

# Family Support Hubs NI Bi-Monthly Newsletter

## This edition includes:

- Parents Week 2016
- Information & Support Events
- Wellbeing Support Programmes
- Family Support Service Directory
- Free English Language Training
- Parenting Support Programmes
- Diabetes Parental Peer Support



## Introduction

This is the seventh 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)



## Parents' Week 2016 from 24th - 30th October

Parenting NI in partnership with the Safeguarding Board NI, East Belfast Community Development Agency, Colin Neighbourhood Partnership, and many more partners are hosting a series of Parents in the Digital Age workshops including:

**28 October** : Information for parents & young people at ASDA Antrim from 11am - 4pm

**29 October** : Spooky Stories and Creepy Crafts at Colin Glen Library, Dairy Farm, Centre, Belfast, 12.00noon – 1.00pm. Come along for story time and craft something special for the Halloween parade.

**For more events click here** [www.parentingni.org/parents/parents-week/](http://www.parentingni.org/parents/parents-week/)



## Belfast Information and Support Day

Learn more about support services, grants and information available to you and your disabled child or young person. Meet Family Fund and other family support organisations.

**Date:** 29 November 2016

**Time:** 10am-3pm

**Venue:** Girdwood Community Hub, 10 Girdwood Avenue Belfast, BT14 6EG



## ASIST Training

ASIST teaches Suicide First Aid skills to anyone who comes in contact with a person at risk. This training will be facilitated through Living Works and PIPS Newry & Mourne.

**Dates:** 28th & 29th November 2016

**Time:** 9am-4.40pm

**Venue:** The WALD Centre, Tullynavall Road, Cullyhanna, Newry, BT35 0PZ

**To book a place on this training contact:**

**Email:** [shane@pipsnewryandmourne.org](mailto:shane@pipsnewryandmourne.org)

**Telephone:** 028 302 66 195



## Barnardos Child Bereavement Support Service

The service offers individual work and/or group sessions for children and young people up to the age of 18. The children are usually accompanied by a supportive adult and it is our experience that the majority of children and young people make significant progress within six sessions. Group sessions for bereaved children and young people give them the opportunity to meet other young people their age who have been bereaved.

**Contact Us:**

**Tel:** 028 9066 8333

**Advice Helpline:** 028 9066 8333

**Email:** [catherine.meighan@barnardos.org.uk](mailto:catherine.meighan@barnardos.org.uk)



## Family Wellness Project

Family Wellness Project, funded by Big Lottery Fund are offering free Wellbeing Programmes for Adults in the Western and Southern HSC Trust area.

**To find out more contact us:**

**Visit:** <http://www.parentingni.org/family-wellness-project/wellbeing-programmes/wellbeing-programme-calendar/> and complete the online registration form

**Email:** [family@mindwisenv.org](mailto:family@mindwisenv.org)

**Places are limited and registration is essential**

## Parenting Programmes



Parenting NI are offering a number of programmes for parents across Northern Ireland. Programmes include:

- Parents Walking on Eggshells: Achieving a calmer and violent free home
- Parents Health and Happiness
- Fathers and the Family
- Parents Anger Management
- Parents Apart

For more programmes see: [www.parentingni.org/professionals/parenting-programmes/](http://www.parentingni.org/professionals/parenting-programmes/)

**Telephone:** 028 9031 0891 or

**Email:** [info@parentingni.org](mailto:info@parentingni.org)



## FREE TRAINING Supporting Children Learning English as a Second Language

This course aims to support practitioners and to provide them with the practical skills, knowledge and information to work with children with English as an additional language.

### **The workshop will focus on:**

- Language development and issues affecting language acquisition
- Barriers faced when working with children with English as an additional language
- Working with parents and supporting equality in early years settings to provide an inclusive environment for children
- The importance of providing appropriate resources to specifically support children

**Date and Time:** 21st November 2016, 10:00am - 16:30

**Venue:** Derry / Clooney Hall Centre, 36 Clooney Terrace, Londonderry, BT47 6AR

**Closing date to register by:** 24th October 2016

To apply for a place click here: <http://www.childcarepartnerships-ni.org/courses-list/supporting-children-learning-english-as-a-second-language-21st-november-2016-derry/>

PRACTITIONER TRAINING  
**Coping With Christmas**

**Wednesday 23 November**  
**10am to 1pm**

The holiday season can bring added stresses and worries to parents. This workshop explores how practitioners can encourage parents to have realistic expectations and offers practical suggestions on how to identify and manage the stresses and emotions associated with this time of year. If you are interested in attending this or any other session, please complete the [attached booking form](#) and return along with payment, in the following ways:

**Contact Us:**

**Email:** [education@parentingni.org](mailto:education@parentingni.org)

**Telephone:** 0808 801 0722

## Nurturing Programme



### HOW TO GET THE BEST OUT OF FAMILY LIFE



Family Links are delivering a 10 Week Nurturing Programme beginning on 7 November in Ballyclare Community Concerns. This programme will help develop emotional and mental well-being to build effective relationships and positive family life.

Spaces are limited. Free Childcare will be provided for a maximum of 10 children

**For more information or to register contact Gemma Lutton at:**

**Email:** [gemma.lutton@northerntrust.hscni.net](mailto:gemma.lutton@northerntrust.hscni.net)

**Telephone:** 028 2563 6615

## Support for Young Parents

Becoming a parent is hard work, and it can be even harder without family or friends around to support you. For information about support services for young parents or for advice on parenting read this report:

**Information for Young Parents:**

[www.familysupportni.gov.uk/wp-content/uploads/2016/04/Information-For-Young-Parents.pdf](http://www.familysupportni.gov.uk/wp-content/uploads/2016/04/Information-For-Young-Parents.pdf)

**familysupport NI**.gov.uk  
Helping You Find the Services You Need







# Type 1 Diabetes PARENT PEER SUPPORT

Our team of specially trained parents are here to listen and offer support

Call us on  
**028 9068 6305**  
or email: [parentpeersupportni@diabetes.org.uk](mailto:parentpeersupportni@diabetes.org.uk)

[www.diabetes.org.uk/pps](http://www.diabetes.org.uk/pps)

**DIABETES UK**  
NORTHERN IRELAND

A charity registered in England and Wales (215109) and in Scotland (SC039136)  
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## COULD YOUR CHILD HAVE TYPE 1 DIABETES?

**Toilet**  
**Thirsty**  
**Tired**  
**Thinner**

If your child is going to the toilet a lot, has increased thirst, is more tired than usual or is losing weight, it could be a sign they have Type 1 diabetes. If not diagnosed early enough, Type 1 diabetes can be fatal. Don't delay – if your child is experiencing any of the **4 Ts**, visit your doctor immediately for a test.

[www.diabetes.org.uk/The4Ts](http://www.diabetes.org.uk/The4Ts)

**DIABETES UK**  
CARE. CONNECT. CAMPAIGN.

A charity registered in England and Wales (215109) and in Scotland (SC039136)

## Find out about early intervention family support services in the Fermanagh and Omagh Hub Areas

### Fermanagh Family Support Hub

<http://www.cypsp.hscni.net/wp-content/uploads/2016/06/Family-Support-Hub-Fermanagh.pdf>

### Omagh Family Support Hub

<http://www.cypsp.hscni.net/wp-content/uploads/2016/06/Family-Support-Hub-A5-Omagh.pdf>



**familysupport NI**.gov.uk  
Helping You Find the Services You Need

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)