family Residential 4**

5 families participate in a one night residential. Start time 10.00 a.m. day one – finish time 3.00 p.m. day two. September 2014.

**BHSCT PROFESSIONAL LINK**

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# **Promoting better youth engagement within the 11-16 year old age band**



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**DESCRIPTION OF PROGRAMME**

**Belfast Central Mission has been funded to deliver the following programme to families from across the BHSCT area;**

**The Early Adolescent Project (EAP)** will be delivered by The EAGLE Project (BCM) – a project which supports the families of children with ASD. The aim of EAP is to provide a safe and supportive environment for young adolescents with ASD to develop their self-esteem, interpersonal skills & social opportunities by using a group work model to encourage trust, confidence and mutual support and applying group learning in social outings and activities. **All young people selected will have a diagnosis of Asperger's/ High Functioning Autism and the target age group is young people aged 11-14 or pre 1<sup>st</sup> year up to and including second year in secondary education.**

Support workers will facilitate the group to;

- develop an understanding and awareness of their ASD condition in a safe, nurturing environment
- develop their social and interpersonal skills
- promote independence, assertiveness & confidence
- enable the young people to learn the social interactive skills needed to make and sustain friendships
- integrate into mainstream social situations e.g. school, travel, work, leisure, pastimes
- develop an awareness of personal safety
- promote self-esteem and identify appropriate coping methods

One night per month will be an outing to practice skills learned in the sessions.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**EAP Group intervention** sessions will take place on Thursday's 7.00 - 9:00 pm during term time for 26 weeks beginning 19<sup>th</sup> Sept 2013 and ending June 2014 (12 participants).

**EAP Group intervention** sessions will take place Thursday's 7-9:00 pm during term time for 12 weeks beginning Sept 2014 and ending Nov 2014 for 12 participants

**BHSCT PROFESSIONAL LINK**

**CONTACT PERSON**

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**DESCRIPTION OF PROGRAMME**

**Cedar Foundation has been funded to deliver a Social Inclusion Project (SIP) which will provide participation opportunities for young people with disabilities who face the risk of social isolation or disengagement from services. The following programmes will be delivered during the period July 2013 to November 2014;**

- **2 week Summer Scheme in Olympia Leisure Centre** for children / young people **11-16 years** (5 young people per session)
- **Summer Scheme in Dee Street Community Centre** for children / young people **11-13 years** (10 children per session)
- **Summer Scheme in Dee Street Community Centre** ages **14-16 years** (10 children per session)
- **Monthly Social Activity** for children **11-13 years** in various venues in Belfast, 1 Saturday per month (10 children per activity)
- **Monthly Social Activity** for young people **14-16 years** in various venues in Belfast, 1 Saturday per month (10 children per activity)
- **Personal Development Programme** (12 weeks) in Dee Street Youth Club and Cedar, Balmoral (10 children / young people per programme)
- **Human Rights OCN level 1 course** for young people **14-16 years** in Cedar Foundation, Balmoral
- **Swimming Programme** in Olympia/ Falls Leisure Centre for children / young people **11-14 years** (10 children per session)
- **2 week Summer Scheme in Olympia Leisure Centre** ( July / August 2014) for children / young people **11-16 years** (5 young people per session)

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Summer Intervention Schemes and monthly social activities for 11 - 13 year olds and 14 – 16 year olds at Olympia Leisure Centre and Dee Street Community Centre from June 2013 - November 2014**

**Personal Development programme** at Dee Street Youth Club and Cedar, Balmoral, Wednesday evenings, 7pm-9pm, Sept 2013 – June 2014 and Sept 2014 –Nov 2014

**Human Rights OCN Level 1 accredited course** Tuesday evenings, commencing January 2014 (12 weeks), 6pm-9pm

**BHSCT PROFESSIONAL LINK**

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<p><b>DESCRIPTION OF PROGRAMME</b></p> <p>The Holy Trinity Centre has been funded to deliver the following interventions across the BHSCT area;</p> <p><b>Befriending and mentoring interventions for children / young people aged 11-16 years and their families</b>, delivered in Trinity Community Counselling Services and on an outreach basis where appropriate. This programme is designed to target children / young people and their families who require support to facilitate the development of coping strategies and mechanisms. This community based programme may stand alone in terms of family support but can also be offered to compliment interventions and support offered by other agencies. Parental consent and involvement in the process is essential and pivotal to the success of the intervention.</p> <p>Over a 72 week period, 24 children aged 11 – 16 years and their families will receive befriending and mentoring intervention, (6 programmes for 4 children and their families, each for a period of 12 weeks). The service is available between the hours of 9am-9pm, Monday to Thursday and 9am-5pm Friday.</p> <p><b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b> From June 1<sup>st</sup> 2013 until November 30<sup>th</sup> 2014</p>	
<p><b>CONTACT PERSON</b></p>	<p><b>Mairead Gilmartin</b></p>





**NORTHERN IRELAND ALTERNATIVES**  
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**DESCRIPTION OF PROGRAMME**

**NI Alternatives has been funded to provide support for vulnerable young people and their families from across the BHSCT area through a range of tailored Youth Development / Engagement Programmes.** These group intervention and preventative programmes are intended to impact upon young people at risk of offending or entering the criminal justice system.

24 programmes will be delivered over an 18 month period. These will include diversionary initiatives in response to community and statutory agency concerns about anti-social behaviour, bonfire sites, substance abuse, underage sexual issues, sectarianism and racism, and other risk-taking behaviours. Programmes will normally be time-bound, and involve one session per week for 12 weeks. Programmes will be responsive to the needs of the young people, and can include a number of different themes depending on the young people's profile. Content may include;

- Personal development
- Addressing 'at risk' behaviours
- Building self-esteem/confidence
- Anger management
- Interface issues/rioting
- Consequences of crime and anti-social behaviour
- Rebuilding family relationships/Parenting skills
- Intensive Youth/Family Support Programme
- Community conflict
- Anti-sectarianism/anti-racism.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Group intervention and preventative programmes;** Each of the four 'Alternatives' offices (Greater Shankill, North Belfast, South Belfast and East Belfast) will deliver 6 x 12 week programmes over the lifetime of the funding cycle, working with a minimum of 10 young people per group. Programmes will be delivered Monday – Friday in the evenings (2-3 hours per session) during the period August 2013 to May 2014 and September 2014 to November 2014. Youth engagement programmes will include summer intervention programmes based on 'bonfire site' work at each location during each of the summers of 2013 and 2014. (1<sup>st</sup> June 2013 – 31<sup>st</sup> July 2013 and 1<sup>st</sup> June 2014 - 31<sup>st</sup> July 2014).

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**DESCRIPTION OF PROGRAMME**

**Teenage Project**

The teenage project is an integral part of the services offered at the Quaker Cottage family daycare centre and seeks to complement the work undertaken with mothers and younger children. **Quaker services have been funded to deliver the following interventions to families from across the BHSCT area.**

4 x **Morning Support Programmes** (individual or small group sessions) for teenagers (**11-16yrs**), 1 morning each week for 10 weeks (40 sessions with 1-2 young people in attendance at each). This service is **available to young people not attending or excluded from school** and in need of emotional and social support. It engages young people in creative activities, attempting to re-ignite an interest in their own well-being by improving confidence and the concept of self-worth. Most of the teenagers involved are at risk of involvement in offending behaviour and with no educational plan in place. There is a focus on therapeutic interventions including counselling, combined with activities such as art & craft/drama to promote emotional and social healing.

2 x **'Focus on Violence' Group Sessions** for 8 teenagers for 10 weeks (**13-16yrs**)

The group will explore the increasing number of violent attacks on young people across the country. They will work on ways to understand and manage violence at a personal level. They will use art as a medium to express their feelings on how violent behaviour/attacks can affect someone both physically and emotionally.

2 x **Therapeutic Engagement Group Sessions** for 8 teenagers for 10 weeks (**13-16yrs**). This group will focus on therapeutic engagement through discussion and activities, covering issues such as bullying, social exclusion, social skills, culture awareness, peer pressure and many more.

2 x **Summer Programmes** which will include daily excursions for young people (**11-16 years**) to various locations in the province. A minimum of 5 and maximum of 7 young people will attend each day.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Summer Programme X 2** Jul- Aug 2013 and July - Aug 2014

**Morning Support Programme X 4** Sep-Dec 2013: Jan-Mar 2014: Apr-Jun 2014  
 Sept-Nov 2014:

**'Focus on Violence' Group Session X 2** Sep - Dec 2013: Jan - Mar 2014

**Therapeutic Engagement Group Session X 2** Sep - Dec 2013 and Sept - Nov 2014

**CONTACT PERSON**

**Janette Mc Knight**



**UPPER SPRINGFIELD DEVELOPMENT TRUST  
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**DESCRIPTION OF PROGRAMME**

**Upper Springfield Development Trust has been funded to deliver a tailored support and activity programme for children, young people and their families from across the BHSCT area. This project will support vulnerable children and families with complex health problems, mental health problems and/or disabilities, promoting their engagement in positive group activities which allow access to play and recreation.**

The groups will run weekly at the venues listed below, providing a range of activities including art and craft, music workshops and health and fitness.

