

# Bi-monthly Family Support Newsletter, November 2017

## This edition includes:

- Universal Credit
- Supporting Young Carers
- Autism Training
- South Eastern Partnership with Parents Programme
- Northern Area Baby and Me Resource
- Nexus NI Services
- Peer Mentoring for Young People
- Recovery and Self Management



## Introduction

There are 29 family support hubs across Northern Ireland supporting families. In 2016/17 over 6000 families were referred to the hubs.

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)



Universal Credit is a payment for people over 18 but under State Pension age who are on a low income or out of work. It includes support for the cost of housing, children & childcare, and financial support for people with disabilities, carers and people too ill to work.

### When will Universal Credit begin?

To find out when Universal Credit will be introduced in your area click the link below:

[www.nidirect.gov.uk/articles/universal-credit](http://www.nidirect.gov.uk/articles/universal-credit).

## Do you need Welfare Reform Advice?



Help is available through face to face advice or by telephone from your local Citizens Advice or Advice NI independent advice centre.

Call our free independent welfare changes helpline Monday - Friday 9am to 5pm.

**0808 802 0020**

[welfarechanges@adviceni.net](mailto:welfarechanges@adviceni.net)

## Supporting Young Carers in Schools

The Health and Social Care Board, Education Authority and partners are delighted to launch the 'Supporting Young Carers in Schools' booklet, an important resource for primary and post primary schools in Northern Ireland. The booklet is available to better support young carers in schools and to raise awareness of their needs among educators and teachers. [Read more](#)

Download the booklet at <http://www.cypsp.org/supporting-young-carers-in-schools-in-northern-ireland/>



### Baby and Me

A weekly health visiting group for mothers and fathers of babies up to 12 months



## Baby & Me Programme in Northern Trust Area

A 6 week parenting programme for new mums and dads, is now being delivered by the health visiting service trust wide across the Northern HSC Trust Area. This has been developed following very positive evaluations of a number of these programmes which have been run throughout the trust in the past 18 months. [Click here to download the resource booklet.](#) **Dates available soon!**



Anti-Bullying Week 2017



Anti-Bullying Week is coordinated by the NI Anti-Bullying Forum and takes place from 13th-17th November, supported by Translink. Throughout Anti-Bullying Week from 13-17 November there are free events, seminars and workshops hosted by NIABF members and beyond to celebrate Anti-Bullying Week 2017.

[Click here to download the calendar of events](#)

**COOKING TOGETHER**  
The Sea Shell Centre, 18 Newcastle Street, Kilkeel, Wednesdays  
8th - 29th Nov, 3.20pm-5pm

COME ALONG AND LEARN HOW TO COOK  
HEALTHY TASTY AFFORDABLE MEALS WITH  
YOUR CHILD  
OPEN TO ANYONE WITH A PRIMARY SCHOOL  
AGED CHILD

LEARN MORE ABOUT:  
*Food Hygiene*  
*Cooking on a Budget*  
*Making the most of leftovers*  
*Balanced Diets*  
*Food Labelling*

INCLUDES A FREE DANCE SESSION  
FOR YOUR CHILD EACH WEEK  
**ALL FREE!**

CALL ANOUSKA @ SPACE  
on 02830835764 TO BOOK



## Autism Training

Middletown Centre for Autism is offering training on positive behaviours, relationships, parent/carer support and proactive copings strategies.

The training events will be offered over the month of November 2017 and are **free of charge**. Registration is essential.

### Contact Us:

**Telephone:** 028 37 515750

**Website:** <http://www.familysupportni.gov.uk/2017/10/autism-training-provided-middletown-centre-autism/>



**Autism NI** are offering a range of awareness and understanding training programmes for families, professionals and agencies.

Autism NI are encouraging organisations and local businesses in Northern Ireland to get involved with their Impact Awards. They have been developed to help organisations create a more Autism friendly environment for customers, children and families living with Autism.

[Click here to download the training programme](#)



### Autism Support Groups in NI

Click here to find your nearest group [www.autismni.org/autism-ni-support-groups.html](http://www.autismni.org/autism-ni-support-groups.html)

**Autism NI** will host a workshop on the fundamentals of autism for parents living in the **Bangor area**. The workshop will run on:

**30 November 2017 at 10am-3pm**

**North Down Scout Centre, Bangor**

The session will focus on understanding the features associated with ASD or Autism and explore various strategies to support parents, children and other siblings in the family.

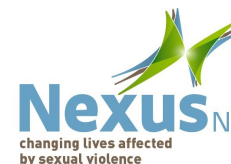
**Contact Christine Quail, Autism NI**

**Telephone:** 028 90 401 729

**Email:** [Christine@autismni.org](mailto:Christine@autismni.org)



## Supporting individuals impacted by sexual abuse / violence



### Child Sexual Exploitation (CSE) Training

Nexus offers CSE training to professionals and it is free of charge. Level one is an introduction to CSE and lasts around 3 hours. Level 2 is a day long training and looks at the issue of CSE in a more in-depth way. Groups should be at least 12-15 people and we are happy to come to your premises.

