

Family Support Hubs NI Bi-Monthly Newsletter

This edition includes:

- Belfast Come and Play Sessions
- SCOPE programme
- Employers For Childcare Cost Survey 2017
- CANS Transitions support programme
- STOP Campaign in the Western area
- FightED Professional Training
- New TinyLife : Life at Home website



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



www.cypsp.org/family-support-hubs



The Southern Area Family Support Hubs have come together to prepare a short video clip to demonstrate the positive impacts that Family Support Hubs can have for families.

Find out more about the role of the hubs in the Southern Area [click here](#)



For more information about family support hubs across Northern Ireland [click here](#)

A new regional integrated health and social care service working directly in mainstream primary schools supporting children has been launched this month. 'RISE' (Regional Integrated Support for Education) will enable staff from the health and social care & education to work closely together to help children access learning and enhance their development to reach their full potential. [Read more here.](#)

To locate a RISE Team in your area [click here](#) and search RISE Team.

Out & About Mentoring Programme



Contact Youth Action

For further information and to register on the programme contact Gail at gail@youthaction.org

Are you a parent or do you provide childcare?

Employers For Childcare is asking **all parents** to complete the 2017 Northern Ireland Childcare Cost Survey to share their experience either of accessing childcare or of being unable to do so.

When you complete the survey you will be entered into their competition for a chance of winning an overnight stay for a family of four in the Galgorm Resort and Spa <http://tinyurl.com/ycdwc4h5>

LGBT&Q Women's Mentoring Programme

YouthAction Northern Ireland is delighted to extend its mentoring programme to young LGBTQ women aged 16–25 years across Northern Ireland. The programme is premised upon the benefits that can arise from having an informal, supportive and purpose driven relationship with a youth worker.

One-to-One sessions seek to support young women in identifying some of the personal barriers they are facing, to adopt action orientated approaches to these, while developing further support networks.

[Click here for more information](#)



Belfast Come and Play

Belfast City Council are providing outdoor play sessions for parents and children under 4 years. It's a chance to have fun, make friends and enjoy playing outdoors with your child. Activities include physical play, art, dressing up, messy play and much more. [Click here for further details](#)

Contact Jenny at Belfast City Council:
Telephone: 028 9075 3897 or 079 2081 7120
Email: play@belfastcity.gov.uk



Compass Advocacy Network Transitions Programme

Young people with a learning disability and their families could benefit from a new project called CAN Pathways: *Dream, Believe, Achieve* that Compass Advocacy Network (CAN) in Ballymoney. CAN hopes this will reduce the feeling of isolation often felt by young people with a learning disability and their families when they move into adulthood and are unsure of the options & provision available. The project will work alongside schools, colleges, statutory providers and community organisations to provide accurate and accessible information about the choices that are available to young people when they finish school. The project will offer young people opportunities and support to discuss their individual plans and ambitions & make decisions about the next stage in their life.

Contact Aine O'Hare our Youth Navigator by:

Telephone: 028 2766 0774

Email: aine@compasspeople.org

Website: www.compasspeople.org



Family Health Initiative in Kilkeel for under 5years and 8-11years from June 2017

A free 8 week healthy lifestyles programme for all families with a child/children **aged under 5 years** starting on Tuesday 13 June from 10.30am to 12pm in Christ Church, Kilkeel. Each week parents will learn about healthy eating join in with physical activity through fun active games and learning sessions with puppets Ben, Orla and friends.

A second programme for all families with a child/children **aged 8-11years** will run for 10 weeks starting on Tuesday 13 June from 6-8pm in Christ Church Hall, Kilkeel. Swimming, soccer, dance games and freebies will be available for families that attend all sessions of the programme.

Read more at: www.familysupportni.gov.uk/2017/05/kilkeel-networking-events/

Family Health Initiative

Come and meet the healthy living gang!...