- St Michael's, Finaghy Rd - Inclusive Youth Club support for 10 young people aged between 11 and 16yrs once per week between the hours of 7-9pm.
- Corpus Christi, Whiterock Rd - Inclusive Youth Club support for 10 young people with Aspergers, aged between 11 and 16yrs once per week between the hours of 7-9pm.
- Holy Family Limestone Rd - Inclusive Youth Club support for 10 young people aged between 11 and 16yrs once per week between the hours of 7-9pm.
- Rosario Ormeau Rd- Inclusive Youth Club support for 10 young people aged between 11 and 16yrs once per week between the hours of 7-9pm.
- A summer scheme to run over five weeks during July & August 2013/2014.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

During the period 1<sup>st</sup> June 2013 – 30<sup>th</sup> November 2014 tailored support and activity programmes will be available as follows

**St Michael's, Finaghy Rd - Youth Club Support** one evening per week between the hours of 7-9pm for 57 weeks

**Corpus Christi, Whiterock Rd - Youth Club Support** one evening per week between the hours of 7-9pm for 57 weeks

**Holy Family Limestone Rd - Youth Club Support** one evening per week between the hours of 7-9pm for 57 weeks

**Rosario Ormeau Rd - Youth Club Support** one evening per week between the hours of 7-9pm for 57 weeks.

**Summer scheme x 2** - 20th July 2013 to 24th Aug 2013 and 2nd July 2014 to 23rd Aug 2014

<b>BHSCT PROFESSIONAL LINK</b>	<b>CONTACT PERSON</b>	<b>Patsy Mc Manus SSW, Children's Disability Team, (CDT) BHSCT Olivia Marley SSW, CDT BHSCT</b>
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## **NORTH BELFAST**

**Interventions targeting the 5-11 year old age band to support and enable positive family relationships**



Children & Young People's Strategic Partnership

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**DESCRIPTION OF PROGRAMME**

**Ashton Community Trust has been funded to deliver the following interventions, targeting families living in the New Lodge ward in North Belfast;**

**A Group Activity 'Club' for eight children, aged between 8 -10 years and their parents**, weekly at New Lodge Youth Centre, (12 week programme plus one overnight residential). Four programmes will be delivered during the period June 2013 to July 2014 and will cater for 32 children. Sessions will promote regular physical exercise and a healthy diet. Participation in a range of physical activities will provide opportunities to build confidence, develop new skills and learn coping mechanisms to manage stress and promote positive mental health. Parents will also be engaged at various stages within the programme to participate in physical activities alongside their children. In addition, children will learn about the impact their behaviour has on their community. They will hear first-hand from people affected by anti-social behaviour and will explore ways in which they could positively contribute towards the community.

**Ashton Community Trust will also offer a Personal Development Programme for parents** with a focus on building parental skills and confidence and effective, positive communication with their children. The programme will include advice on managing challenging behaviour, promoting healthy habits, healthy eating, cookery demonstrations and stress management.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Weekly Group Activity 'Club'**: This programme will be delivered through four packages over the following dates. During the summer months it will run in the afternoon and in school term it will run in the evenings.

Programme 1; 18th June - 3rd September 2013

Programme 2; 17th September - 17th December 2013

Programme 3; 14th January - 15th April 2014

Programme 4; 29th April - 8th July 2014

**Contact Person**

**Katrina Newell**



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**DESCRIPTION OF PROGRAMME**

**Barnardos have been funded to deliver an integrated package of Family Support services to children aged 5 -11 and their families who attend 2 primary schools in the Waterworks and Newlodge wards: (1) *St Patrick's* (formally *Star of the Sea* and *Edmund Rice*) and (2) *Cliftonville Integrated*.**

The following support services will be delivered in **each school**.

- 1 weekly Pupil Self-Referral **'Time For Me' Drop-in Advice Session** for children 8 – 11 years in the 2 identified primary schools. Drop-in sessions will help children problem solve low intensity difficulties ('everyday worries') before they escalate. If problems are not resolved in 3 sessions, children are referred on to other support which can include 'Time 4 Me' individual counselling service and/or community-based supports.
- 1 x **'Pyramid' Support Group for Children**; Pyramid Support Groups are evidence-based programmes addressing the emotional and social needs of children aged 7 – 11 who present as withdrawn, under-confident and in need of increased self-esteem and social skills. Two 'Time 4 Me' Counsellors trained in 'Pyramid' programme delivery will provide one 10 week programme in each school, with an additional two weeks for an initial referral meeting and a final evaluation meeting with the school
- 2 x **'Time 4 Parents' Build Your Child's Resilience training programmes** with a focus on helping parents grasp how much *their* outlook can impact on building strength and resilience for their children.
- 1 x **'Time 4 Staff' Positive Behaviour Management training programme** The purpose of the programme is to help staff develop their understanding of behaviour and how to manage it in ways that promote children's emotional well-being

Support requests will be accepted from children, parents, schools and other community-based services.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION:**

During term-time (01 September 2013 – 30 June 2014 and 01 September 2014 – 30 November 2014), services in each school across a 50 week period.

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**DESCRIPTION OF PROGRAMME**

**Barnardos have been funded to deliver an integrated package of school-based individual counselling for children aged 5 -11 years (Tier-2) and wrap-around support and guidance for parents/carers and staff in Holy Family and Currie Primary Schools in the Duncairn and Waterworks wards.**

The purpose of the individual counselling will be to increase emotional well-being, improve behaviour, family relationships and learning capacity for those pupils requiring a more targeted/specialist intervention. The wrap-around support element will focus on increasing the confidence and competence of key adults, in order to maximise the counselling outcomes and build resilience for the child.

From 01 September 2013 there will be 11 hours of counselling each week across the two schools. Sessions will include child, parent and staff support.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

Weekly counselling provision over a period of 53 weeks from 1st September 2013 - 30th June 2014 and 1st September 2014 - 30 November 2014.

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Children & Young People's Strategic Partnership

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**DESCRIPTION OF PROGRAMME**

**Cliftonville Community Centre has been funded to deliver the following programmes in the Waterworks Ward, North Belfast;**

**Summer scheme project x2;** The 'Happy Days Summer scheme' programme will run for 3 weeks each Summer (2013 and 2014), providing an opportunity for 60 children aged 5-11 years to participate in a broad range of activities.

**Cliftonville Community Centre Soccer Skills Academy;** 2 sessions per week for 60 weeks for 30 children aged 5-11 years

**Cliftonville Clovers, Cross community Ice Skating course;** 16 week course, one session per week for 20 children aged 9-11 years

**'Express Yourself' – Play Therapy Workshops for children aged 9-11 years**

**Clowning Around- Circus skills;** 9 week programme for 60 children, 5-11 years.

**'Once Upon a Time' Drama Workshops for 40 children aged 5-9 years**

**Our Place! - History Project for 60 children aged 5-11 years**

**'Onwards and Upwards!' Transition Programme for P7 children** one evening per week during term time.

**Drop In Programme for P7 children:** This activity based programme will provide an opportunity for children to engage with youth workers in a safe and stimulating environment in preparation for transition to the youth project.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Summer scheme project 1:** July - Aug 2013/ 2014, 3 week programme

**Soccer Skills Academy:** June 2013 – November 2014

**Cross community Ice Skating course:** Sept 2013 – Dec 2013

**'Express Yourself' – Play Therapy Workshops:** Sept 2013 – March 2014

**Clowning Around- Circus skills:** Jan 2014 – March 2014

**Drama Workshops:** Sept – Dec 2013

**Onwards and Upwards! Transition Programme and Drop In Programme for P7 children:** September 2013 – June 2014 and Sept 2014 – November 2014 (term time).

**CONTACT PERSON**

**Grainee Magee**





**NEW LIFE COUNSELLING**  
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**DESCRIPTION OF PROGRAMME**

New Life Counselling has been funded to deliver the ‘**Time Together**’ Programme targeting families living in the Woodstock and Ballymacarrett Wards, East Belfast and Ardoyne and Duncairn in North Belfast.

This programme has been developed to facilitate families in strengthening their interpersonal relationships. The focus of the family programme will be to create a safe space for families to share time together. Six families (1 child aged 5 – 10 years and 1 parent) will participate in each 6 week programme delivered.

- Key objectives of the six week programme include;
- To develop understanding and listening skills between parent and child regarding the expression of emotions,
  - To promote the sharing of helpful behaviours in and between families when dealing with challenging feelings and behaviours,
  - To encourage routine building tasks in families.

Programme Themes

- Week 1 – Introduction and Group Contract
- Week 2 – Attachment
- Week 3 – Dealing with frustration and anger
- Week 4 – Thinking about worries
- Week 5 – Friendships and relationships
- Week 6 – Celebration and saying goodbyes

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

Six programmes will be delivered, commencing after June 1st 2013 and completed by November 30th 2014.

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**DESCRIPTION OF PROGRAMME**

The Vine Centre has been funded to deliver the following programme, primarily targeting children living in the Crumlin electoral ward;

An **Activity Based 'Club' for children aged between 5 and 11years** which will provide an opportunity to promote the personal development of those taking part (12 children). Elements of the programme will focus on anti-social behaviour, sexual health, relationships, body image, nutrition, basic understanding around health issues (such as smoking, drug and alcohol use) and online safety. A broad range of group activities will be offered to participants, including drama, dance, physical exercise and art.

Parents will be encouraged to actively engage in some activities with their children and a parallel strand of activity will be delivered to parents, with a focus on enhancing their understanding of the above issues and building their capacity to support their children in areas like behaviour management and online safety.

