

Family Support Hubs NI Bi-Monthly Newsletter

This edition includes:

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- Eating Disorder Care Pathway
- Free Debt Advice
- Job Match NI



Introduction

There are 29 family support hubs across Northern Ireland supporting families. In 2015/16 over 4500 families were referred to the hubs of which 3865 were in receipt of services.

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

Merry Christmas & Happy New Year from CYPSP!



CYPSP would like to wish you a Merry Christmas and very happy New Year!



As we look forward to a new year of helping families through our family support hub service provision across Northern Ireland, CYPSP would like to extend a thank you to our partner organisations for their dedication over another busy year!

Children's Interdisciplinary Schools Team (CIDS)

The CIDS team works in partnership with schools to support children's learning across all areas of the curriculum. This includes the social and academic skills required to give the children the best chance to succeed in the future.

The CIDS team is made up of a range of professionals who are trained to understand areas of child development including behavioural specialists, clinical psychologists, occupational therapists, speech and language therapists, physiotherapies, and many more....

The team supports schools at 3 levels;

1. **UNIVERSAL** support is available to all children in the classroom, teachers and parents
2. **TARGETED** support is for children who may have specific needs or are felt to be vulnerable to developing particular needs in the future
3. **REFERRED CHILDREN** - For children who needs have not responded positively to strategies or support already used in school. These children can be referred to the team for direct assessment of their needs



Contact Us:

Mrs Felicity Dickson
CIDS Team Co-ordinator,
Belfast Health and Social Care
Trust
Telephone: (028) 95042725
Email: Felicity.dickson@belfasttrust.hscni.net

Read more here <http://tinyurl.com/zcdkey>



Stay Well This Winter

Stay Well is about encouraging people to take positive steps and plan ahead so they are prepared to face the winter in better health. The campaign is about keeping people informed about how to care for themselves and where to get advice when they need it.

Find out more at:

www.hscboard.hscni.net/download/PUBLICATIONS/stay_well/Stay-Well-e-zine-issue-1.pdf



SENSations Learning Support

The education and therapy specialist staff have developed six week learning support timetable for children and young people on the lead up to Christmas including; Sensory hour, Say and Do Language Skills, Little Stars relaxation techniques and activities, Lego Therapy, Baby Massage, Chatterbox, A-Z Literacy and much more.....

Limited places on each course. Book now to avoid disappointment.

Contact Us:

Family Wellbeing Centre on 028 9079 7771
Find out more: www.sensationsni.co.uk/



Brain Injury Matters

Brain Injury Matters NI is a local charity in Belfast which helps rebuild the lives of those affected by an acquired brain injury (ABI) within Northern Ireland and enhance their quality of life through a range of services. Brain Injury Matters' mission is to support people with an acquired brain injury to rebuild their lives and reach their full potential in family and community life.

Acquired brain injury can occur as a result of road traffic accidents, falls, strokes and other injuries and infections and affects 2,000 people each year in Northern Ireland.

Our services include:

The Family First Programme; children aged 0-12 years, The Younger Person's Network; teenagers aged 16+ years, The Wellbeing Programme for adults aged 18+ years, The Counselling Service & The Training Service.

Contact Us:

If anyone is interested in hearing more about the services please contact 02890705125 or email info@braininjurymatters.org.uk



Northern Ireland Drug and Alcohol Services

There are five Drug and Alcohol Coordination Teams (DACTs) across Northern Ireland, one per Health and Social Care Trust area.