**Contact:** [Mary.mclaughlin@nexusni.org](mailto:Mary.mclaughlin@nexusni.org)

### Relationship and Sexual Education Courses

Nexus in partnership with Rainbow and Relate deliver Relationship and Sexuality Education courses to young people aged 11-25 in a youth club or similar setting. This service is available across Northern Ireland.

**Contact:** [Eilish.brown@nexusni.org](mailto:Eilish.brown@nexusni.org)

### Counselling for post primary children and young people

For children and young people aged 11-16 who have been victims of sexual abuse and rape. This includes up to 6 sessions of family support. Available across the **Belfast, South Eastern and Northern Trust. Areas.**

### Family counselling

Available in the Belfast Trust Area. There must be a young person in the family aged 16 years or under.

**Contact:** [Sharon.ramsden@nexusni.org](mailto:Sharon.ramsden@nexusni.org)

### **For further information see:**

Website: <http://nexusni.org/>

A circular inset photograph showing three young children playing in a sandbox. One child is using a blue bucket, another is holding a green shovel, and a third is looking on. They are outdoors with a colorful wooden fence in the background.

## Seminar

**Creating Brighter Futures - Why Early Intervention Matters for Young Children with a Learning Disability**

Thursday 18th January 2018

Long Gallery, Parliament Buildings, Stormont

9:30am to 12:30pm

**Speakers:**  
Professor Richard Hastings, Warwick University  
Dr Nick Gore, Tizard Centre, University of Kent  
Koulla Yiasouma, NI Commissioner for Children and Young People

RSVP to [jonathan.craig@mencap.org.uk](mailto:jonathan.craig@mencap.org.uk) or 028 9069 1351 by 11th January 2018.

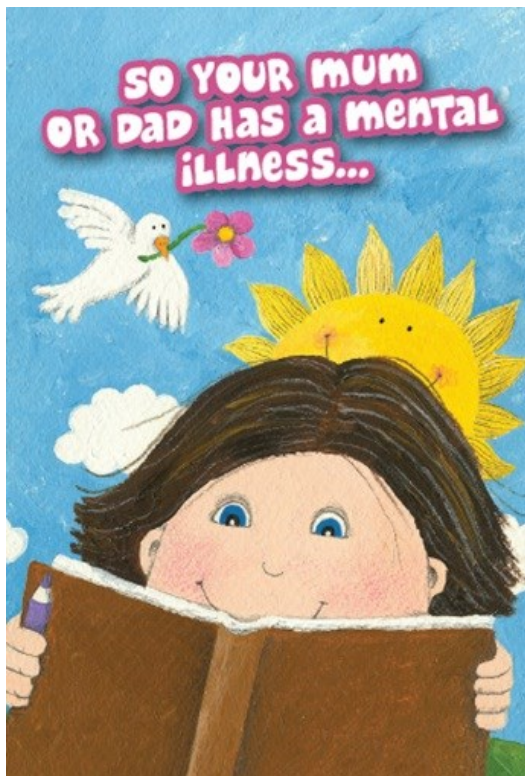
Lunch will be served at 12:30pm, please indicate any special dietary requirements.

The Mencap logo consists of the word 'mencap' in a lowercase, rounded font, with the tagline 'The voice of learning disability' in a smaller font below it.

## Parents' Week October 2017



Parents' Week is a celebration of the important role parents play in their children's lives. This year the 'Every Child is a Star' campaign of Parents' Week took place from week 23rd to 27th October. As well as celebrating the amazing, and often difficult, job parents do, the week gives us as an organisation an opportunity to focus on issues affecting parents and to highlight the support available. Find out more at: [www.parentingni.org/parents/parents-week/](http://www.parentingni.org/parents/parents-week/)



## Does your parent have a mental health illness?

The CYPSP Regional Think Family Subgroup aims to improve outcomes for children who have a family member with Mental Health issues by improving the interface between Children, Mental Health and Adults services across all sectors. A series of information leaflets have been developed to support children and young people that can be shared through schools, the early years sector, community and youth sector.

- Download the [children's leaflet](#)
- Download the [young people's leaflet](#)

**Contact Us:** Contact the CYPSP team to order hard copies of the leaflets at 02895 363 188 or email [cypsp@hscni.net](mailto:cypsp@hscni.net)

## Employers For Childcare

Working For Parents

## Financial entitlements for Childcare

Many parents can claim Tax Credits and Childcare Vouchers at the same time. When reporting childcare costs to Tax Credits you must reduce your childcare bill by any amount you pay through the Childcare Voucher Scheme. To check entitlements to financial support, for information on support available with the cost of childcare, or any other childcare and work-related issue, contact Employers For Childcare's Family Benefits Advice Service on Freephone 0800 028 3008 or email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)