A Summer time **'Saturday Club' for children aged between 5 and 11years**, during **July and August 2014** - group activity sessions each Saturday for 12 children. The aim of these activities is to provide participants with opportunities for physical activity which might not otherwise be accessible to them, to build their confidence and their capacity to interact and co-operate with other children.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**


**5 to 11 Years Club:** The programme will run from 3<sup>rd</sup> September 2013 - June 2014 and September 2014 - November 2014 on Tuesdays and Thursdays, 6.30pm to 9.00pm.

**Summer Saturday Club:** July 2014 - August 2014, Nine 5 hour sessions.

**CONTACT PERSON**

**Tracey Whittley-Robinson**

**Outreach targeted at hard to reach/vulnerable families with school - aged children to reduce isolation and to build resilience**

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<p><b>EMAIL</b></p>	<p><a href="mailto:geoff@174trust.org">geoff@174trust.org</a> <a href="mailto:nualamurray@hotmail.com">nualamurray@hotmail.com</a></p>
<p><b>DESCRIPTION OF PROGRAMME</b></p> <p>The 174 Trust have been funded to deliver the following activity in the Duncairn Complex, Duncairn Avenue;</p> <p><b>A Homework Club</b> which will allow children from vulnerable families &amp; minority ethnic families to avail of support in a safe and non-threatening environment with a focus on enjoying learning &amp; achieving. Eight children aged 8 – 11 years will participate in each session.</p> <p><b>A Summer Scheme</b> which will be targeted at children from vulnerable families with multiple / complex needs. The programme will provide an opportunity for participants to engage in group activities within a safe &amp; supportive environment that will encourage them to enjoy a healthier lifestyle and will provide parents/carers with much needed respite. Twelve children, aged 5 – 11 years will participate in each session.</p> <p><b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b>  <b>Homework Club:</b> September 2013 – June 2014, 4 days per week, Monday to Thursday, 3 – 5pm.  <b>Summer Scheme:</b> July / August 2013 &amp; July / August 2014: 6 week programme, 9am – 5pm, Monday to Friday.</p>	
<p><b>CONTACT PERSON</b></p>	<p><b>Nuala Murray, Afterschool Coordinator</b></p>



**NEW LODGE DUNCAIRN COMMUNITY  
HEALTH PARTNERSHIP  
206 DUNC AIRN GARDENS  
BELFAST  
BT15 2GN**

**CONTACT**

**JULIE JAMIESON**

**TELEPHONE**

**028 90745588**

**EMAIL**

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**DESCRIPTION OF PROGRAMME**

**New Lodge and Duncairn Community Partnership has been funded to deliver the following programmes (in partnership with the 174 Trust), targeted at children with complex needs who reside in Castlevue, Duncairn, New Lodge and Waterworks Wards within North Belfast.**

**Health and Resilience Programme:** This 6 week programme, (one session per week for up to 15 children with complex needs) will include;

- Nutrition and exercise
- Developing a positive attitude
- 'Bully Busting'
- Developing coping skills to manage difficulties.

Facilitators proficient in the use of Makaton will be available for those young people with communication difficulties.

**Health Information Programme:** This 12 week programme (1 session per week for up to 15 children with complex needs) will incorporate a range of health promotion messages and associated practical activities including Health and Nutrition, How to incorporate exercise into daily activities and Stress Management.

**Parents support group:** Up to 10 parents / carers will participate in 12 weekly sessions (2 hours per session). Topics will include;

- Mental Health
- Stress Management
- Nutrition & Exercise
- Drugs and alcohol
- Puberty guide for parents of disabled children;
- Welfare rights & advocacy session.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

All Programmes will commence in late **September 2013**.

**Health and Resiliency Programme:** Six week programme, 7.00-9.00pm on a Thursday night.


**Health Information Programme:** 12 week programme, 7.00-9.00pm on a Tuesday night.

**Parents support group:** 12 week programme, 7.00-9.00pm on a Tuesday night.

**CONTACT PERSON**

Julie Jamieson

# **Promoting better youth engagement within the 11-16 year old age band**

 <p><b>CYPSP</b> Children &amp; Young People's Strategic Partnership</p>	<b>ARTILLERY YOUTH CENTRE</b> <b>NERC 183 ANTRIM ROAD</b> <b>BELFAST</b> <b>BT15 2GW</b>	
<b>CONTACT</b>	<b>HARRY MURPHY</b>	
<b>TELEPHONE</b>	<b>028 90741565</b>	
<b>EMAIL</b>	<a href="mailto:artilleryyc@hotmail.co.uk">artilleryyc@hotmail.co.uk</a>	
<p><b>DESCRIPTION OF PROGRAMME</b></p> <p><b>Artillery Youth Centre has been funded to deliver an intervention programme aimed specifically at girls and young women aged 11-16 years, living in the North Belfast area.</b> The programme will incorporate a range of activities with a focus on body image, health and personal well being, including sports and fitness, diet, healthy relationships, personal safety, assertiveness and sexual health.</p> <p><b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b></p> <p>Four programmes will be delivered during the period <b>June 2013 to November 2014.</b> Each programme will include 10 weekly sessions of accredited training and 8 weekly sessions of sports and fitness activities. 12 participants will engage in each programme, delivered one night per week over a period of 18 weeks.</p>		
<b>BHSCT PROFESSIONAL LINK</b>	<b>CONTACT PERSON</b>	<b>Denise Canavan</b> <b>PSW Intensive Adolescent Team</b>
	<b>TEL;</b>	<b>028 95049967</b>
	<b>EMAIL</b>	<a href="mailto:denise.cananvan@belfasttrust.hscni.net">denise.cananvan@belfasttrust.hscni.net</a>



**NEW LODGE DUNCAIRN COMMUNITY  
HEALTH PARTNERSHIP  
206 DUNCAIRN GARDENS  
BELFAST  
BT15 2GN**

**CONTACT** **JULIE JAMIESON**

**TELEPHONE** **028 90745588**

**EMAIL** [nldcommunityhealthpartnership@hotmail.com](mailto:nldcommunityhealthpartnership@hotmail.com)

**DESCRIPTION OF PROGRAMME**

**New Lodge and Duncairn Community Health Partnership in partnership with the 174 Trust has been funded to deliver the following programme, targeting vulnerable families who are experiencing stress related to their caring responsibilities for a disabled young person, aged 11-16 years, living in the Castleview, Duncairn, New Lodge and Waterworks Wards within North Belfast.**

**Health Information Programme:** Sessions will incorporate a range of health promotion messages and associated practical activities. Topics will include; nutrition, how to incorporate exercise into daily activities and stress management. 12 sessions will be facilitated with up to 15 children & young people participating on a weekly basis. A facilitator proficient in the use of Makaton will be available to assist participants with communication difficulties.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

The **Health Information Programme** will commence in late September 2013 for 12 weeks on Tuesday evenings, 7.00-9.00pm.

**CONTACT PERSON**

**Julie Jamieson**





**SEAVIEW ENTERPRISES  
NORTH STAND OFFICE SUITE  
ST VINCENT STREET  
BELFAST  
BT15 3QG**

**CONTACT** **BERNARD THOMPSON**

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**EMAIL** [Bernard@morethanaclub.org.uk](mailto:Bernard@morethanaclub.org.uk)

**DESCRIPTION OF PROGRAMME**

**Seaview Enterprises has been funded to deliver a programme of educational activity as outlined below which will target young people not engaged and at risk, living in disadvantaged communities in North Belfast.**

A **series of workshops** will be delivered, focusing on the themes of **Positive Mental Health, Drug & Alcohol Abuse & Anti-Social Behaviour**. Topics will include, using social networks, confrontation and bullying, recognition of mental health issues, self-esteem, substance abuse and the link between sport / physical activity and overall health.

A **Study Skills Seminar** which will support participants in achieving successful outcomes within the school setting.

A **Careers / Employability Seminar** which will provide young people with support and advice in relation to career decisions, training course options and alternative pathways available.

A **Leadership & Management Seminar** which will provide an opportunity for young people to gain skills and knowledge which will facilitate their journey in becoming youth leaders.

In addition this intervention will include a;

- **10 week Personal Development Programme**
- **Sports Leaders Level 1 Qualification,**
- **Good Relations Residential Programme**
- **'Using Sport to tackle Youth Crime' Qualification (Level 1).**

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTIONS** Series of Workshops delivered October 2013

**Sports Leaders Level 1 Qualification** delivered Nov to Dec, 2013

**Personal Development Programme** delivered Jan to Feb 2014

**Good Relations Residential Programme** delivered March to April 2014

**Study Skills Seminar** delivered May 2014

**Careers / Employability Seminar** delivered June 2014

**Leadership & Management Seminar** delivered July 2014

**'Using Sport to tackle Youth Crime' Qualification (Level 1)** delivered August 14

<b>BHSCT PROFESSIONAL LINK</b>	<b>CONTACT PERSON</b>	<b>Denise Canavan PSW Intensive Adolescent Team</b>
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	<b>TEL;</b>	<b>028 95049967</b>
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	<b>EMAIL</b>	<a href="mailto:denise.canavan@belfasttrust.hscni.net">denise.canavan@belfasttrust.hscni.net</a>
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**STREETBEAT**  
**97-99 WOODVALE ROAD**  
**BELFAST**  
**BT13 3BP**

**CONTACT**

**STEVE MORRISON**

**TELEPHONE**

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**DESCRIPTION OF PROGRAMME**

**‘StreetBeat’ has been funded to deliver the following interventions which will target primarily young people aged 11-16 that reside within the Woodvale electoral ward of North Belfast.**

The programme outlined below focuses specifically on education, employment and health. 96 young people in total will be referred from local schools.