Contact Us:

For further information or to book a place please contact Aileen at 0790 4560 402

Helping children and young people affected by cancer



The free programme **'Children's Lives Include Moments of Bravery' (CLIMB)** is open to children **aged 5 – 12 years from the western trust area**. The programme helps children understand cancer through art, craft and play. It helps them talk about their fears and gives them the chance to meet other children in the same situation. It also gives parents and carers time out to meet. Sessions are six weekly 90 minute group sessions on a Thursday from 5.30 – 7pm, at the Health and Wellbeing Campus on the Altnagelvin Hospital site. [Read more](#)

Contact Us:

Caroline Oates on 028 7134 5171 extension 216254/216233 or via email: caroline.oates@westerntrust.hscni.net

Downpatrick School Uniform Initiative

We are asking parents who have school uniforms, PE kits, school bags, rain coats etc. that they no longer need to donate them at one of our identified drop off sites in Downpatrick. Two back to school fairs will support parents to get their children ready for returning to school.

[Click here to read more and for details of the back to school fairs](#)



Steps to Cope is a free confidential structured support service for young people aged 11-18 living in Northern Ireland who are dealing with Parental Alcohol Misuse. The service offers flexible one to one support at a time that suits clients and gives them the opportunity to discuss their experience, explore their coping strategies, identify support networks and receive information that can all help develop their resilience. We also offer free training in the Steps to Cope Intervention to Practitioners across Northern Ireland.

Additionally, 24/7 self-directed support is available via our website www.stepstocope.co.uk

Contact Us:

To make a referral or to find out more call us: 0800 25 45 123

In your area:

Ards & North Down

Joanne Neill
028 9032 5835
pwp@brysongroup.org

Colin

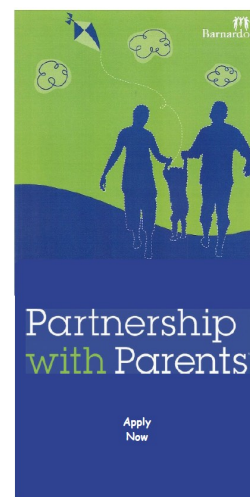
Bernie Donaghy
028 9062 3813
programmes@newcolin.com

Down

Louise Kearney
028 4461 7837
louise.kearney@actionforchildren.org.uk

Lisburn

Joanne Neill
028 9032 5835
pwp@brysongroup.org



Northern Ireland
Executive

www.northernireland.gov.uk
DELIVERING SOCIAL CHANGE
THROUGH THE SOCIAL PARTNERSHIP FUND

An individual home based support service for parents informed by evidence of 'what works' to ensure that it has the best chance of succeeding and making a real difference. The programme is for any parent with a child between the age of 0-18 who is moving into or at nursery/playgroup, primary or secondary school and is feeling under pressure or stressed. [Read more](#)

Universal Credit Awareness Workshops across NI

Universal Credit is a new payment for working age people, aged 18 to 64, who are on a low income or out of work. It will be introduced in Northern Ireland on a phased geographical basis from September 2017.

Universal Credit will help make sure individuals are better off in work than on benefits and give them the help they need to prepare for work, start work or earn more money. It will include support for the cost of housing, children and childcare, as well as financial support for disabled people, carers and people who are too ill to work.

Read more: <https://www.nidirect.gov.uk/articles/universal-credit>



FREE Universal Credit Awareness Workshops

5 July 2017, 10.00am-1.00pm in Limavady Community Development Initiative, Limavady.

[Click here for more information](#)

7 July 2017, 9.30am-12.30pm in Advice NI, Belfast.

[Click here for more information](#)

For other dates/ venues contact Advice NI

Email: training@adviceni.net

The benefits that will be replaced are:

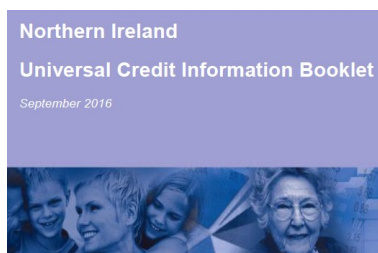
- Jobseeker's Allowance (income-based)
- Employment and Support Allowance (income-related)
- Income Support
- Child Tax Credits
- Working Tax Credits
- Housing Benefit (rental)

To get Universal Credit in Northern Ireland you must:

- be living in Northern Ireland
- be 18 years of age or over
- be under State Pension age
- not be in full-time education
- not have savings or capital over £16,000

The Impact of Universal Credit in Northern Ireland

This booklet provides an update on the latest anticipated impacts of Universal Credit in Northern Ireland.



