

Bi-monthly Family Support Hubs Newsletter, February 2018

This edition includes:

- Family Fund Sleep Tips
- The Realise Project
- Mindfulness and Mood Management Programme
- Talking About Tough Issues Training
- Autism NI Support Groups
- SOFT Project Cookstown
- Springboard 16+ programmes



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



Family Mediation Week

Family Mediation Week was held from 22 to 26 January 2017. It aimed to raise awareness of mediation and its benefits for separating families. Family mediation aims to encourage separating couples to sit down together and work out solutions to the financial and family-based issues that can be part of separation or divorce.

[Click here to find out more about how to support a family](#)



**NI Helplines
Awareness Day**
6th February 2018

NI Helpline Awareness Day

The Helplines Network NI warmly invites you to celebrate Northern Ireland Helplines Awareness Day on **6th February 2018, 10am-12.30pm at the Great Hall, Belfast City Hall**. The event aims to highlight the impact and extensive range of helplines providing vital support, advice and information to the public across NI. For more info click here.

Register today: judith.mclean@hscni.net



Foodbank Support

Downpatrick Presbyterian Church, supported by other local groups, manages Fountain Foodbank. No one is turned away, even if they do not have a voucher. A typical food parcel is designed to last a family for three days. The parcel will be adapted to meet the needs of a particular client. The partner organisations can collect food if they wish to maintain client anonymity.

Vouchers are available from a number of agencies. Click here to find the nearest centre <http://downpatrickpresbyterian.org/foodbank/>

Contact Us:

Telephone: 074 4401 5883

Email: fountainfoodbank@gmail.com



Incredible Years

This programme is being delivered across the Ards and North Down sector. It will work to improve school readiness of children aged 6 - 12 years.

For further information about dates, venues and how to register a family download the Ards and North Down Family Support Programme Training Schedule by [clicking here](#).

Talking About Tough Issues Programme

TATI (Talking About Tough Issues) is a programme designed to help parents learn skills that can enable them to speak to their children about some of the more difficult topics that they encounter as they grow up.

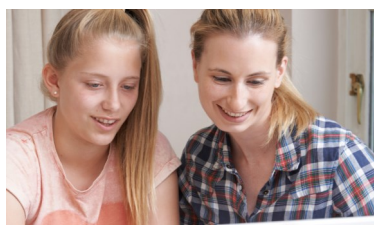
Parents will find out about key times and ages to speak to their children, different ways to communicate, how to recognise opportunities for conversation, as well as some key info around drugs and alcohol misuse in teenagers. The program is very interactive and encourages parents to recognise their own values & beliefs, and how to convey these to their children.

The 3 sessions are around 2 hours long each. Refreshments will be provided in a comfortable atmosphere.

Full programme schedule dates can be downloaded by [clicking here](#)

How to Register:

Lisa McCloy or Jenny Magee at Lisburn YMCA
Telephone: 028 9267 0918



Children with Imprisoned Parents (CHIP) Service

niacro

CHIP is a NIACRO service that provides support to children aged 0-18, who have a **parent or sibling** currently in prison across Northern Ireland.

What does CHIP offer?

- 1-1 Strengths based service tailored to each child's individual needs
- Help to ensure positive engagement between children visiting custody and the person in prison
- Be an on-going point of contact for families, particularly during key stages in the imprisonment (committal, sentencing, transferring prisons, preparing for parole/release).
- Referrals on to other support services
- Support to contribute to the personal development plan of the person in prison.
- Help to encourage prison staff to have a more family focused approach & understand the needs of children and families.

Contact Us:

To access the service you can contact the CHIP project by:

Telephone: 02890320157

Email: chip@niacro.co.uk

Spanner
in the Works
theatre company



BANJAXED (New play by Patricia Downey)

Commissioned by the Youth Justice Agency and funded through the Early Intervention Transformation Programme

Spanner in the works theatre company presents:

BANJAXED
7 February 2018 at 8pm
Lyric Theatre, Belfast

Do we really know how easy it is for our young people to be sucked into the darkness (underbelly) of today's society?

We invite you to meet the 'gang as they wander the streets at night looking for the craic'.

There are approximately 15 places available at the play. If you have any young people who you believe would benefit from attending the performance who are aged 14+ years please get in touch.

Note: You or a member of your staff must accompany the young person.

To register please contact Youth Justice Agency at: 02891 820 611



Family Fund Sleep Tips

The sleep problems that you and/ or your family experience will be unique to your own set of circumstances, and your child's condition or diagnosis will be at the heart of this.

However, experts suggest that there are a number of things you can do to try to make things a bit easier.

Family Fund have gathered a number of 'tips' and put them into categories such as sleep diary, food and diet, bedtime routine and teenage sleep.