**A weekly Tutoring Programme with 12 young people aged 14 – 16 years identified by local schools to be struggling with educational attainment and provide them with support and guidance to achieve personal goals.** A qualified teacher will work alongside the young people both in a group and on a one to one basis. This additional support is provided with an aim of each individual participant attaining a minimum of 5 GCSE’s.

A weekly **Homework Support Club** for 25 young people, **11-16 years** who could benefit from additional support. Each session will be facilitated by a fully qualified teacher. There will also be opportunities for parents to seek advice and support from the teacher / facilitators.

**Employment Programme** x 2 which will engage young people, 11 -16 years (12 per programme). Participants will engage in a range of training and development courses which will enhance their personal and professional development.

Delivery of two (6 month) **Health and Fitness Programmes** both of which will engage 12 young people aged 11-16 years.

Provision of **Counselling Support** in relation to mental health issues to 10 young people considered to be in need or at risk. These young people will be identified from the Boys and Girls Model Schools or other organisations within the local network.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Tutoring Programme:** Sept 2013 – August 2014, one session per week.

**Homework Support Club:** Sept 2013 – August 2014, one session per week.

**Employment Programme 1:** September 2013 – February 2014

**Employment Programme 2:** March 2014 – August 2014.

**Health and Fitness Programme 1:** September 2013 – February 2014

**Health and Fitness Programme 2:** March 2014 – August 2014.

**Counselling Support Service:** September 2013 – August 2014

**CONTACT PERSON**

**Steve Morrison**

## **SOUTH BELFAST**

**Interventions targeting the 5-11 year old age band to support and enable positive family relationships**



**AN DROICHEAD  
20 COOKE STREET  
BELFAST  
BT7 2EP**

**CONTACT**

**BRID DUFFY & POL DEEDS**

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**DESCRIPTION OF PROGRAMME**

**An Droichead has been funded to deliver a 'Parenting Support & Skills Development' programme targeting 20 families living in Ballymacarrett, Ballynafeigh, Botanic and Shaftesbury wards in South Belfast.**

Content will include language support, parenting skills, developing a healthy lifestyle, confidence and self-esteem building strategies, acknowledging self value and worth within a family and community context, community engagement, employment and personal development.

A Crèche service will be available to parents to facilitate participation in the programme.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Parenting Support & Skills Development' programme:** June 2013 - November 2014, 2 sessions per week, 9.30am - 12.30pm.

**CONTACT PERSON**

**Brid Duffy / Pol Deeds**



**LORAG**  
**97 BALFLOUR AVENUE**  
**BELFAST**  
**BT7 2EW**

**CONTACT**

**GERARD RICE**

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**028 90312377**

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[grice@lorag.org](mailto:grice@lorag.org)

**DESCRIPTION OF PROGRAMME**

**LORAG has been funded to deliver the following programmes in the Lower Ormeau, Botanic, Donegall Pass and the Markets areas within South Belfast.**

**Parenting Programmes** (delivered by Parenting NI) to include 3 x 'Health and Happiness' programmes, 3 x 'Sink or Swim' programmes and 3 x 'Dealing with Challenging Behaviour' programmes. A maximum of 12 parents will participate in each six week programme.

**Money Management Courses** x 3 (delivered by CAB). 15 parents will participate in each one day course.

A **Capacity Building Programme** for 8 staff members/volunteers from existing community organisations, to include workshops on dealing with challenging behaviour, effective communication and building resilience in parents. An Introductory Level Counselling Programme will also be included.

**Home Visiting Support**, 15 hours per week for 64 weeks targeting 90 families across the target areas.

**Homework Support Programmes** (6 x 6 week programmes) to enable parents to understand the primary school curriculum and assist children to improve educational achievement.

**Family Fun Walks** (1 per month x 18 months) at various locations, targeting 50 people per walk.

A **Family Summer Programme** (5 weeks), including 1 trip per week to a variety of locations.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Parenting Programmes:** 9 programmes delivered during the period June 2013- November 2014.

**CAB Money Management Courses:** 6 courses delivered during the period August 2013 – October 2014.

**Capacity Building Programme:** Series of workshops / courses delivered during the period June 2013 - August 2013

**Home Visiting Support:** 15 hours per week delivered during the period June 2013 – October 2014.

**Homework Support Programmes:** 6 Programmes delivered during October 2013 – November 2013, January 2014 – February 2014 and March – April 2014.

**Family Fun Walks:** One per month from August 2013 – November 2014.

**Family Summer Programme:** July - August 2013 and July August 2014

**CONTACT PERSON**

**Gerard Rice**



**SOLAS**  
**165 – 169 DONEGALL PASS**  
**BELFAST**  
**BT7 1DT**

**CONTACT**

**JOAN HENDERSON**

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[joan@solasbt7.com](mailto:joan@solasbt7.com)

**DESCRIPTION OF PROGRAMME**

Solas have been funded to deliver tailored **support and activity programmes in the South Belfast area which will support vulnerable children and families with complex health problems, mental health problems and/or disabilities, promoting their engagement in positive activities which allow access to play and recreation.** The emphasis of the programme is on providing whole family support, where siblings can spend quality time together, while parents get some much needed respite.

**‘Time for Me’ Saturday Children’s club** for disabled children aged between 5 and 11 years and their siblings. 9.30am - 12.30pm in Shafstbury Recreation Centre. A programme for 10 children per session will include activities such as free play, structured one to one time, outdoor play sensory activity, music therapy, sensory input, creative arts and drama, sports coaching and ‘Cook it’. (6 x 8 week blocks, Sept - Oct 2013; Nov – Dec 2013; Jan – Feb 2014; Mar – Apr 2014; May- June 2014; Sept-Oct 2014).

**A ‘Time for Me’ Parenting Support Programme** to provide support and relieve some of the stress experienced by families with children with disabilities, behavioural issues and complex needs. One session per week (10am - 1pm on Tuesday mornings) for 25 parents / carers at Donegall Pass Community Centre. (6 x 6 week blocks). A Creche service will be provided.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**


- ‘Time for Me Programme’ 1: September – October 2013
- ‘Time for Me Programme’ 2: November – December 2013
- ‘Time for Me Programme’ 3: January – February 2014
- ‘Time for Me Programme’ 4: March – April 2014
- ‘Time for Me Programme’ 5: May – June 2014
- ‘Time for Me Programme’ 6: September – October 2014
- ‘Time for Me Parenting Support Programmes’ will run alongside all of the above programmes.

<b>BHSCT PROFESSIONAL LINK</b>	<b>CONTACT PERSON</b>	<b>Michele Janes</b> <b>ASD Co-ordinator BHSCT</b> <b>Patsy Mc Manus SSW,</b> <b>Children’s Disability Team (CDT),</b> <b>BHSCT</b> <b>Olivia Marley SSW, CDT, BHSCT</b>
	<b>Tel:</b>	<b>028 95046691- Michelle Janes</b> <b>028 95042725 – Patsy Mc Manus</b> <b>028 90638847 – Olivia Marley</b>
	<b>Email:</b>	<a href="mailto:michele.janes@belfastrust.hscni.net">michele.janes@belfastrust.hscni.net</a> <a href="mailto:patsy.mcmanus@belfastrust.hscni.net">patsy.mcmanus@belfastrust.hscni.net</a> <a href="mailto:olivia.marley@belfastrust.hscni.net">olivia.marley@belfastrust.hscni.net</a>

**Outreach targeted at hard to reach/vulnerable families with school - aged children to reduce isolation and to build resilience**

		<b>LORAG</b> <b>97 BALFOUR AVENUE</b> <b>BELFAST</b> <b>BT7 2EW</b>
<b>CONTACT</b>		<b>GERARD RICE</b>
<b>TELEPHONE</b>		<b>028 90312377</b>
<b>EMAIL</b>		<a href="mailto:grice@lorag.org">grice@lorag.org</a>
<b>DESCRIPTION OF PROGRAMME</b> <b>LORAG have been funded to deliver the following interventions in the Lower Ormeau, Botanic, Donegall Pass and the Markets areas within South Belfast.</b>  The development and <b>delivery of a bespoke parenting programme for BME and majority established families.</b> The development of the programme will be informed by consulting and working in partnership with 14 families. Delivery of a 'Training the Trainer' initiative for six existing staff currently employed in local community settings will help to build local capacity. The bespoke Parenting Programme will be delivered to 7 BME Parents and 7 majority established parents. Completion of this programme will be followed by delivery of two sessions which combine participants from both of the parenting programmes, to share learning and ideas. <b>A 'Family Buddy' programme</b> will be introduced, enabling BME families to become established and confident in the wider community with 'buddy's' from the majority, established community and more settled BME community. Facilitation of a <b>Family Relationship Building Activity Day</b> , targeting 28 adults and children. Facilitation of a <b>Capacity Building Programme for parents</b> , (1 session per week x 7 weeks). These sessions will explore English for Health, Peer Education etc. Delivery of four <b>Information and Signposting Sessions</b> which will include guest speakers focusing on specific themes such as Housing, Suicide, Anti-Social Behaviour. 1 session lasting 2 hours and delivered fortnightly. This aspect of the programme will seek to sustain relationships between parents and improve access to information and mainstream services. Delivery of 1 x <b>Residential</b> (2 nights) for families participating on the programme to embed relationships and evaluate the overall programme.		
<b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b> <b>Parenting programme:</b> November 2013 – Feb 2014 <b>Family Relationship Building Activity Day:</b> March 2014 <b>Capacity Building Sessions for parents:</b> April – May 2014 <b>Information and Signposting Sessions:</b> May - June 2014 <b>Residential:</b> July 2014		
<b>BHSC PROFESSIONAL LINK</b>	<b>CONTACT PERSON</b>	<b>Stephen Long</b> <b>Community Development Officer</b>
	<b>Tel:</b>	<b>028 95046695</b>
	<b>Email:</b>	<a href="mailto:stephen.long@belfasttrust.hscni.net">stephen.long@belfasttrust.hscni.net</a>