It should be noted that the impacts detailed in this booklet reflect the latest position following on from the 2016 Budget Statement. [Read more](#)



How is Universal Credit worked out:

Citizen Advice NI has outlined the four steps approach that will be calculated how much Universal Credit individuals will be entitled to. [Read more here](#)

SCOPE Service



SCOPE is a new NIACRO service that provides support to children (aged 0-18) living in the **Greater Belfast** area, who have a **parent or sibling** currently in prison. The types of support include:

- **One to one support for children & young people** to help them; adjust to the family members imprisonment, manage difficult thoughts & feelings, maintain contact with family member in prison and engage with community
- **Family support** to strengthen communication & relationships
- **Referrals** on to other support services
- **Advice & guidance** to agencies, such as schools, to help them better support children with a family member in prison

Contact Claire McKenna at NIACRO

Telephone: 02890320157 (ext 3218)

Mobile: 0798944033

Email: clairemck@niacro.co.uk



STOP Campaign in the West



Parenting NI in partnership with the CYPSP Western Outcomes Group will host a series of STOP Campaign training workshops in June.

The training will support professionals to empower parents to explore other options in relation to behaviour management and alternatives to physical punishment. [Click here to read more or to book a place.](#)

VIRTUAL REALITY
ONLINE SAFETY AWARENESS TRAINING

FOR CHILD SAFEGUARDING TRAINERS AND CHILD PROTECTION LEADS IN VOLUNTARY, COMMUNITY AND STATUTORY SETTINGS

'VIRTUAL REALITY' is an online awareness raising programme that gives you the key e-safety messages to pass on to children and young people aged 5-18 years and adults who are in contact with children and young people in a caring, professional or voluntary capacity.

FREE Virtual Reality programme to take away.

Craigavon Civic Centre: 5th June, 6.30-9.00pm
Canal Court Hotel Newry: 6th June, 6.30-9.00pm
Mossley Mill: 8th June, 6.30-9.00pm
Waterways Ireland, Enniskillen: 12th June, 6.30-9.00pm
The Guildhall, Derry/Londonderry: 13th June, 6.30-9.00pm
Clayton Hotel Belfast: 14th June, 6.30-9.00pm

Please select your preferred venue and RSVP by midday on 2nd June with your; name, role and organisation details to:
michael.ohare@hscni.net

RSP Policing & Community Safety Partnerships
SBNI Safeguarding Board for Northern Ireland

Do you have a loved one suffering from an eating disorder?

fightED

Helping families fight eating disorders

fightED (formerly CARED) are delighted to announce dates for several New Maudsley Model Workshops! This world-renowned workshop are designed specifically for parents & carers who have a loved one with an eating disorder, and educates and empowers them to promote recovery. This professional training course has been awarded a **Certificate of Quality Assurance** from the National Counselling Society and will suit anyone who is currently working with individuals affected by eating disorders, who want to expand their knowledge and understanding in this field.

This professional training will be held on:
14 & 15 October 2017 in Belfast

Contact Us:

Book a place:

www.fighted.org/for-professionals/

Website: www.fighted.org



TinyLife



Queen's University
Belfast

TinyLife : Life at Home

TinyLife in partnership with Queens University Belfast have developed a new website resource for parents of premature babies.

It is written with BOTH mums and dads in mind. Parents have told us that support and information for when they are at home with their premature baby is important to them.

The resource is organised around topics raised by parents during focus groups and the content includes practical advice and lots of short videos of parents and professionals that we hope you as a parent will find helpful.

Website:

<http://lifeathome.tinylife.org.uk/>

Telephone: [028 9081 5050](tel:02890815050)

Email: info@tinylife.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