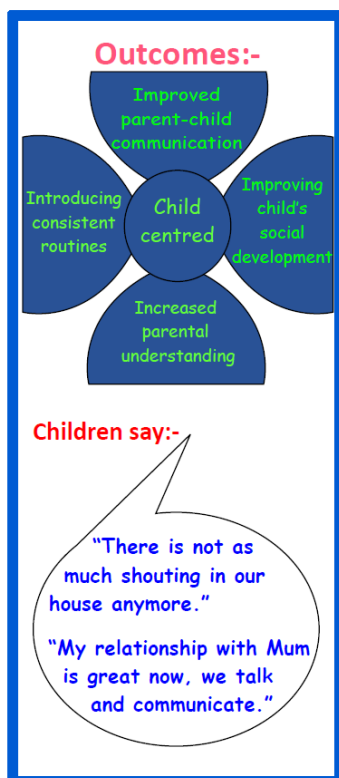
## Carrickfergus Education Launch

The CYPSP Carrickfergus Locality Planning Group invite you to the launch of the local education Facebook page to support children and young people living in Carrickfergus who are attending school or alternative education. For further information [click here](#).

Date: **10 November 2017 from 11am-12noon**

Venue: **Carrickfergus Town Hall**

RSVP with Gemma Lutton at:  
[gemma.lutton@northerntrust.hscni.net](mailto:gemma.lutton@northerntrust.hscni.net)



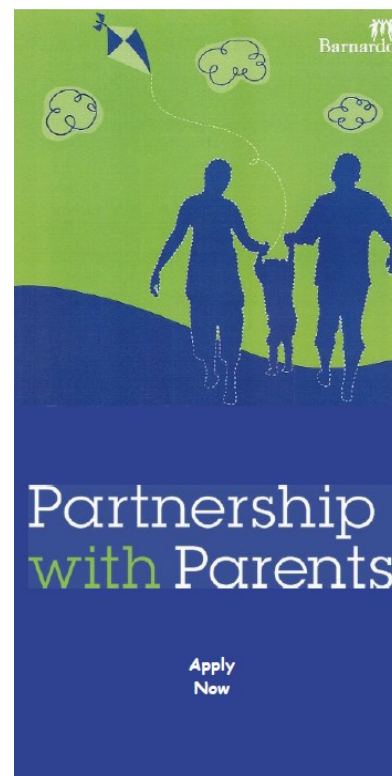
**In your area:**

**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



**FREE Homebased service for parents with a child aged 0-18years. Programmes will begin in the South Eastern HSC Trust area shortly. For further information or to register a family contact one of the coordinators in your local area at:**

Ards and North Down /Lisburn  
 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



The **YOUTHLIFE - WAYPOINT PROJECT** are seeking young people aged 12-18years from the **Derry/Londonderry Area** to train as mentors for younger young people. Becoming a Youth life: Way Point Project Mentor is highly rewarding for young people.

**Contact Us:**

If you know a young person who would be interested in the project contact us at:

Telephone: 02871 377227

Email: [programmes@youthlife.org](mailto:programmes@youthlife.org)








## Recovery and Self Management Support

The **Northern Area Recovery College** training will provide FREE courses. Each course has been designed and will be delivered by qualified Peer Trainers with lived experience of mental health challenges, together with clinical staff and other professionals. Courses focus on recovery and self-management skills and range in length from half-day workshops to longer courses running for up to 10 weeks.

[Click here to download the 2017/18 prospectus](#)



**PEER MENTORING**

**Action cancer**  
actioncancer.org.uk

**Are you living with a cancer diagnosis?  
 Would you or a family member benefit  
 from a Peer Mentor to support you  
 through your journey?**

At Action Cancer we provide a free Peer Mentoring service, this service is available for both the patient and their family, throughout NI. Our trained volunteers, who through their own personal cancer experiences, listen support and guide you on your journey.

For further information on this service Contact Jane Gilmore:  
 jgilmore@actioncancer.org  
 028 90803356

Or look at our website  
[www.actioncancer.org](http://www.actioncancer.org)

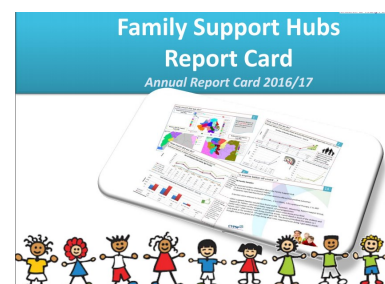
Action Cancer House  
 1 Marlborough Park  
 Belfast  
 BT9 6XS

*“We cannot change the direction of the wind, but we can adjust our sails”*  
 T.S.Monson

# Annual Family Support Hub Report

The Annual CYPSP Family Support Hub Report Card is now available to download. Over the reporting period of 2016/17 there were over 6000 families referred to the family support hubs across Northern Ireland. Click on the link below to download a copy of the Annual Northern Ireland Family Support Hub Report. Download the report at:

<http://www.cypsp.hscni.net/wp-content/uploads/2017/10/Annual-Family-Support-Hub-Report-Card-2016-17.pdf>



If you would like to find out more about family support services in your area please see the Family Support NI website at: [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)

**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)