 <p><b>CYPSP</b> Children &amp; Young People's Strategic Partnership</p>	<p><b>SOLAS</b> 165 – 169 DONEGALL PASS BELFAST BT7 1DT</p>	
<p><b>CONTACT</b></p>	<p><b>JOAN HENDERSON</b></p>	
<p><b>TELEPHONE</b></p>	<p><b>028 90247600</b></p>	
<p><b>EMAIL</b></p>	<p><a href="mailto:joan@solasbt7.com">joan@solasbt7.com</a></p>	
<p><b>DESCRIPTION OF PROGRAMME</b> Solas has been funded to deliver a series of six ‘Learn to Grow’ Programmes for children with a diagnosis of ASD.</p> <p><b>Each 8 week programme will provide four children with ASD with 6 hours of one to one support per week;</b> Programmes are designed to meet the child’s developmental needs and will include sensory play, physical play, table top games etc.</p> <p>In addition, two <b>Summer Schemes</b> will be delivered each year, one in Donegall Pass Community Centre for <b>children aged 5 – 8 years</b> and another in Ballynaveigh Community House, targeting the <b>9-11 years age group</b> (12 children per session). Activities will include Music Therapy, Creative Arts and Cookery.</p> <p><b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b></p> <p><b>Summer Scheme: July – August 2013 and July – August 2014.</b></p> <p><b>‘Learn to Grow Programme’ 1: September 2013 – October 2013</b></p> <p><b>‘Learn to Grow Programme’ 2: November 2013 – December 2013</b></p> <p><b>‘Learn to Grow Programme’ 3: January 2014 – February 2014</b></p> <p><b>‘Learn to Grow Programme’ 4: March 2014 – April 2014</b></p> <p><b>‘Learn to Grow Programme’ 5: May 2014 – June 2014</b></p> <p><b>‘Learn to Grow Programme’ 6: September 2014 – October 2014</b></p>		
<p><b>BHSCT PROFESSIONAL LINK</b></p>	<p><b>CONTACT PERSON</b></p>	<p><b>Michele Janes</b> ASD Co-ordinator BHSCT <b>Patsy Mc Manus SSW, Children’s Disability Team (CDT), BHSCT</b> <b>Olivia Marley SSW, CDT BHSCT</b></p>
	<p><b>Tel:</b></p>	<p><b>028 95046691- Michelle Janes</b> <b>028 95042725 – Patsy Mc Manus</b> <b>028 90638847 – Olivia Marley</b></p>
	<p><b>Email:</b></p>	<p><a href="mailto:michele.janes@belfastrust.hscni.net">michele.janes@belfastrust.hscni.net</a> <a href="mailto:patsy.mcmanus@belfastrust.hscni.net">patsy.mcmanus@belfastrust.hscni.net</a> <a href="mailto:olivia.marley@belfastrust.hscni.net">olivia.marley@belfastrust.hscni.net</a></p>



**WINDSOR WOMENS CENTRE**  
**136 - 144 BROADWAY**  
**BELFAST**  
**BT12 6HY**

**CONTACT** | **SHIRLEY SIMPSON**

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**DESCRIPTION OF PROGRAMME**

**Windsor Women’s Centre has been funded to deliver the following interventions in the South Belfast area.**

The ‘**Reach project**’ will provide **play-based activity sessions to support children with additional needs, (5 to 11years)**. Two (12 week) programmes will be delivered with a maximum of 8 children participating in each programme, (staff:child ratio of 1:2).

A **Summer Intervention project** will provide a range of activities for children aged 0 – 11years over a four week period during the summer (2013 and 2014).

The **After-schools 1-1 Support programme** will provide intensive support for 5 children with additional needs to facilitate their inclusion in the WWC After-schools programme. Provision will be available for three hours per day for 5 days per week x 48 weeks.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**‘Reach’ project:** Two 12 week programmes delivered during the period October 2013 – December 2013 and January 2014 – March 2014. The project will be delivered one afternoon per week for two hours a session.

**Summer Intervention project:** August 2013 and August 2014

**After-schools 1-1 Support programme:** October 2013 - June 2014 and September 2014 – November 2014

<b>CONTACT PERSON</b>	Shirley Simpson
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## **EAST BELFAST**

**Interventions targeting the 5-11 year  
old age band to support and enable  
positive family relationships**



**BALLYBEEN WOMEN'S CENTRE**  
**34 BALLYBEEN SQUARE**  
**BELFAST**  
**BT16 2QE**

**CONTACT** | **LINDA CHAMBERS**

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**DESCRIPTION OF PROGRAMME**

**Ballybeen Women's Centre has been funded to deliver the following interventions, targeting families living in the Ballybeen/Dundonald area of East Belfast;**

**1 x After schools club** three times per week, 2.30pm to 5pm for a minimum of 24 children aged 5 – 11yrs at the Enler Complex, (38 weeks per annum).

**2 x Summer programmes**, for 4 weeks during July/August 2013 and 2014 (5 days per week), 10am to 4pm for a minimum of 12 children aged 5 – 11yrs at Ballybeen Women's Centre and the Enler Complex

**3x Positive Parenting programmes:**

8 weeks x 2 hour sessions for 10 parents at Ballybeen Women's Centre

**2 x Health and Wellbeing programmes for parents:**

6 weeks x 2 hour sessions for 10 parents and 20 children at Ballybeen Women's Centre

**1x Behaviour Management Programme:**

5 weeks x 2 hour sessions for a minimum of 12 parents at Ballybeen Women's Centre.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**After schools Club:** From Sept 2013 – June 2014, three sessions per week, 2.30pm to 5.00pm

**Summer Programme 1:** 4 week programme during July - Aug 2013, 5 days per week, 10am to 4pm.

**Summer Programme 2:** 4 week programme during July - Aug 2014, 5 days per week, 10am to 4pm.

**'Positive Parenting' Programme 1:** Sept 2013 – Dec 2013

**'Positive Parenting' Programme 2:** Mar 2014 – June 2014

**'Positive Parenting' Programme 3:** Sept 2014 – Nov 2014

**Health and Wellbeing Programme 1:** Jan 2014 - March 2014

**Health and Wellbeing Programme 2:** Oct 2014 – Nov 2014

**Behaviour Management Programme:** March 2014 – May 2014

**CONTACT PERSON** | **Linda Chambers**



**EAST BELFAST MISSION**  
**239 NEWTOWNARDS ROAD**  
**BELFAST**  
**BT4 1AF**

**CONTACT**

**MARK DAVIS**

**TELEPHONE**

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**DESCRIPTION OF PROGRAMME**

**East Belfast Mission has been funded to deliver the following interventions in the East Belfast area;**

**Fusion Summer Scheme (x 2)** is an activity based programme, providing summer support for up to 50 children (aged between 4 – 11years) and their parents from within the Inner East Belfast area. Participation in this scheme provides children with an opportunity to take part in a wide range of activities with a focus on developing each child's self-awareness and health and wellbeing.

The **Fusion Art Project** will provide an opportunity for children aged 4 – 11 years to participate in a wide variety of creative art activities.

The **Fusion Sport** programme integrates fitness and well-being knowledge and activity, with a view to helping children to understand that exercise is important to their well- being.

The **Fusion Resilience** programme will focus on working with children who are getting ready to transition from Primary 7 to Year 8. This programme will focus on developing self- awareness, self- management, motivation, empathy and social skills and will run in conjunction with the EBM counselling team and the family support worker.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Fusion Summer Scheme;** 1<sup>st</sup> July 2013/14 – 11<sup>th</sup> of July 2013/14 meeting daily 10am - 4pm.

**Fusion Art Project;** 06 September 2013 – 20<sup>th</sup> December 2013, meeting weekly, 6 – 8 pm.

**Fusion Fitness and Well-Being;** 10 January – 11<sup>th</sup> April 2014, meeting weekly, 6 – 8 pm.

**'Being Resilient';** 2<sup>nd</sup> May 2014 – 27<sup>th</sup> June 2014, meeting weekly, 6 – 8 pm.

**CONTACT PERSON**

**Mark Davis**



**HELPING HANDS**  
**53A COMBER ROAD**  
**BELFAST**  
**BT16 2AA**

**CONTACT**

**CAROLINE BIRCH**

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[Helpinghandsbelfast@yahoo.co.uk](mailto:Helpinghandsbelfast@yahoo.co.uk)

**DESCRIPTION OF PROGRAMME**

**Helping Hands has been funded to deliver the following support programmes for families with children aged 5 – 11 years with ASD, living in the greater East Belfast area;**

**Short breaks for Families;** This service is targeted at families who are currently coming to terms with a diagnosis of ASD for their child. Support can be delivered either on an at home basis with one to one activities or outside the family home with trips to the cinema or activity centres. Over a period of 26 weeks, 20 families will access this service.

**Family Support Hub;** This is a drop-in service for families and children with ASD. The Hub will provide an opportunity for families to access training, support and advice as well as signposting families to other services / organisations.