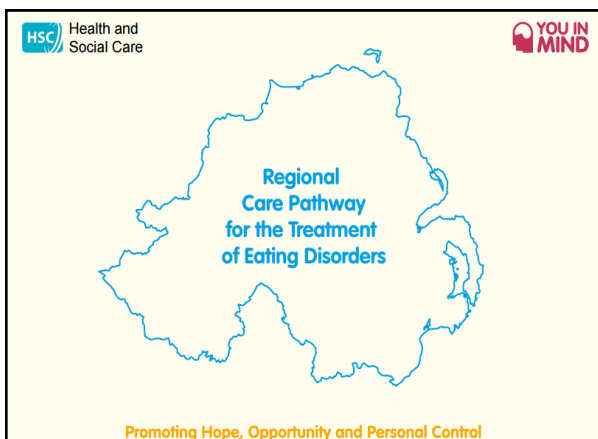
The DACTs are multi-agency partnerships comprising of key agencies including statutory, community and voluntary sector organisations) with an interest in, or remit for, addressing drug and alcohol related issues and concerns in the local area. Each DACT has a directory of drug and alcohol support services available online.



For further information about services in your area click here

<http://www.drugsandalcoholni.info/>

Regional Eating Disorder Care Pathway



The care pathway provides a summary of the core interventions in the treatment and management of eating disorders. It outlines what people can expect if they are referred for treatment and provides summary of clinical advice. Information to assist people with self-care and accessing other supports before, during and after treatment is included. This document is for practitioners, families and individuals with an eating disorder.

Read more about the Eating Disorder Care Pathway here: <http://tinyurl.com/q38mhrk>



Mood Matters for Parent and Baby

This is a mental health awareness programme which can give you knowledge and skills to help you look after the mental health of you and your baby. Group activities, discussions, video clips, music, animation, music and fun activities are included on the programme.

Duration: 1 and 1/2 to 2 hours

Venue: Can be delivered in a range of settings

For further information and bookings contact us:

Telephone: 028 7126 0602 or 028 9035 7820

Email: training@aware-ni.org

Website: www.aware-ni.org

Content can be tailored to meet the needs of your group and is also suitable for professionals working with expectant parents and parents with young children.



Parent Resources

Time Out for Parents: Children with Special Needs Course

Care for the Family is offering this course from January 2017 to support families meet their children's needs. The sessions are written by parents and professionals with experiences of children with special needs. Sessions titles are available at <http://tinyurl.com/zn3f4p3>.

Target Age: 3 to 11 years with a disability or special needs, particularly those who have learning, developmental and behavioural issues.

Contact Us:

Sonya.Pascoe@cff.org.uk or call 028 9262 8050

Parentalk the Primary Years & Parentalk the Teenage Years

DVD courses for use with groups in community settings that give parents the opportunity to share their own experiences, learn from each other and explore some essential parenting principles. A full pack containing 10 handbooks, a leader's guide and DVD are available at discounted price of £30. Packs can be purchased online <http://tinyurl.com/hncw7ww> or contact the local office at 028 9262 8050.

Christmas Special Offer!

Both courses for the discounted price of £50

Contact us: 028 9262 8050 and discount quote code **PTHUBNI**

Find out more about courses in Northern Ireland at: <http://tinyurl.com/hsyg9wk>



citizens
advice

Northern
Ireland

Free Debt Advice

christians
against
poverty

CAP

This **free debt advice service** provides free, confidential and impartial advice and is available via Freephone, email, web chat and through face-to-face appointments.

The service aims to provide advice and support for those who are struggling to deal with debt.

Contact Us:

Freephone: 0800 028 1881

(Monday – Friday 9.00am to 8.00pm & Saturday 9.30am – 1.00pm)

Email: debt.advice@citizensadvice.co.uk

Web chat Link: [click here](#)

The web chat service is open from 8am to 6pm Monday to Friday.

If outside these hours leave a message and we will get straight back to you on the following working day.

Job Match Project NI



Job Match NI supports people with disabilities to find and stay in paid work of 16 hours or more a week. Job Match will provide tailored support including; 1 to 1 support, Finding work near your home, job sampling / tasters, work placements, matching skills to getting a job and offering support in work.

For supported employment office contact information:

www.disabilityaction.org/services-and-projects/employment-job-match/supported-employment-officers/

family support 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