For more information click here www.tiredout.org.uk/sleeptips/



Autism Support Groups

Families can access support pre or post diagnosis. Most groups meet monthly, parents get the chance to share worries or concerns along with experiences on what is available in your area to help your family and your child with ASD.

You will get ideas and strategies for helping your child lay foundations for their future and meet other parents.

[Click here to find a support group near you](#)

Contact Us:

Telephone: 028 9040 1729 (select option 1)

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

[Click here to find out more](#)

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

0808 800 5000

18 or under?

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

0800 1111

RNIB Realise Project

The Realise Project supports children and young people with sight loss, aged between 8 and 20 years who live in Northern Ireland.

The Realise Project supports and empowers young people through:

- primary to post primary education,
- post primary to third level education
- leaving education and moving into employment.

Contact Us:

Telephone: 028 7136 6060

Email: childrenyouthni@rnib.org.uk

Website: www.rnib.org.uk/northern-ireland-services-rnib-northern-ireland-children-family-and-youth-services/realise-project

RNIB Supporting people with sight loss



Supporting children with Cerebral Palsy and Motor Disorders

The Buddy Bear School was set up by the Buddy Bear Trust, a registered charity. This was in response to the pleas of parents who wanted conductive education for their children, who suffered from cerebral palsy and other motor disorders. Conductive education at the Buddy Bear School has had life changing consequences for some of the children who have been lucky enough to attend our school in Dungannon, Co Tyrone, Northern Ireland.

Contact Us:

Telephone: 028 87752025

Email: info@buddybeartrust.com

Website: www.buddybeartrust.com/websitepublisher/



Supporting our Families Together (SOFT)

The **SOFT (Supporting Our Families Together)** project will offer a holistic approach to early intervention at the key transitional stages of a child's development between ages 4-12 years, offering families the opportunity to develop skills and knowledge to overcome challenges they encounter. Available in the Cookstown area.

Contact Us to find out more: 028 8776 7392

Peace4Youth



Peace
Northern Ireland - Ireland
European Regional Development Fund

This project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).

FUSION

A NEW BEAT

EXPLORING CULTURE MUSIC PASSION

FEB-AUG 2018

Ages 16-24 not in education,
employment or training, in
marching bands / traditional music.

Creating rhythm, vibe &
atmosphere.

Free travel, lunches and
£8/day incentive

Contact
Laura or Megan
on
02890 315111

GAME CHANGER

Choose your own path

- AGES 16 -24 NOT IN EDUCATION,
EMPLOYMENT OR TRAINING
- PERSON DEVELOPMENT,
RESIDENTIALS & TRAINING
- FREE TRAVEL, LUNCHES AND
£8/DAY INCENTIVE

MARCH -
AUGUST 2018

CONTACT
Conor or Brendy on
02890 315111

Apr-Sept 18

Xceler8

TAKE THE LEAD IN MAKING A POSITIVE CHANGE
> OPPORTUNITY.GROWTH.INFLUENCE. >

-16-24 yr old not in education, employment or training
-Free travel, lunches and £8/day incentive

CONTACT Meghan or Drew
on 02890 315111

Gener8

YOUR VOICE YOUR GOALS YOUR PROGRAMME

- Ages 16-24 not in education,
employment or training
- Free travel, lunches and £8/day incentive

A programme designed around
YOU!

FEB-AUG 18

Contact Michaela or Chris
on 02890 315111



Northern Mental Health Initiative

The Northern Area Mental Health Initiative has recently been launched in the Northern HSC Trust area to promote mental health awareness and improve resilience among 8 - 25 year olds.

The programme will offer FREE training, information, support and signposting to mental health and wellbeing support services for the young people and their key contacts e.g. parents/teachers.

Target areas:

- Coleraine - Ballysally 1, Central Coleraine, Cross Glebe
- Newtownabbey - Dunanney, Monkstown 1, Valley 2
- Carrickfergus - Northland
- Ballymena - Ballee
- Antrim - Farranshane
- Larne - Ballyloran

Training on offer:

- Mental Health Awareness 8 - 11 years, 11 - 25 years
- Confidence Building & Self Esteem 11 - 25 years
- Exam Stress 11 - 25 years
- Body Image 11 - 25 years
- Bullying Awareness 11 - 25 years
- Personal Resilience 18+
- Internet Safety, Sexual Abuse & Exploitation Education 11 - 16, 16 - 25, 18 +

Contact Us:

Telephone: 028 9442 5356

Website: www.northernareamhi.org.uk

Email: northernareamhi@amh.org.uk



WOMEN'S AID FEDERATION NI
DOMESTIC VIOLENCE CONFERENCE
7-8 FEB 2018

See Hear Act Conference February 2018

Women's Aid is delighted to host the first ever all-island conference in Ireland, focusing specifically on the impact of domestic violence on children and young people.