**Family Support Facilitator;** This service will provide support and advice to parents of children with ASD in a range of areas which include; Positive play and Challenging Behaviour as well as supporting family access to children's provision in the wider community in East Belfast.

**Positive Play Support Training,** for 14 volunteers/parents/carers through a 5 hour workshop which will be facilitated by trainers from Derbyshire County Council.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Short breaks for Families:** This service will be delivered during the period, 9<sup>th</sup> September 2013 – 31<sup>st</sup> March 2014, 2.5 hours per week for 26 weeks for 20 families.

**Family Support Hub:** The Hub will be operational on a part-time basis for 3 mornings and one evening per week from September 2013 – November 2014.

**Family Support Facilitator:** June 2013 – November 2014

**Positive Play Support Training:** 1 x 5 hour workshop, Date TBC

**BHSCT PROFESSIONAL LINK**

**CONTACT PERSON**

**Michele Janes**  
**ASD Co-ordinator BHSCT**  
**Patsy McManus, SSW, Children's**  
**Disability Team (CDT), BHSCT**  
**Olivia Marley SSW, CDT, BHSCT**

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**LAGAN VILLAGE YOUTH & COMMUNITY CENTRE**  
**15 BALLARAT STREET**  
**BELFAST**  
**BT6 8FW**

**CONTACT**

**MICHAEL LOGAN**

**TELEPHONE**

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**DESCRIPTION OF PROGRAMME**

**Lagan Village Youth & Community Centre has been funded to deliver the following activity, targeting children living in the Mount & Woodstock Ward area of East Belfast;**

**Homework Club:** This intervention is targeted at **children aged 5 – 11 years** who attend Nettlefield Primary School and who have been identified as requiring some assistance in completing homework, due to issues relating to family and child background. The Homework Club will provide support with English, Maths, and Reading homework and project work as given by the school. A maximum of 20 children will attend one session per week for 33 weeks.

**Children's Engagement Programme - Drop in club for children aged 8 – 11 years.** This 24 week programme will facilitate 20 children to develop skills and knowledge which will assist them in socialising and playing with their peers and building relationships. Planned activity based sessions will support their personal development and address issues such as anger management, low self- esteem, confidence, problem solving. The programme will include, sports, arts & craft, cookery sessions, trips out, and two 'Family Days'.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Homework Club:** 9th Oct 2013 – 18th June 2014, 1 session per week every Wednesday, 4.00 – 5.30pm.

**Drop in club:** 16th September 2013 - 31st March 2014, 2 sessions per week, Monday and Friday evening 6.00pm – 7.30pm.

**CONTACT PERSON**

**Michael Logan**



**NEW LIFE COUNSELLING**  
**25 ARDOYNE ROAD**  
**BELFAST**  
**BT14 7HX**

<b>CONTACT</b>	<b>WENDY STEWART</b>
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**DESCRIPTION OF PROGRAMME**

New Life Counselling has been funded to deliver the ‘**Time Together**’ Programme targeting families living in the Woodstock and Ballymacarrett Wards, East Belfast and Ardoyne and Duncairn in North Belfast.

This programme has been developed to facilitate families in strengthening their interpersonal relationships. The focus of the family programme will be to create a safe space for families to share time together. Six families (1 child aged 5 – 10 years and 1 parent) will participate in each 6 week programme delivered.

Key objectives of the six week programme include;

- To develop understanding and listening skills between parent and child regarding the expression of emotions,
- To promote the sharing of helpful behaviours in and between families when dealing with challenging feelings and behaviours,
- To encourage routine building tasks in families.

Programme Themes

- Week 1 – Introduction and Group Contract
- Week 2 – Attachment
- Week 3 – Dealing with frustration and anger
- Week 4 – Thinking about worries
- Week 5 – Friendships and relationships
- Week 6 – Celebration and saying goodbyes

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

Six programmes will be delivered, commencing after June 1st 2013 and completed by November 30th 2014.

<b>BHSCT PROFESSIONAL LINK:</b>	<b>CONTACT PERSON</b>	<b>Karen Watty SSW, Family Support Team</b>
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**OASIS CARING IN ACTION**  
**102 – 108 CASTLEREAGH STREET**  
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**DESCRIPTION OF PROGRAMME**

Oasis has been funded to deliver the following interventions in the inner East Belfast area.

**Engagement Programme for children aged 8-11 years:** Programme activities will include physical activity and health related exercise, arts and crafts, capacity building, community safety, alcohol and drugs awareness and one to one mentoring. The programme will be delivered one night per week, with a maximum of 16 young people engaged at any one time. To include 12 x family engagement sessions (i.e. parents and young people work together on specific activities which will include arts and crafts, teambuilding activities etc.).

**Parenting Courses** x 3 (Parenting NI 'Health and Happiness', 'Promoting Independence' and a bespoke course).

**Cross Community Day Trips and Outings** x 4, working with young people from neighbouring Short Strand Community Forum, with an emphasis on promotion of community safety and increasing awareness of the various cultures within the local community.

**Residential** in June 2014 at Greenhill YMCA to include outdoor pursuits and teambuilding activities for participants

**Quarterly Seasonal Events** at Christmas, Easter, Summer and Halloween. Opportunities for parents, young people and families to take part in fun filled activities at seasonal times of year. Events will be designed by young people, parents and Oasis staff and will encourage wider community participation.

**Summer Scheme project x 2 weeks**, providing an opportunities to engage with a wider range of young people locally through provision of activities such as sport, physical activity, arts and crafts etc.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Engagement programme for children added aged 8-11 years:** September 2013 – October 2014, One night per week, 6.00pm – 8.00 pm for 51 weeks.

**Parenting Courses:** Feb 2014, May 2014 and Sept 2014, 3 x 4 week courses.

**Cross Community Day Trips and Outings:** One trip per quarter, September 2013 - October 2014.

**Residential:** June 2014

**Quarterly Seasonal Events :** September 2013 – October 2014

**2 Week Summer Scheme:** August 2014

**CONTACT PERSON**

**Tracey Wilson**

**Outreach targeted at hard to reach/vulnerable families with school - aged children to reduce isolation and to build resilience**



**GREENWAY WOMENS CENTRE**  
**19 GREENWAY**  
**CREAGH ESTATE**  
**BELFAST**  
**BT6 0DT**

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**DESCRIPTION OF PROGRAMME**

**Greenway Women’s Centre has been funded to deliver the following interventions, targeting hard to reach/vulnerable families, parents and carers living in the East Belfast area;**

**1 to 1 support work, group parenting programmes and mentoring.** In addition, a specialist referral service will be available which will include counselling, complementary therapies, advice and advocacy.

A **Summer Intervention Project** to run for 2 weeks each Summer, (2013 and 2014), Monday to Friday from 10 am - 1pm at Greenway Women’s Centre. Participants, (parents and children) will have an opportunity to participate in a broad range of activities including art workshops, circus skills, dance and drama, cookery and day trips.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

The programme outlined above will be delivered during the period June 2013 - November 2014.

**CONTACT PERSON** | **Mae Mc Quillan**



**LAGAN VILLAGE YOUTH & COMMUNITY GROUP**  
**15 BALLARAT STREET**  
**BELFAST**  
**BT6 8FW**

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**DESCRIPTION OF PROGRAMME**

**The 'Linked In Project' will provide supportive interventions for vulnerable EAL / BME families living in the Woodstock and Mount areas of East Belfast, in partnership with Nettlefield PS and 'Minority Focus'.**

The project will deliver;  
**Progressive English Classes for Parents** twice a week, 10-11am, in Lagan Village Youth and Community Centre in 4 week blocks (64 sessions) over 18 months for 12 participants per class, with Crèche facilities provided.

**32 EAL Family Homework club sessions**

**32 Family Social Club sessions** with a focus on building community cohesion and greater community support networks for the hard to reach and vulnerable families affected by isolation that is caused through language barrier difficulties, refugee related issues, migration and multiple deprivation.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Progressive English classes:** Each Wednesday and Friday during term time, from June 2013, September 2013 - November 2013, January 2014, March 2014, May 2014, September 2014, November 2014

**Family Homework Club:** One session per week during term-time (32 sessions) on a Monday, 4.00pm - 5.30pm for up to 30 participants (15 children, P1-P7 and 15 adults) in Lagan Village Youth and Community Centre.

**Family Social Club:** One session per week during term-time (32 sessions) on a Friday, 3.30 - 4.30pm for up to 30 participants in Lagan Village Youth and Community Centre (P1-P7).

**Family Activity Days:-** 3 day trips to Carnfunnock Family Fun Zone, 10am - 2pm for 48 participants.

**CONTACT PERSON** | **Michael Logan**

# **Promoting better youth engagement within the 11-16 year old age band**



**BALLYBEEN WOMENS CENTRE**  
**34 BALLYBEEN SQUARE**  
**BELFAST**  
**BT16 2QE**

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**DESCRIPTION OF PROGRAMME**

**Ballybeen Women's Centre has been funded to deliver the following interventions, targeting young people living in the Ballybeen / Dundonald area of East Belfast;**

**Health, Social and Personal Development Programmes** to 40 young people not engaged in other forms of youth provision, (36 weeks per year). This programme will place emphasis on building the confidence and self esteem of participants and on enhancing the health and wellbeing of those participating.

**Weekly Drop-In Service** in Ballybeen Women's Centre for at risk and hard to reach young people. 10 attendances per week, (35 weeks per year). This service will provide young people with the opportunity to meet other young people, access to reliable information / advice and 'someone to talk to' if needed.

