

# Bi-monthly Family Support Newsletter, December 2017

## This edition includes:

- Emergency Support and Food Banks
- Becoming a Working Mum Workshop
- Universal Credit
- Domestic & Sexual Abuse Support
- 1-1 Project Your Not Alone for Minority Ethnic communities
- Parenting Face to Face Support
- Employment and Training



## 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)



## Applying for Pre School & Primary School Places

It's time to apply for Pre-School places and Primary School places for September 2018. Details of centres which provide funded places and application forms can be found on the EA website. Any child whose 4th birthday falls on or before 1 July 2018 will have reached compulsory school age in September 2018. The closing date to apply for pre school and primary school places in Northern Ireland is 10 January 2018 at 12noon. [Click here to find out more.](#)



Carrickfergus  
Community Education  
Forum

CYPSP Carrickfergus Locality Planning Group recently launched a local education platform that provide a space for agencies to share information about education support services, helpful resources and training opportunities for young people and their parents / guardians.

Visit the page at <https://tinyurl.com/ycz9ytbn>



### Contact Us:

Contact Ann Marie White  
Refugee Services Manager  
Telephone: 028 90323055  
Email:  
[amwhite@redcross.org.uk](mailto:amwhite@redcross.org.uk)

The Red Cross supports refugees in a wide variety of ways. These include offering emergency food, clothes or small amounts of cash to those facing severe hardship.

We provide short-term support to help vulnerable and newly arrived refugees adapt to life in a new country. Many of our trained volunteers are refugees themselves, so they speak a wide range of languages and can offer valuable support and advice. Wherever possible, all our information materials are translated into the main refugee languages. Find out more at [www.redcross.org.uk/en/What-we-do/Refugee-support/Our-services-for-refugees](http://www.redcross.org.uk/en/What-we-do/Refugee-support/Our-services-for-refugees)



**CALL US**

116 123 (UK)  
116 123 (ROI)



**EMAIL US**

[jo@samaritans.org](mailto:jo@samaritans.org)

We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

## FOOD BANKS

More people than ever in NI are being forced to turn to food banks to feed themselves, with low incomes and benefit delays blamed for the increase.

In 2015-16 emergency three-day food packages were needed in NI 25,755 times, compared to last year's figure of 17,425.

[Click here to download a list of foodbanks in Northern Ireland and to find one near you.](#)



## 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](mailto:cithrah@hotmail.com)



We offer practical support to deal with poverty, alleviating its effects on individuals and families through working primarily in person-to-person contact by a unique system of family visitation and seeking to achieve social justice and equality of opportunity for all citizens. We have offices across Northern Ireland. We currently provide the following support: personal visiting, emergency support including food, clothing, hostel/social housing support, benefits advice, befriending and holiday breaks.

### Contact Us:

Telephone: 028 9035 1561 or visit our website at <https://www.svp.ie/what-we-do/local-offices/north-region.aspx>



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 and childcare, and financial support for people with disabilities, carers and people too ill to work. When it is introduced in your area, you will no longer be able to make a new claim to the benefits being replaced and you will need to claim Universal Credit instead.

| Date Universal Credit will start | Jobs & Benefits / Social Security office    |
|----------------------------------|---|
| 27 September 2017                | Limavady                                    |
| 15 November 2017                 | Ballymoney                                  |
| 13 December 2017                 | Magherafelt and Coleraine                   |
| 17 January 2018                  | Strabane and Lisnagelvin                    |
| 7 February 2018                  | Foyle and Armagh                            |
| 21 February 2018                 | Omagh and Enniskillen                       |
| 7 March 2018                     | Dungannon and Portadown                     |
| 18 April 2018                    | Banbridge and Lurgan                        |
| 2 May 2018                       | Kilkeel, Downpatrick and Newry              |
| 16 May 2018                      | Bangor, Newtownards and Holywood Road       |
| 30 May 2018                      | Knockbreda, Newtownabbey and Shankill       |
| 13 June 2018                     | Corporation Street, Falls and Andersonstown |
| 27 June 2018                     | Shaftesbury Square, Lisburn and Larne       |
| 4 July 2018                      | Carrickfergus, Antrim and Ballymena         |
| July to September 2018           | Cookstown, Ballynahinch and Newcastle       |



Department of  
**Health**

An Roinn Sláinte  
Máinnystrie O Poustie

## Child Tax Credits: 2 Child Limit

The changes to Child Tax Credits commenced UK wide on 6 April 2017 & consequential amendments also applied to Income Support claimants in NI from 11 May 2017. The UK Government recognised that not all parents or carers are in the same position to make choices about the number of children in their family and agreed that exemptions to the 2 children limit would be put in place.

