

## The effects of the Digital Age on our children and young people

The rise in addiction to modern day technology and unhealthy food and its effects on children and families was the main focus of a recent Changing Childhood Conference in Burnavon Arts Centre, Cookstown.



*Changing Childhood Conference guest speakers including Sandra Anderson, Northern Outcomes Area Participation Worker, Bridin McKenna, Life Therapies Clinic, Jason Gonzalez, The Happy Warrior, Fey Cole, South West College and Aine Wallace, Fresh Little Minds*

The conference hosted by the Children and Young People's Strategic Partnership (CYPSP) Cookstown and Magherafelt locality planning group identified how the increased use of digital technology and poor food choices can affect moods and create challenging situations in homes.

The conference brought together 90 professionals from community, voluntary and statutory agencies to help provide more support to staff and families dealing with these issues. Delegates were provided with guidance and practical tools which included Mindfulness training and the use of Cognitive Behavioural Therapy techniques for managing stress, to help improve the lives of those they work with.



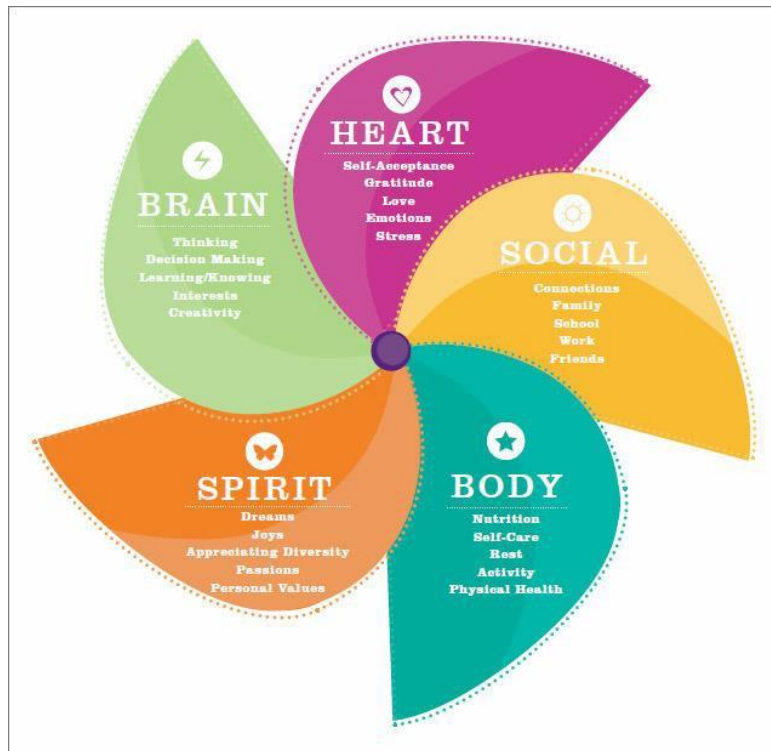
*Disconnect to Connect: Jason Gonazalez from the Happy Warrior shares mindfulness techniques in practice with delegates attending the Changing Childhood Conference*

Dr Bridin McKenna from Life Therapies Clinic said, “We were able to highlight the link between diet, mental health, addictions and emotional regulation to delegates at the conference and explain how with some basic nutritional changes and psychotherapy techniques, they can provide much needed support to the well-being and mental health of those their clients.”



*Bridin McKenna from Life Therapies discusses how our food choices can impact on our mood at the Changing Childhood Conference*

Selena Ramsey, Locality Planner in the Northern Area welcomed delegates to the conference and said, “This was a great event and covered many of the topics which we regularly hear children, young people and their parents are facing on a daily basis. Evaluations from the conference noted that it was very thought provoking and considerable learning was noted.”



*Fey Cole. Early Years Lecturer from South West College shares the importance of developing children’s social and emotional development*

The Children and Young People’s Strategic Partnership (CYPSP), led by the Health and Social Care Board, is a multi-agency partnership that includes the leadership of key statutory agencies and community and voluntary organisations that have a responsibility for improving the lives of children and young people in Northern Ireland.

For more information including presentations and resource booklets from the conference click here <http://www.cypsp.org/changing-childhood-in-the-northern-outcomes-area/>

**UPCOMING 8-WEEK MINDFULNESS COURSE WITH THE HAPPY WARRIOR:**

<https://www.thehappywarrior.co.uk/mindfulness-events>

- **Mindfulness-Based Cognitive Therapy (MBCT)** - FRIDAYS (6.00 to 8.00PM) 23, 30 June 7, 14, 21, 28 July 4, 11 August
- **Mindfulness-Based Stress Reduction (MBSR)** - FRIDAYS (6.00 to 8.00PM) 8, 15, 22, 29 September 6, 13, 20, 27 October

**CONTACT US:**

For further information about the conference contact Selena Ramsey, Northern Area Locality Planner by email at [selena.ramsey@northerntrust.hscni.net](mailto:selena.ramsey@northerntrust.hscni.net) or telephone 028 2563 6608