**Detached Youth Work Programme 'On The Streets'** with young people, (36 weeks per year) which will provide an opportunity for staff and peer educators to both engage and build positive relationships with at risk young people.

**Summer Programme for Young People** which will aim to engage those young people who have participated with centre workers on the detached street work programme. 20 young people x 5 sessions / days at various locations (trips).

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Health, Social and Personal Development Programmes:** January 2014 – June 2014 (23 weeks) and September 2014 – Nov 2014 (12 weeks)


**Detached Youth Work Programme On The Streets:** June 2013 – November 2014, on a weekly basis.

**Weekly Drop-In / Advice Service:** September 2013 - June 2014 and September 2014 - November 2014.

**Summer Programme for Young People:** During July / August 2014, delivery of a week long summer intervention scheme for at risk young people.

**CONTACT PERSON**

**Gillian Mc Carroll**

	<b>EAST BELFAST MISSION</b> <b>239 NEWTOWNARDS ROAD</b> <b>BELFAST</b> <b>BT4 1AF</b>
<b>CONTACT</b>	<b>MARK DAVIS</b>
<b>TELEPHONE</b>	<b>028 90458560</b>
<b>EMAIL</b>	<a href="mailto:Mark.Davis@ebm.org.uk">Mark.Davis@ebm.org.uk</a> <a href="mailto:SaraC@ebm.org.uk">SaraC@ebm.org.uk</a>
<p><b>DESCRIPTION OF PROGRAMME</b></p> <p><b>East Belfast Mission has been funded to deliver the following interventions in the East Belfast area;</b></p> <p><b>Healthy Eating and Nutrition Programme for 11-16 year olds</b>, a 16 week programme for 15 young people. This programme will include cooking, growing vegetables, budgeting, understanding health needs etc. Participants will receive a basic food hygiene certificate on completion.</p> <p><b>“Expression” Creative Arts Programme for 11-16 year olds</b>, a 14 week programme for 30 young people. Using a broad range of creative medium, this programme aims to engage those who are experiencing behavioural and educational difficulties.</p> <p><b>“Resilience” Emotional Resilience Personal Development Programme for 11 to 16 year olds</b>, an 8 week programme for 15 young people. The programme will focus on working with young people who are getting ready to transition from year 9 and 10.</p> <p><b>‘Sweat’ Fitness and Well-Being Programme for 11 to 16 year olds</b>  This programme integrates fitness and well-being knowledge and activity, with a view to helping children and young people to understand that exercise is important to their well-being.</p> <p><b>‘Impact’ Summer Scheme for 11 to 16 year olds</b>  Impact Summer scheme is an activity based program for 30 young people, providing summer support for young people and parents from within the Inner East Belfast area. Participation in this scheme provides young people with an opportunity to take part in a wide range of activities.</p> <p><b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b></p> <p><b>‘Healthy Food’ for 11 to 16 year olds:</b> One session per week running from 04/09/13 – 18/12/13, 7.00 to 9.00 pm.</p> <p><b>‘Expression’ Creative Arts Programme for 11 to 16 year olds:</b> One session per week runni</p> <p><b>Personal Development Programme for 11 to 16 year olds:</b> One session per week running from 02/05/14 – 20/06/14, 8.00 to 10.00 pm.</p> <p><b>‘Sweat’ Fitness and Well-Being Programme for 11 to 16 year olds</b> running from 8/01/14 – 16/04/14</p> <p><b>‘Impact’ Summer Scheme for 11 to 16 year olds</b> running from 07/7/14 - 19/07/14, 10.00 am to 4.00 pm daily.</p>	
<b>CONTACT PERSON</b>	<b>Mark Davis</b>



**LAGAN VILLAGE YOUTH & COMMUNITY GROUP**  
**15 BALLARAT STREET**  
**BELFAST**  
**BT6 8FW**

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**DESCRIPTION OF PROGRAMME**

**Lagan Village Youth and Community Group has been funded to deliver a Youth Diversionary Programme (YDP). This programme is designed to provide supportive interventions for marginalized young people (11-16) years in the Mount & Woodstock Wards, who find it hard to socialize and participate in any formal or informal youth provision in the local area and who are or at risk of becoming involved in anti-social behaviour.**

The Youth Diversionary Project will deliver;  
**Outreach Street Sessions:** Facilitators will work the local streets on a nightly basis, engaging with young people to identify their needs and work with the young people in designing programmes and events over the course of the programme that will raise awareness and start to address their needs and concerns.

**Youth Club sessions** on a Thursday evening in Lagan Village Youth & Community Centre, 6.00 - 10.00pm.

In addition to the weekly programme the following workshop sessions will be delivered

- Drug Awareness (October 2013)
- Healthy Eating (November 2013)
- Sports (July 2013 – July 2014)
- Citizenship (Jan 2014)
- Suicide Awareness / Positive Mental Health (March 2014).

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Outreach Street Sessions:** August 2013 – July 2014, twice weekly, Friday & Saturday evening between 7.00pm – 11:00pm, engaging up to 20 young people per evening for 53 weeks.

**Youth Club sessions:** One session per week on a Thursday evening, 6.00 - 10.00pm for 53 weeks, engaging 20 young people per session for 53 weeks.

**CONTACT PERSON** Michael Logan



## **WEST BELFAST**

**Interventions targeting the 5-11 year old age band to support and enable positive family relationships**



**IONAD UIBH EACHACH**  
**34A IVEAGH CRESCENT**  
**BELFAST**  
**BT12 6AQ**

**CONTACT**

**SUE PENTEL**

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**DESCRIPTION OF PROGRAMME**

**Ionad Uibh Eachach, provides services primarily to families in the Falls, Clonard and Beechmount ward areas but can be accessed by parents from the Irish language community from all over Belfast. The Ionad has been funded to deliver the following interventions.**

**Parenting / Health & Well Being Programmes** which will engage parents in health education activities and projects, in order to impact positively on their health and well-being and the health of their children. Five (8 week) programmes will be delivered, with 12 parents participating in each. Programmes will target **parents of children aged 5-11 years**. A Crèche service will be provided to facilitate parental participation.

**One-to-one capacity building support programme**

This programme will provide parents with up to six 1:1 capacity building support sessions. There are a range of options available to parents - home visits, individual outreach meetings and/or individual centre-based sessions in the designated therapeutic room. Each six session intervention will include an initial assessment, agreed plan of action and evaluation of progress. It is proposed to deliver 50 six week interventions.

**Targeted family play and support sessions over summer period**

Parents and their children can avail of a targeted summer activity programme which will offer play, leisure and support activities which parents would not normally access. This programme will include day trips and organised activities, providing access to community play and leisure activities, walks and outings over a two week period

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**


**Parenting / Health & Well Being Programmes:** 5 programmes delivered during the period June 2013 - November 2014

**One-to-one capacity building support programme:** June 2013 – November 2014

**Summer Family play and support sessions:** 2 programmes delivered July / August 2013 and 2 programmes delivered July / August 2014.

**CONTACT PERSON**

**Sue Pentel**

		<b>KIDS TOGETHER</b> <b>76A CORRIB AVENUE</b> <b>BELFAST</b> <b>BT11 9JD</b>
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<b>DESCRIPTION OF PROGRAMME</b> <b>Kid's Together has been funded to provide the following interventions targeted at families with a child with a disability and their siblings who are in need of support.</b> <b>Programme1: 'Time for Me' / Family Support / Children's Social Group</b> targeted at families with a <b>child with a disability and their siblings, aged 5 – 8 years old.</b> This programme provides children with a disability and their siblings with an opportunity to engage in various activity sessions. Structured sessions will include, music therapy, sensory input, communications input, free play and physical outdoor play. These sessions offer parents respite. Each child will receive 18 sessions. <b>Programme 2; 'Time for Me' / Family Support / Children's Social Group</b> targeted at families with <b>children with a disability and their siblings, aged 8 – 11 years.</b> Each child will receive 18 sessions. <b>Programme 3; Children's Social Group</b> which will consist of <b>two groups of disabled children and their siblings</b> , 10 children per session. Sessions will include music and movement, sensory play, communications input, music therapy, free play and outdoor play. All programmes are supplemented by <b>Individualised family support in the home</b> , 10 participant families per programme x 4 one and a half hour sessions.		
<b>PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION</b> <b>Programme 1: 'Time for Me' / Family Support / Children's Social Group</b> Saturday mornings from 1 <sup>st</sup> June 2013 to Saturday 28 <sup>th</sup> September 2013, 9.30am to 12.30pm with 10 children per session. <b>Programme 2: 'Time for Me' / Family Support / Children's Social Group:</b> Saturday afternoons from 5 <sup>th</sup> October 2013 to 25 <sup>th</sup> January 2014, 1.00pm – 4.00pm with 10 children per session. <b>Programme 3: Children's Social Group: Group A</b> will run from Monday 9 <sup>th</sup> September 2013 to Wednesday 16 <sup>th</sup> December 2013 on Mondays, Tuesdays and Wednesdays 3.00pm to 6.00pm. <b>Group B</b> will run from Thursday 9 <sup>th</sup> January 2014 to Friday 18 <sup>th</sup> of April 2014 on Thursdays and Fridays 3.00pm to 6.00pm		
<b>BHSC PROFESSIONAL LINK</b>	<b>CONTACT PERSON</b>	<b>Patsy Mc Manus SSW, Children's Disability Team, BHSC</b> <b>Olivia Marley SSW, Children's Disability Team, BHSC</b>
	<b>Tel:</b>	<b>028 95042725 – Patsy Mc Manus</b> <b>028 90638847 – Olivia Marley</b>
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**NEWHILL YOUTH & COMMUNITY GROUP**  
**261 WHITEROCK ROAD**  
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**COUNTY ANTRIM**  
**BT12 7FX**

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**DESCRIPTION OF PROGRAMME**

**Newhill Youth & Community Association has been funded to deliver the following interventions to families living in the Upper Springfield and Whiterock wards.**

**Respite intervention** for children aged 5 -11 years and their families at **Newhill Playcare Afterschool Project**. The service will be available Monday to Friday, 2.00 p.m. to 6.00 pm. A maximum of 5 children and families can access the service which will be replicated at eight week intervals over a 48 week period. 30 children and their families will benefit from this service.