Guidance is available by [clicking here](#).

## Information Session on Universal Credit

**County Down Rural Community Network**  
**Ballymote Centre, Downpatrick**  
**Tuesday 12 December**

The FREE information session is open to community/voluntary groups working with those affected by Welfare Reform in the Newry, Mourne and Down Area. Spaces are limited and booking is essential. Book a place with Rosemarie by:

Telephone: 028 3026 9224

Email: [Rosemarie.mcdonnell@citizensadvice.co.uk](mailto:Rosemarie.mcdonnell@citizensadvice.co.uk)



## 16 Days of Activism Against Gender-based Violence

"Equal Rights, Human Rights - Women's Rights"

**O**n 6th December 1989, a 25 year old male entered a university classroom in Montreal, Canada, where he separated the male and female students. He wielded his gun and hunting knife and in an attempt to "fight feminism," he shot all 9 women in the room. He then made his way through the university targeting women to shoot. He took the lives of 14 women and 4 men and injured a further 10 women before killing himself. His suicide note blamed feminism for ruining his life.

Since then, grassroots organisations and activists have established the 16 Days Campaign and utilised the initiative to put a local and international spotlight on the issue of violence against women within a political, social and domestic context. It is a time to galvanise action to end violence against women around the world.

The campaign runs from the 25th November (International Day for the Elimination of Violence against Women and Girls) to 10th December (Human Rights Day) symbolically highlighting that gender-based violence is an abhorrent violation of fundamental human rights.

Women's Aid have been part of the movement for a number of years which gives us the platform to raise awareness of domestic abuse, challenge societal attitudes that perpetuate it here in Northern Ireland, hold perpetrators to account and promote the services we provide for women and children who have been affected. Our theme this year is 'Healthy Relationships' and is an opportunity for us to promote healthy relationships with young people and highlight issues and 'alarm bells' in relation to unhealthy relationships that they might encounter in the future. Preventative education is a pivotal part of our work and we believe education to be vital to move closer to our overall vision of the elimination of domestic abuse.

We will be joining universities, higher education campuses and girl's groups to raise awareness over the 16 Days and promote the message among younger people.

So what can you do to help? We will be taking to Belfast City Hall on Friday 1st December with our banner and petition for the public to show their support to the initiative. Women's Aid will also be taking to Social Media throughout the campaign with '16 Myths for 16 Days' to help dispel myths and common misconceptions around domestic abuse. Follow us on Facebook and twitter and help us spread the message far and wide!

One in three women worldwide face abuse, violence and rape every day. In no country of the world are women free from this fear, terror and torment. In Northern Ireland, the PSNI responded to 29,166 domestic abuse incidents in 2016/17. That's one incident every 18 minutes.

Violence against women is a scourge in our society, in our community and in our homes. It is not just a 'women's issue' - it is everybody's business. Join us in our campaign to stand up, speak out and promote healthy relationships in the lives of our young people and step further away from a world where women are unequal and targeted on the basis of their gender.

"Human rights are women's rights... and women's rights are human rights. Let us not forget that among those rights are the right to speak freely, and the right to be heard."

*Sarah Bruce*



Women's aid  
Belfast and Lisburn

FREEPHONE  
**24 Hour Domestic & Sexual Violence Helpline**  
**0808 802 1414**  
Open to all women & men affected by domestic & sexual violence

The 24 Hour Domestic & 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 individuals and families experiencing and / or impacted by domestic violence.