This two-day conference will bring together experts and practitioners from across statutory, charity and professional sectors, and provide practical support tools and strategies for those working with children and young people affected by domestic violence.

To find out more about the conference or to register [click here](#)



Parenting Your Teen : Maghera

Parents of teenagers in Maghera the Parenting Your Teen programme is coming to your area and we still have some places left! Meet with other parents whilst getting some support with parenting young people. Register by contacting: 0808 8010 722

[Click here](#) to find out about a programmes near you



'Its All About Me' Programme for Siblings of a Child with a Disability

The Its All About Me Programme is a unique 7 session programme where children aged 6-14years come together in an information environment to meet others who have a brother or sister with a disability. They are provided with the opportunity to make friends, share life experiences, develop new skills, have some fun and most importantly have some 'me' time. Sessions will assist siblings to develop confidence and coping mechanisms.

On the final day of the programme the sibling who has complete the 'Its All About Me' programme will finish with a siblings celebration event where each sibling will receive their Certificate of Outstanding Achievement'.

INVITATION

Launch of the first Causeway Coast Locality Planning Group

The Children and Young People's Strategic Partnership with partners will welcome member organisations to join them at the first Causeway Coast Locality Planning Group meeting.



This group will finish with a screening of the ACE's Resilience Documentary: The Biology of Stress and the Science of Hope.

To find out more about the event and to register [click here](#)

Save the date!

Sexual Health for Trans and Non-Binary people

Free training for health professionals and students on including transgender & non-binary people in sexual health:

- specific community sexual health needs
- language & cultural competency
- best practice for inclusive care

Queen's University Belfast
6th February 2018, 9am-2:30pm

More information available shortly:
www.sailni.com/sexualhealthQUB



Mindfulness and Mood Management: Emotional Eating

After the holiday binge, we often deprive ourselves in the New Year, with associated feelings of guilt!

This course aims to offer you a space to reflect in a mindful way the connection between your eating patterns and emotional well-being.

In this course we explore aspects of mindfulness and mood management:

- To better equip you to connect authentically with your emotional needs;
- To plan more effective responses as opposed to using food in a negative way;
- To alert you to your triggers and to empower you to become more mindful in your responses;
- To treat yourself with more compassion, rather than with self-judgement and actions which sabotage healthy objectives.

We shall look at balanced eating patterns that can serve you in striving for a healthy weight and food that energises you and supports emotional balance.

Date: Starts 18th January 2018 each Thursday for six weeks
Time: 10am to 12.00noon
Venue: Bridge Community Centre
Cost: £20



Lisburn & Castlereagh City Council

For further information about how to book please contact the Bridge Community Centre, 50 Railway Street, Lisburn BT28 1XP T: 028 9244 7713 E: community.services@lisburncastlereagh.gov.uk

NURTURING FAMILIES

Mindfully Caring for Children and Families

22nd and 23rd March 2018 10:00 - 17:00
Musgrave Park Bowling Green, Stockmans Lane, Belfast



Hosts

This event is a launch event for the See Love Interact Project which is a not-for-profit developed by Michele Kavanagh at Sunnyside Clinic Belfast. Its intention is twofold. Firstly, provide training for practitioners, and professional carers, who work with women who have mental health difficulties and multiple pressures during pregnancy and beyond. Secondly, to invest the income generated through this service in communities with high levels of child poverty by specifically providing programmes of psychological support for parents during the perinatal period.

Course Fees

- £175 Early Bird Rate - available until 31st January 2018
- £250 Full Fee - purchase order number and £25 holding deposit required
- £190 Self Funded Fee

[Click here for ticket sales](#)

Contact

Email sli@sunny-side-co.uk
Call Jenny on 07725107942
www.sunny-side-clinic.co.uk

Course outline

This 2 day workshop will offer experiential and theoretical learning about mindfulness in the context of children and families. It will be taught through experiential mindfulness practices, didactic theoretical teaching and will be highly relevant to delegates professional practice, by drawing on the personal and professional experiences of attendees.

The workshop will cover learning outcomes:

- Introduction to mindfulness practices, for children, parents and professionals
- Understanding the rationales underpinning mindfulness.
- Understanding the applications and limitations of mindfulness with children.
- Psychological mechanisms and relationships influenced by mindfulness.
- Evidence for use of mindfulness with adults and children
- Suitable mindfulness practices with children of differing development stages
- Mindfulness for staff/parents /carers
- Applications of mindfulness in work contexts

Who is this course for?

There is no requirement to have previous experience of mindfulness or self-regulatory therapies. This programme is suitable for those who provide formal intervention and support to children and families who are under pressure and stress. It is also suitable for those persons in foster care and adoptive parenting roles.