**Respite intervention at Newhill Playcare Summer Programme** for children aged 5-11 years and their families. The service will be available Monday – Friday between the hours of 9.00 a.m. to 1.00 p.m. and 1.00 p.m. 5.00 p.m. for six sessions per week. A maximum of 10 children can access this service. This programme will be replicated over two summer periods, with a total of 20 children and their families benefitting from the intervention.

Delivery of **Activity Based Sibling Programmes** for young people aged 5-11 years. The focus will be on health and fitness, nutrition and ‘fun together’ activities. Each programme will consist of one 3 hour session per week for 12 weeks. This will be run five times over the course of the funding period.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Respite Intervention, Newhill Playcare:** 1<sup>st</sup> September – 31<sup>st</sup> October 2014, 8 week blocks.

**Respite Intervention Newhill Summer Programme:** 1<sup>st</sup> July 2013 – 31<sup>st</sup> August 2013 and 1<sup>st</sup> July 2014 – 31<sup>st</sup> August 2014.

**Activity Based Sibling Programme:** Five 12 week programmes commencing 1<sup>st</sup> July 2013, 1<sup>st</sup> October 2013, 1<sup>st</sup> January 2014, 1<sup>st</sup> April 2014, 1<sup>st</sup> July 2014.

<b>CONTACT PERSON</b>	<b>Sadie Reid /Jacqueline Russell</b>
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<b>CONTACT</b>	<b>CHRISTINA BLACK</b>
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**DESCRIPTION OF PROGRAMME**  
 Roden Street Community Development Group has been funded to deliver two **'Respect programmes'** which aim to build confidence and resilience among **5 - 7 year olds and 8 -11 year olds from the Lower Falls, Grosvenor, Roden Street, Leeson Street and surrounding streets.**  
 Each programme incorporates physical activity and play development, learning support and a creative arts element. Programme themes include;

- Health and Well Being;
- Respecting Yourself and Others;
- Nutritional awareness;
- Drugs and Alcohol Awareness;
- Personal Safety;
- Leadership and Aspiration;
- 'Know Your Rights'.

A maximum of 10 children will participate in each programme for 5 – 7 year olds, (2 sessions per week x 10 weeks).  
 A maximum of 15 children will participate in each programme for 8 - 11 year olds, (3 sessions per week x 16 weeks).  
 Parents of beneficiaries can also engage in a **Respect Programme for Parents** which will include, health development, lobbying and skills programmes designed to complement the content of and facilitate parental engagement in, some elements of the children's programme.  
**"Take Back the Summer" Social Events (5 – 11 year olds)** providing an opportunity for participants to review previous summer negative activities at key vulnerable points in the area and challenge vulnerable young people to discuss negative attitudes and reasons for behaviour choices, culminating in planned social events for children.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**  
**Respect Programme (5 – 7 year olds) Phase 1:** Start Date: 10<sup>th</sup> September 2013  
**Respect Programme (5 – 7 year olds) Phase 2:** Start Date: 4<sup>th</sup> January 2014  
**Respect Programme (5 – 7 year olds) Phase 3:** Start Date: 6<sup>th</sup> May 2014  
  
**Respect Programme (8 – 11 year olds) Phase 1:** Start Date: 2<sup>nd</sup> September 2013  
**Respect Programme (8 – 11 year olds) Phase 2:** Start Date: 2<sup>nd</sup> March 2014  
  
**'Take Back the Summer' Social Events (5 – 11 year olds):** Saturday 3<sup>rd</sup> and 10<sup>th</sup> August 2013 and Saturday 2<sup>nd</sup> and 9<sup>th</sup> August 2014.

<b>CONTACT PERSON</b>	<b>Christina Black</b>
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**Outreach targeted at hard to reach/vulnerable families with school - aged children to reduce isolation and to build resilience**



**BLACKIE RIVER CENTRE**  
**43 BEECHMOUNT PASS**  
**BELFAST**  
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**DESCRIPTION OF PROGRAMME**

**Blackie River Centre has been funded to deliver the following programmes with a focus on supporting families from Black and Minority Ethnic Communities who live in the Beechmount, Clonard and Falls wards of West Belfast.**

**BME Programme 1** will include **English Conversation classes and information which introduces and supports family access to services** within the Beechmount area and West Belfast in general, for example, how to access GP's, post letters, get a black taxi, enrol in school etc. This programme will run for 26 weeks, (one session per week) with 12 participants. A Crèche service will be available to facilitate parental participation.

**BME Programme 2** focuses on delivery of an **ESOL programme** in partnership with BMET. On completion of the 26 week course, each participant will receive a formal qualification. A Crèche service will be available to facilitate parental participation. This programme will run for 26 weeks, (one session per week) with 12 participants.

**BME Programme 3** is a six week **Mural programme**. This programme will provide new families with an opportunity to express their views in relation to the local area and to illustrate to other residents the diversity of the population living within the Beechmount area.

**BME Programme 4** is a two week **Summer Programme** for BME families who are new to Beechmount to help integrate them into the area. 12 families will participate in this programme with each session lasting for 3 hours per day.

**Disability Programme** is a 12 week programme for families who have children with disabilities. Each 3 hour session will offer children the opportunity to meet new friends and break the cycle of isolation. The programme will also provide some respite for parents and opportunities to meet with other parents.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**BME Programme 1:** September 2013 - June 2014

**BME Programme 2:** September 2013 - June 2014

**BME Programme 3:** October 2013 - December 2013

**BME Programme 4:** July 2013 - August 2013

**Disability Programme:** Jan 2014 - April 2014

**CONTACT PERSON**

**Karena Mc Erlean**

# **Promoting better youth engagement within the 11-16 year old age band**





**KIDS TOGETHER**  
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**BT11 9JD**

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**DESCRIPTION OF PROGRAMME**

**'Kids Together' has been funded to deliver four Young People's Outreach Projects for children and young people with a disability who are socially isolated.**

**Programme 1:** A total of 20 sessions will be delivered with 10 young people participating per session. Sessions will include structured one to one / two to one time and the programme will include swimming, physical activity, sensory play, communications input, arts and crafts, visits to places of interest and input into behaviours.

**Programme 2:** A total of 32 sessions will be delivered with 10 young people participating per session. Sessions will include structured one to one / two to one time and the programme will include swimming, hygiene care sessions, visits to places of interest, physical outdoor play, sensory play, arts and crafts, communication input and input into behaviours.

**Programme 3: Young People's Social Group:** A total of 32 sessions will be delivered with 10 young people. Sessions will include structured one to one / two to one time. Programme content as per programme 2 above.

**Programme 4: Summer Outreach Project:** A total of 20 sessions will be delivered, with 10 young people participating per session. Sessions will include structured one to one / two to one time. Programme content as per programme 2 above.

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Young People's Outreach Projects:**

**Programme 1** will run from 8th July 2013 to 20th August 2013 on Mondays, Wednesdays and Fridays from 5.00pm to 8.00pm

**Programme 2** will run from 9th September 2013 to 17th December 2013 on Monday and Tuesday evenings from 6.30pm to 9.00pm.

**Programme 3: Young People's Social Group** will run from Wednesday 8th January 2014 to Friday 9th May 2014 on Wednesdays and Fridays from 6.30pm to 9.00pm.

**Summer Outreach Project** will run from Wednesday 7th July 2014 to Friday 9th August 2014 on Mondays, Tuesdays and Wednesdays from 3.00pm to 6.00pm.

**BHSCT PROFESSIONAL LINK**

**CONTACT PERSON**

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**RODEN STREET COMMUNITY DEVELOPMENT  
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**DESCRIPTION OF PROGRAMME**

**Roden Street Community Development has been funded to deliver the following interventions, targeting 11-16 Year olds from the local area who are facing acute family difficulties and young people from a minority ethnic community background where there are limited opportunities for social engagement.**

The '**Respect Programme**' will incorporate learning support; sports and good relations events; personal development and confidence building activities; environmental programming and opportunities to explore personal identity and sharing of histories and cultures.

Programme themes will include :

- 'Express Yourself'
- Sports / Health and Well Being Development
- Promoting Cultural Diversity
- Shared Events
- Danger Signs
- Personal Safety

30 young people will participate in each 16 week programme, (3 sessions per week).

**PROPOSED TIMESCALE FOR DELIVERY OF INTERVENTION**

**Respect Programme 1:** Start Date: September 2013, 16 week programme, Wednesday 6pm - 8pm, Friday 5pm – 8pm & Saturday 11am – 2.00pm.

**Respect Programme 2:** Start Date: March 2014, 16 week programme, Wednesday 6pm – 8pm, Friday 5pm – 8pm, Saturday 11am – 2.00pm.

<b>CONTACT PERSON</b>	<b>Christina Black</b>
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