### Contact Us:

Telephone: 028 9024 9041

Text Support: 07797 805

839

Email:

[24hrsupport@dvhelpline.org](mailto:24hrsupport@dvhelpline.org)

# NSPCC

## Keeping Your Child Safe: Information for Parents and Carers



NSPCC have a range of tips and advice to help you keep children safe whether they're at home, out and about or online. Our online resources include:

- Home Alone: Staying Safe
- Minecraft : A Parents Guide
- Pokémon Go : A Parents Guide
- Be Share Aware
- Sexting
- Suicide and Self Harm
- Mental Health
- Baby and Toddler Safety
- What to do if you suspect abuse

### Call the NSPCC helpline

If you're worried about a child, even if you're unsure, contact our professional counsellors 24/7 for help, advice and support.

Call us or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

0808 800 5000

### [Click here to find out more](#)

#### 18 or under?

Childline offers free, confidential advice and support whatever your worry, whenever you need help.

0800 1111



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 NI from various bases.

**Contact Us between 9am-5pm, Monday to Friday:**

Belfast office: 028 9024 1929

Foyle office: 028 7116 0001



The Rowan is the regional Sexual Assault Referral Centre (SARC) for NI. If someone you know has been raped, assaulted or abused you are likely to be affected by it in some way. It is important you look after yourself. Even if your friend or relative does not want to talk to a counsellor, you can get support for yourself. Talking to a counsellor can help you understand your own reaction to what has happened and enable you to support your friend more effectively.

You can contact The Rowan directly or refer to the Contacts section of the website for further information on support agencies who may be able to help you further.

**Contact Us:**

Telephone: 0800 389 4424

Website: <http://therowan.net/>



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: 028 71269327

Email: [niamhdovehouse@gmail.com](mailto:niamhdovehouse@gmail.com)



Relate provides a service to individuals, couples or families experiencing violence or abuse in their relationships.

Services or interventions can be offered as part of an ongoing assessment, as a series of counselling sessions, as a programme delivered to individuals.

Services include:

- Relationship Counselling
- Family Counselling
- Relate Teen Support Service
- Separation Support and Counselling

**Contact Us:**

To find out more about our services or for your nearest office get in touch:

Telephone: 028 9032 3454

Email: [office@relateni.org](mailto:office@relateni.org)

Website: [www.relateni.org/](http://www.relateni.org/)

## The 1+1 Project: Your Not Alone

A collaborative Stronger Together Initiative for early intervention bilingual Mental Health Support that is being piloted in three areas across N.I:

- **Dungannon (Portuguese / English)**
- **Ballymena/Ballymoney (Polish / English)**
- **Belfast (Chinese / English)**

The project is available to support individuals in the minority ethnic community experiencing depression.

### What will the project do?

- Provide Mental Health Services for example; counselling, training, direct group activities etc. These already exist. It will help increase access to them.
- Provide free interpreting to providers who have a responsibility to deliver their services to everyone regardless of linguistic capability. The Regional Interpreting Service exists. It will help support access to that service.
- It will help inform shared learning on how to meet that demand in the future by creating more effective and diverse pathways to existing services and more diversity in delivery of those services.

[Click here to read more about the project](#)

*Blossoms at Larne Lough*  
HORTICULTURAL + NATURE-BASED THERAPY



Blossoms at Larne Lough specialises in using Horticultural Therapy to increase health & wellbeing and decrease stress. We offer a range of programmes, courses and workshops throughout Spring, Summer & Autumn, and all courses and workshops are delivered to groups of 8-12 people. Sessions include: Digital Detox, 4 week Mini Course, Seasonal Workshops, 8 week Nature Based Therapy and taster sessions.

Note: Some of our programmes are referral based only.

### **Contact Us:**

Website: [www.blossomsatlarnelough.org/](http://www.blossomsatlarnelough.org/)

Telephone: 02893378777



THE 1+1 PROJECT  
YOU ARE NOT ALONE



### Where can the project be contacted for more information or support?

#### **Ballymena/Ballymoney**

**Magdalena Wytrykusz-McKee**

**Ballymoney**

Building Communities Resource Centre, Unit 22 & 23 Acorn Business Centre  
2 Riada Avenue, Ballymoney, BT53 7LH Tel: 028 276 65068

**Ballymena**

Inter-Ethnic Forum, 20 William Street, Ballymena, BT43 6AW

Tel: 028 256 43605 Email: [bmmentalhealth@theresourcecentre.org](mailto:bmmentalhealth@theresourcecentre.org)

