

Family Support Hubs Bi-Monthly Newsletter

Introduction

This edition includes:

- SPACE 1
- Action Cancer Services
- Carrickfergus Community- Autism NI RAFT Support Group
- Parenting NI Counseling service in Antrim
- Beating the Blues
- Family Wellness Project
- Aware Defeat Depression Living Life to the Full Programme
- National Autistic Society

This is the first edition of the Family Support Hubs Bi-monthly newsletter to raise awareness of services available for Hub referrals in Northern Ireland.

If you would like a service to be included in the next edition of the newsletter please send details to: cypsp@hscni.net

SPACE

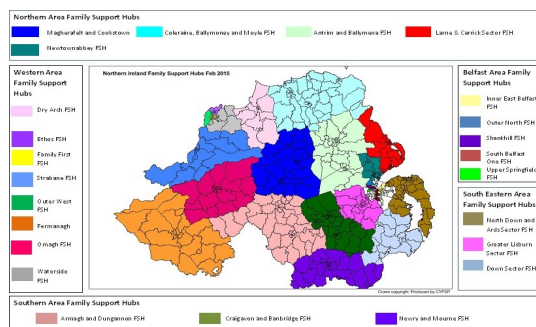


New service available, five-year SPACE 1 (Supporting Parents and Children) project will provide early intervention support to families who are experiencing a range of difficulties and challenges that pose a risk to family stability. Tailored support will be provided for children, parents, carers, guardians, grandparents across the Newry, Mourne and Down council area in partnership with Family support hubs within the SHSCT and Southern Eastern trust.

For Further information:

Website: www.space-ni.com/

Facebook: www.facebook.com/spaceni



Action Cancer services



HERE TO SUPPORT YOU

Counselling • Complementary Therapy • Positive Living Programme

Action Cancer can help - We provide:
 • Counselling (adults/young people, aged 5+)
 • Complementary Therapy
 • Positive Living (life coaching) Programme

To anyone affected by cancer - people diagnosed with cancer, family, carers and friends.

Our services can help you feel more supported, in control and able to cope.

To book an appointment go online at www.actioncancer.org or call **028 9080 3344**

Take action now to support yourself!

Action Cancer offers services to families (adults and children aged 5+) affected by cancer either directly or through a close relatives diagnosis. Services include:

Counselling (age 5+) including bereavement counselling

Complementary therapy (age 5+) – therapies include aromatherapy, reflexology, gentle massage (over clothes

for children), Bach Flower Remedies, acupuncture, Emmett technique (for pain and restrictions).

Group self management programme – this year we aim to hold a specific programme for 15-21 yr olds affected by cancer (directly/indirectly)

Services are now available in Belfast, Derry, Strabane, Coleraine, Portrush and Lurgan.

For more details please visit:
www.actioncancer.org



WANT TO TALK TO SOMEONE ABOUT CANCER?
 COUNSELLING FOR CHILDREN AND YOUNG PEOPLE

SUPPORTED BY **BBB Children in Need**

Take Control

WHO CAN USE THE SERVICE?
 Counselling is available free to any child/young person over the age of 5 who has been affected by cancer, either directly or through a close relatives cancer diagnosis.

Action Cancer
 Saving Lives Supporting People
 NORTHERN IRELAND'S LEADING LOCAL CANCER CHARITY

Autism NI Carrickfergus

Anyone who has a family member with ASD or those who are in the process of Diagnosis and are interested in supporting themselves and others should come along for a chat and coffee.

Contact

Helen (RAFT Project) at 07468698863

Or helen@autismni.org


Beating the Blues

Beating the Blues has been proven to help people suffering with mild and moderate depression to get better and stay better and is based on Cognitive Behavioural Therapy (CBT).

It is a way of helping people to learn to cope with anxiety and depression and has been recommended for use in the NHS by the National Institute for Health and Clinical Excellence (NICE).

Please visit website for more details <http://www.beatingtheblues.co.uk/>

Parenting NI Antrim Counselling Service



ParentingNI Antrim Counselling Service

Our counselling service allows parents and carers the opportunity to talk freely and openly, without feeling judged in order to explore family issues which may be causing them concern.

Our counsellors will support parents and carers in finding their own solutions for coping with and understanding what may be contributing to their difficulties.

91% of people agree that it is more acceptable to talk about emotional problems than it was in the past.

The counselling service offers up to six, 50 minute sessions and is FREE for all parents.

Appointments will be available in the Antrim area from 21st April 2015

Appointments can be arranged via our freephone helpline number on 0808 8010 722.

HELPLINE 0808 8010 722

Enabling me to find ways to cope and manage my life.

Counsellor gave me the confidence to help me through difficult times.

* Findings from British Association for Counselling and Psychotherapy on Attitudes towards Counselling and Psychotherapy.

Graphics from iStockphoto.com

Aware Defeat Depression



stress or depression we tend to think and behave in unhelpful ways and we can get caught in a vicious circle which can make us feel worse physically and mentally. LLTTF helps us to make simple changes to both thinking and behaviour in order to turn the vicious circle into a virtuous one.

Living Life to the Full programmes are delivered by Aware with the support of: The Public Health Agency, Big Lottery Fund and as part of the Together For You partnership.

LLTTF is a self-help programme based on Cognitive Behavioural Therapy concepts, which focuses on our thinking, behaviour and feelings. When we are experiencing low mood,

All courses can be applied for online at:

<http://www.aware-ni.org/>

Family Wellness Project



The Family Wellness Project will use a holistic approach by supporting both the child and their family to address the issues identified, effectively access information and support from other organisations and,

build resilience within the family. The children referred to the service and their families will be supported in their own home to draft and then implement their own Wellness Recovery Action Plans over a period of months.

Referrals will be accepted from 1 July from the CAMHS teams in the two Trust areas (Southern and Western) of those children who have not met the Specialist CAMHS threshold criteria after referral by the GP. Other referrals will also be accepted via the local Family Support Hubs where the NI Families Network will be represented.

For further information please contact the NI Family Network Co-ordinator Rachel Gilmore on rachel.gilmore@mindwisenv.org or 07773221967.

National Autistic Society



The National Autistic Society is the leading UK charity for people with autism and Asperger syndrome and their families.

In Northern Ireland we provide a range of information, support and services and campaign for a better world for people with autism.

These include:

- Family Support Team
- NAS Support Branches
- NAS Juniors
- Social Programme Groups
- Teenscene groups
- Social Skills training (16 yrs+)

- Training

For further information on any of these services, please contact our main office:

National Autistic Society
Northern Ireland, 59 Malone Road, Belfast, BT9 6SA

T: 028 9068 7066