

# Family Support Hubs NI Bi-Monthly Newsletter

## This edition includes:

- Family Fund Tired Out Hub
- Tax Free Childcare Scheme
- NOW Family Service
- Young Shoulders
- MACS Wellbeing Programme
- Training Opportunities



## Introduction

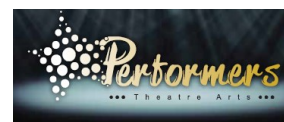
This is the sixth edition of the Family Support Hubs Bi-monthly newsletter to raise awareness of services available for Hub referrals in Northern Ireland. There are 29 family support hubs across the region. This newsletter will keep you up to date with opportunities and new services available to families in need of support.

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



Tired Out, Family Fund's new sleep support hub, is now live and ready to support parents and carers of disabled children with sleep difficulties in Northern Ireland.

For further information or to find your nearest sleep support hub see:  
[www.familyfund.org.uk/news/tired-out-our-new-sleep-support-hub](http://www.familyfund.org.uk/news/tired-out-our-new-sleep-support-hub)



Performers Theatre Arts young performers weekly art classes for children **aged 3-13 years** at 3 venues in Northern Ireland:

- Ards Arts Centre, Newtownards
- Braid Arts Centre, Ballymena
- Glengormely Pavilion, Newtownabbey

### Contact us:

[performerstheatreats@hotmail.com](mailto:performerstheatreats@hotmail.com) or  
07980937318

**Website:** [www.performerstheatreats.co.uk](http://www.performerstheatreats.co.uk)

## employers

For Childcare

charitable group



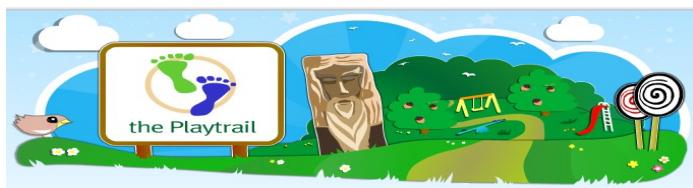
### Childcare Vouchers

An Introduction to Tax-Free Childcare

**Contact Employers for Childcare  
Family Benefits Advice Team:**  
0800 028 3008 (Freephone)

## Tax Free Childcare Scheme

From early 2017 Government will provide Tax-Free Childcare through Employers for Childcare. This is a new scheme which will enable parents to claim 20% of their childcare costs (up to a maximum of £2,000 per child). Parents will register for an online childcare account through the Government website GOV.UK. HMRC will check that you are eligible to join the scheme e.g. both parents must be working. For every £8 you pay into your account, the Government will give you £2, up to a max. of £2,000 per year per child (i.e. you would need to put in £8,000 for the Government to top up your account with £2,000). While one scheme may work best for one family, it may not be as beneficial for others therefore assessment is vital.



## Accessing Citizenship & Training Project

Liberty Consortium are offering the Accessing Citizenship and Training (ACT) project to young people in the **Derry/Londonderry area**. The project will offer activities, work placements and training to increase the personal and social skills of young people **aged 16-23 years** with learning disabilities.

The project will help young people to improve their confidence, communication skills, increase their independence and getting them more involved in the community. The young people will lead on the planning of events including disability awareness dramas in schools and gaining business experience through their social enterprise.

**To register or find out more contact us:**

[admin@playtrail.com](mailto:admin@playtrail.com) or 028 7136 8173



## Personal Development Programme

The Prince's Trust 12 week Personal Development Programme is aimed at young people **aged 16-24 years** who are unemployed or between courses in the **Southern area**.

The programme will begin on 19 September and includes a 3 days of Outdoor Pursuits;

- Princes Trust will pay for your travel to the course, childcare costs & if eligible you can apply for EMA

**Contact us:**

Paul Baxter (Newry office)  
[baxterpa@src.ac.uk](mailto:baxterpa@src.ac.uk)  
07708535990



## Young Shoulders Programme

The Young Shoulders programme provides tailored support for young people **aged 8-17 years** whose parent or carer has cancer, young people who have lost someone to cancer & young people who find themselves in a caring role.

The Young Shoulders project through Big Lottery funding will help young people deal with issues including separation anxiety, fears, coping with school and family life and stress attached to difficult caring roles.

Activities of the project include one-to-one support, group residential, community events, and community hubs led by the young people. Recruitment from Autumn 2016, Programme commencing early 2017.

**Contact us:** 028 9080 5599 or email [info@cancerfundforchildren.com](mailto:info@cancerfundforchildren.com)



# NOW

Supporting people with barriers  
to employment and learning

## NOW Family Service

NOW Group supports students in their learning and development. Family Service has put in place a student nurse who works with the team to support parents with barriers to learning. NOW are members of the Belfast Family Support Hubs and are able to help families in need of extra support.