#### **Belfast**

**Tin Wai Chan**

Chinese Resource Centre of Northern Ireland, 1 Stranmillis Embankment  
Belfast, BT7 1GB,

Tel: 028 902 88277 Email: [tin@cwa-ni.info](mailto:tin@cwa-ni.info)

#### **Dungannon**

**Virginia Salvador**

STEP, The Junction, 12 Beechvalley Way, Dungannon BT70 1BS

Tel: 028 877 50211 Email: [virginia.salvador@stepni.org](mailto:virginia.salvador@stepni.org)





## Life at home with your premature baby

This resource was developed for parents by parents and health and social care providers working together. 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 and includes practical advice and lots of short videos of parents and professionals that we hope you as a parent will find helpful.

Visit the website at:

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



## Community Family Support Programme

**EMPLOYMENT AND TRAINING CAN BRING POSITIVE CHANGES TO YOU AND YOUR FAMILY.**

Are you aged 16-65 years old, unemployed or working less than 16 hours per week & not in education or training?

We can offer support with:

- encouraging better relationships within families
- money management, access to grants and benefit advice
- improving your health
- parenting skills
- help to find work
- accessing education and training opportunities
- short qualifications such as First Aid, CSR, Level 1 accredited courses
- self-confidence, motivation and social skills
- and much more

Contact your local office for more information:

Mid Ulster: 028 8676 6078

Causeway Coast & Glens: 028 7032 6016

Mid & East Antrim: 028 2565 1614

Antrim & Newtownabbey: 028 9446 3827

E: [cfsp@networkpersonnel.org.uk](mailto:cfsp@networkpersonnel.org.uk)



@NetPer

/networkpersonnel

[networkpersonnel.org.uk](http://networkpersonnel.org.uk)

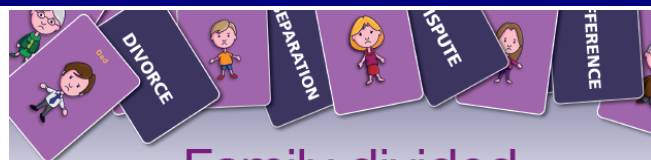


Department for the  
**Economy**  
[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)



European  
Union  
European  
Social Fund  
Northern Ireland

This project is part funded through the Northern Ireland European Social Fund Programme 2014 – 2020 and the Department for the Economy.



## Family divided by separation, divorce, dispute or difference?

Contact Family Mediation NI for a better outcome.

- Maintain good relations between parents and children during and after separation
- Reduce emotional stress and financial cost of relationship breakdown
- Find agreement with best outcomes for children at the heart of the process
- Venues across Northern Ireland.

Make Family Mediation NI your first choice

## Family Mediation

Find an agreement everyone can live with.



☎ 028 9024 3265

email: [enquiry@familymediationni.org.uk](mailto:enquiry@familymediationni.org.uk)

[www.familymediationni.org.uk](http://www.familymediationni.org.uk)



Women in  
Business

Inspiring, supporting, and  
motivating women into employment  
& self-employment



Parenting NI

## Becoming a Working Mum: The Survival Guide

Monday 18th December | 10am - 12.30pm | Parenting NI

The Connect Programme are delighted to collaborate with Parenting NI on this exclusive event specifically designed to guide mums thinking of returning to the workplace.

Come along and find out the secrets to managing a career and kids and how to discover your passion and pursue it!

To Book a Place contact [kate@womeninbusinessni.com](mailto:kate@womeninbusinessni.com) / 02895216014



**Family Health Initiative**

**Come and meet the healthy living gang!...**





This is a **FREE 8 week healthy lifestyle programme** for all families who have a child under 5 years. Each week parents will learn about healthy eating and physical activity, and the impact these have on a child's life. During Food Time a healthy snack will be provided for children to try new foods. Each session will finish with adults and children taking part in fun active games, and learn how to be healthy with puppets Ben, Orla and friends.

