

Family Support Hubs NI Bi-Monthly Newsletter

This edition includes:

- Domestic & Sexual Violence Support
- Widowed Young Weekend in NI
- RNIB support Services
- Support Network Groups
- Coding Safe
- Incredible Years
- Family Breaks for families of a child with additional needs



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

Childcare Choices



The government is introducing new ways to help parents with childcare costs. Whether you have toddlers or teens this new website offers; free child care, tax free child care, tax credits for childcare, childcare vouchers and support while you study. Read more: www.childcarechoices.gov.uk/



Are you 16—25 unemployed, not in training / education
and living in Newry City or South Armagh?

It's time to **#REGENER8**

Assistance with Childcare, Travel and lunches provided.



A personal development programme for young people aged 16-25 years from Newry or South Armagh. This one year programme includes work experience, fun activities and outings and gaining qualifications
Contact Dara: 028 3089 8119 or 07890915010.

Domestic & Sexual Violence Helpline



The 24 Hour Domestic and Sexual Violence Helpline is managed by Women's Aid Federation Northern Ireland and is open all women and men affected by domestic violence. We take calls from those directly affected by domestic violence and also friends and families seeking to support those experiencing domestic violence. We receive calls from voluntary & statutory agencies and provide an information service to help them meet the needs of those experiencing domestic violence.

Contact Us:

Telephone: 028 9024 9041

Text Support: 07797 805 839

Email: 24hrsupport@dvhelpline.org

Women's Advocacy Service



The Women's Advocacy Project based in Dove House, Derry provides support for victims & survivors of Domestic Abuse. Support is tailor made for each individual and includes one to one sessions, group support & signposting to services. When a referral is made to the project we endeavour to make contact with the client within the hour and provide the highest standard of care to ensure they get the help they need to live a safe and happy life.

To make a referral Contact Us:

Telephone Niamh at: 028 71269327

Email: niamhdovehouse@gmail.com

Cithrah: supporting people in crisis



We are Christian organization and provide services to individuals in need of support, irrespective of race, religion, through Family breakdown, domestic abuse. We will help in a crisis, support through the processes i.e. solicitors appointments, benefits, and provide counselling, advice and information.

In 2008 we opened our first short term temporary emergency accommodation for individuals and families in crisis.

Contact Us:

Telephone: 028 9335 1199

Email: cithrah@hotmail.com

Men's Advisory Project (MAP)



MAP provides counselling services for men experiencing domestic abuse.

We provide support and facilitate individuals to understand options and make their own choices and decisions. We offer support and counselling services to men who have previously left a violent or abusive relationship and who are still experiencing the effects. MAP offer anger management support services to men and women who want assistance to deal with their anger.

All of our services are offered across Northern Ireland from various bases.

Contact Us between 9am-5pm, Mon to Fri:

Belfast office: 028 9024 1929

Foyle office: 028 7116 0001



Widowed Young Support weekend: June 2017

Care for the Family, a national charity involved in supporting men and women who are living with loss after the death of a partner whilst still young, are hosting a residential support weekend:

Friday 2 – Sunday 5 June 2017, Glenada Conference Centre, 29 South Promenade, Newcastle, Co. Down, BT33 0EX

The weekend is an ideal opportunity for those who are living with grief to create some time and space just for themselves. You will be able to relax completely in the company of others who understand first-hand the pain of loss.

For more information and to book online visit [here](#)

(If you are printing this newsletter follow this link <https://www.careforthefamily.org.uk/events/bereavement-support-events/widowed-young-support-weekend>)

Full details are also available in the attached flier or by calling the office on 028 9262 8050.



Introduction to Non-Direct Play Therapy Workshop

Play Therapy is a method of helping children with behaviour, emotional, social and mental health problems to help themselves. An Introduction to Play Therapy will be of interest to counsellors, social workers, teachers, early childhood educators, psychotherapists, creative art therapists and others who work with children, as well as students and professionals who want to be trained in these skills. Two workshops will be facilitated in April and June 2017 in Derry/Londonderry. Read more: <http://playtherapyni.co.uk/training-courses/>

Design & Create Support & inspire

ASCERT and Wheelworks are joining forces with the help of Arts Council, Northern Ireland, to improve the mental health and wellbeing of young people.

- Coding Safe -

We want young people to help us in the creation of a Virtual Reality landscape that reflects your idea of a safe space. If you live in the Cookstown or Fermanagh area, are aged 12-18 and would like to get involved, call ASCERT and ask to speak to James

0800 25 45 123

WHEELWORKS ASCERT arts council of Northern Ireland

RNIB support services for young people with sign loss

RNIB Northern Ireland's vision is that children and young people with sight loss and their families enjoy the same opportunities and quality of life as those with full sight. Our family centred service provides emotional and practical support when it's needed most. Families can meet others and connect on our relaxed family information weekends, fun days out, parent and toddler groups and summer schemes.



We support children and young people to build their confidence and skills through enjoyable residential programmes, one to one lessons, group workshops, and various training courses. We also provide specialist advice on sight loss and eye conditions, welfare rights, assistive technology, and other relevant sources of support so parents are better informed.

For more information visit: <http://www.rnib.org.uk/children-families>

To request a copy of our latest events guide call us on 028 9032 9373 or email childrenyouthni@rnib.org.uk



Supporting families with a child with additional needs have a family



inspire

Family Fund working in partnership with Inspire

Help for family breaks



Family Fund

Helping disabled children

Family Fund provides grants to families on low incomes raising disabled or seriously ill children for a range of items, including furniture, clothing, bedding, appliances, sensory toys, computers/tablets & family breaks. Family Fund provides grants for short breaks through Inspire, which works with over 300 agencies and tour operators to offer a wide variety of UK and overseas options; and Haven and Butlins, for breaks at their UK holiday parks. Grants are also available for trips to theme parks and attractions across the UK.

To apply for a grant, families need to be living in Northern Ireland, be the parent or carer of a disabled or seriously ill child or young person aged 17 or under, have permanent legal residency in the UK (and have lived in the UK for the last six months), and have evidence of entitlement to one of the benefits listed on their website:

www.familyfund.org.uk/FAQs/are-we-eligible-to-apply

To find out more about Family Fund's grants and how to apply, visit their website: www.familyfund.org.uk/FAQs/how-do-we-apply

Support Group Networks for Parents and Carers

The Autism NI Family Service offers support to parents/carers of individuals whom are on the Autism Spectrum or going through the stages of receiving diagnosis. We offer a range of services to meet the needs of families with Autism across Northern Ireland through our parent led Support Groups and Helpline.

The Support Group Network provides a safe space for families to discuss concerns, identify applicable training, & propose ideas to meet emerging need/s but importantly represent Autism NI in their local communities.



Contact our Family Support Team

Email: info@autismni.org or Telephone: 028 90401729

Website: www.autismni.org/family-support-2.html

Incredible Years in the Ards and North Down area

The Incredible Years Programme has a number of FREE programmes available for parents, carers and grandparents of children aged 3-6 years in the Ards and North Down Area. This programme is a five week programme that will provide you with:

- Positive use of play to support your child's learning and development
- Positive support for your child's reading skills
- Ways of building your child's confidence and self esteem in their reading and learning



Read more about the programme here: <http://tinyurl.com/h2gg4xe>

Contact Us:

To book a place on one of our Incredible Years programmes contact Julie Bickerstaff by:

Telephone : 07710775641

Email:

Julie.bickerstaff@barnardos.org.uk



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

For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net