**Contact us:**

[families@nowgroup.org](mailto:families@nowgroup.org) or telephone

028 9043 6400

## Young Empowerment Project

The CAN Youth Empowerment project will support young people and their parents to help them make the move to adulthood and plan for the future in the **Causeway Coast and Glens area**. This project will engage with young people as they move from childhood into early adulthood to improve their lives, including improving their employability, independence and confidence. The activities include informal cafe-style conversations to providing advice, training and employment through CAN's social enterprises. As well as life skills training, one-to-one support & social activities.

A young person led leadership forum will generate ideas and help steer the project.

**Contact us:**

028 2766 9030 or [info@compasspeople.org](mailto:info@compasspeople.org)





**Contact us:**

[info@macsni.org](mailto:info@macsni.org) or 028 9031 3163

## Wellbeing Support Programme

The Wellbeing Support Service supports young people **aged 11-25years** to improve and better manage their mental health, reach their potential & become active members of society. The project will help individuals cope with issues including suicidal thoughts, self-harm, drug and alcohol misuse, loneliness, and anxiety. It will help to improve their confidence, self-esteem, social and communication skills & building relationships. Activities will include peer support, training workshops, planning events and employability workshops. The young people will help plan and deliver the project.

## Everyday Life Project

The Everyday Life project is supporting young men **aged 17 to 24years** who are involved in or at risk of becoming involved in violence to make better choices. The project will strive to increase the young men's leadership and work skills, getting them more involved in the community, developing techniques for avoiding conflict and supporting good mental health. The men will help develop and deliver social action projects locally, lead on skills workshops, marketing campaigns & become peer mentors. Other activities include group work, skills training & volunteer placements.

**Contact us:** 028 9024 0551

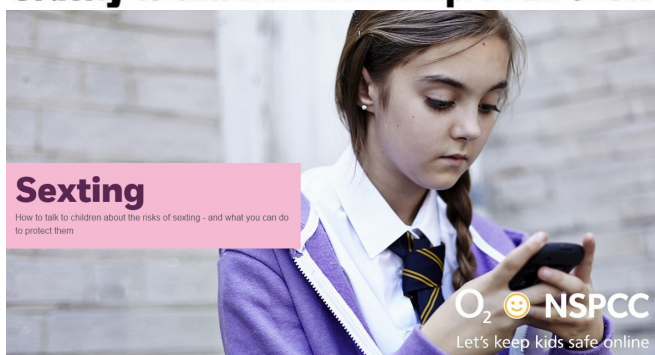


## Diploma in Counselling Children & Young People

Barnardos are seeking individuals who want to gain specialist counselling skills in working with children and young people **aged 4-18years**. For further information or an application form:

**Contact us:** [counsellingtraining@barnardos.org.uk](mailto:counsellingtraining@barnardos.org.uk) or 028 90 646 515

## Sexting - How to talk to children about the risks!



NSPCC Research suggests there has been a 15% increase in counselling related to sexting. NSPCC has produced a guide to assist parents talk with children about the dangers & legalities surrounding sexting, empowering them to say no to requests. If you are interested in finding out more about the Safer Social Networking Activity Pack or Training for staff contact the team on 028 90 232 060.

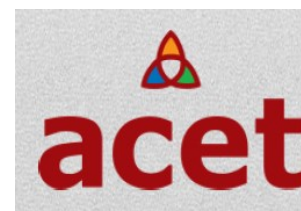
For further information and to download the NSPCC guide see: <http://tinyurl.com/zxnksuk>

## Parent/Teen Communication Training

ACET NI are providing a 4 day OCN accredited course for facilitators wishing to develop their knowledge and skills in the area of parent/teen communication. The course is open to individuals who have experience of working with parents in the Belfast Trust area.

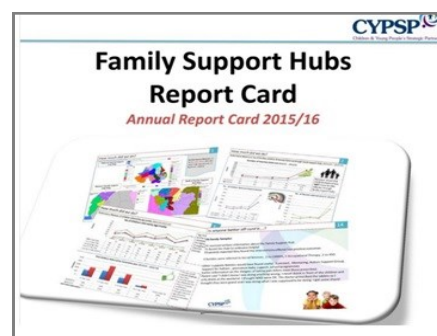
**Details:** Wednesdays; 9th, 16th, 23rd, 30 November 2016 from 9.30-2.30pm at CFC, Belmont Road Belfast, BT4 2AN

**Contact us:** [elaine@acet-ni.com](mailto:elaine@acet-ni.com) or 028 9032 0844



## How are our Family Support Hubs doing?

The Annual Family Support Hubs Report for 2015/16 is now available to download. See how the hubs are doing by [clicking here](#)



If you would like to find out more about family support services in your area please see the Family Support NI

**For further information on Family Support Hubs in your area?**

**Contact:** Helen Dunn, Regional Coordinator of Family Support Hubs

Email: [Helen.dunn@hscni.net](mailto:Helen.dunn@hscni.net)