**Starting Tuesday 21<sup>st</sup> November**  
**The Studio, Tommy Makem Arts & Community Centre**  
**11am – 12.30pm**

**Layout of programme:** Parent Time – Weekly topic discussion  
 Food Time – Healthy snack  
 Family Time – Puppets, story and activities

| Dates                                | Topic                             |
|--------------------------------------|-----------------------------------|
| Week 1: Tues 21 <sup>st</sup> Nov    | Family Health Initiative Overview |
| Week 2: Tues 28 <sup>th</sup> Nov    | Reflecting on Physical Activity   |
| Week 3: Tues 5 <sup>th</sup> Dec     | The Eatwell Guide                 |
| Week 4: Tues 12 <sup>th</sup> Dec    | Gimme 5: Fruit and Vegetables     |
| Week 5: Tues 19 <sup>th</sup> Dec    | Food Labels and Shopping          |
| Off for Christmas Break              |                                   |
| Week 6: Tues 9 <sup>th</sup> Jan     | Managing Behaviour at Mealtimes   |
| Week 7: Tues 16 <sup>th</sup> Jan    | Healthy Routines                  |
| Week 8: Tues 23 <sup>rd</sup> Jan    | Sharing & Reflection              |
| Week 16: Tues 10 <sup>th</sup> April | Food Portions                     |

Families who complete the programme receive 3 free storybooks: Ben Loves to Play, Megan's Garden & Orla's Party, to read to your child, and lots more!

**To register contact: Diane on 07791334012**




This project is funded by the Public Health Agency



# ParentingNI



Here for you

## Face to Face Support

FREE practical parenting support in Belfast

**Appointments available**  
**Monday - Friday from 12 noon**

Get in touch to book an appointment  
**Helpline: 0808 8010 722**




**parentingni.org**



## Family Fund Grants & Services including Digital Skills & the Sleep Support Hub



Family Fund is the UK's largest charity providing grants to families raising disabled or seriously ill children and young people. They can help with a wide range of grants including family breaks, sensory toys, computers and tablets, and much more. Their grants help to break down some of the barriers that families face on a daily basis.

Six-year-old Emma from County Down has autism, and was recently awarded a grant for a playhouse. "She loves being outside but taking her to the park to play can be difficult as it's too noisy for her and she can be aggressive toward other children" her mum, Eileen, said. "Having the playhouse means she gets to play out in a safe environment where we can watch her and control the environment more than we could away from home."

Our support is not just financial – our Digital Skills workshops cover a range of useful topics including customising devices to address vision, hearing, motor and learning needs, while our sleep support hub, Tired Out, contains useful tips and resources to help families get a good night's sleep.

### Contact Us:

To find out more, including how to apply, please visit their [www.familyfund.org.uk](http://www.familyfund.org.uk) or call Family Fund on 01904 550055.





**Call Lifeline on:  
0808 808 8000**

**Deaf and hard of hearing  
Textphone users:  
18001 0808 808 8000**

Anyone of any age living in Northern Ireland can call Lifeline free of charge on 0808 808 8000 if they are experiencing distress or despair.

The Lifeline helpline is open 24 hours a day, every day of the year.

You can call Lifeline if you are worried about someone else and need advice on what to do next. The Lifeline counsellor will explain Lifeline's confidentiality policy and talk to you about why you are calling and the type of support you need.

[Click here to read more about Lifeline and confidentiality.](#)

**familysupport NI**.gov.uk  
Helping You Find the Services You Need

## PBNI Changing Lives App

The [Probation Board for Northern Ireland](#) developed the "Changing Lives" App, which was launched in October 2016 by both the Justice Minister and Health Minister.

It is designed primarily to assist those under Probation supervision to desist from crime and provide information on Probation's victim information scheme. It is the first of its kind and has attracted international attention.

The App features a journal so that users can keep track of any issues in their lives and share their progress or any challenges they face with their probation officer, if under supervision, or anyone else they wish to share with. There is a calendar to enter reminders for appointments, a handy contacts section to enable fast and easy telephone contact with a range of services and an information section detailing all the different sentences Probation supervises.

It also offers advice on how mental health including depression and anxiety, advice on addictions and signposts people to appropriate services. People who believe they are at risk can also directly ring Lifeline or the Samaritans through the app.

Your organisation may find it useful to try the App and possibly recommend it to anyone you think it may help.



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)