

Bi-monthly Family Support Hubs Newsletter, April 2018

This edition includes:

- ADHD Changing Lives Initiative
- EITP Play Matters Campaign
- Autism Family Fun Days
- Community Family Support Programme
- Girls and Autism Project
- Mums Wellness Project
- Out and About Mentoring Support



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



Free Money Management Training

Do you work with those impacted by Welfare Changes?

Advice NI are offering FREE money management training sessions to eligible groups. This training covers topics including budgeting, borrowing, spending, managing money within households and financial inclusion, using online tools to manage money and signposting to support services. Find out more at www.adviceni.net

Contact Us:

Telephone: 02890 645 919

Email: training@adviceni.net

Our Daisy Services are for Young People who need confidential advice and help for alcohol and drug use. If you are a young person aged up to 21 you can contact us

0800 25 45 123

www.daisy.uk.net

www.ascert.biz



Give Your Child A Helping Hand

The Department of Education is launching it's new campaign 'Give your child a helping hand' in January 2018.

The campaign highlights the essential role that parents and carers can play in helping their children do well at school and improve their life chances.

Information for parents/carers on how to give their child a helping hand, including ideas for games and activities to do with their children is available on the indirect website

[Click here to find out more about this resource](#)



Family Health Initiative
Come and meet the healthy living gang!...



early years
the organisation for young children
family health initiative

FREE : 8 Week and 11 week Family Health Initiative Programmes in Keady, Armagh

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 Wednesday 11th April
Tommy Makem Arts & Community Centre, Keady
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: Wed 11th April | Family Health Initiative Overview |
| Week 2: Wed 18th April | Reflecting on Physical Activity |
| Week 3: Wed 25th April | The Eatwell Guide |
| Week 4: Wed 2nd May | Gimme 5: Fruit and Vegetables |
| Week 5: Wed 9th May | Food Labels and Shopping |
| Week 6: Wed 16th May | Managing Behaviour at Mealtimes |
| Week 7: Wed 23rd May | Healthy Routines |
| Week 8: Wed 30th May | Sharing & Reflection |
| Week 16: Wed 25th July | 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 is a **FREE 11 week healthy lifestyle programme** for ALL FAMILIES with a child aged 8-11 years who want to make healthier lifestyle choices. Families learn through fun, interactive sessions about healthy eating and physical activity. Each session finishes with active games and sports, encouraging families to try new activities and have fun together.

Starting Wednesday 11th April
Tommy Makem Arts & Community Centre Keady
5.30pm - 7.30pm

Layout of programme –
Discussion Time – 45 minutes discussion
Food Time – 15 minutes (Try new foods)
Activity Time – 60 minutes physical activity



| Session | Topic | Date |
|---------|-------------------------------|----------------|
| 1 | Getting to know you | Wed 11th April |
| 2 | Physical Activity | Wed 18th April |
| 3 | The Eatwell Guide | Wed 25th April |
| 4 | Gimme 5- Fruit and Vegetables | Wed 2nd May |
| 5 | Reflecting on Mealtimes | Wed 9th May |
| 6 | Food Labelling and Shopping | Wed 16th May |
| 7 | Supermarket Tour | Wed 23rd May |
| 8 | Lunchboxes | Wed 30th May |
| 9 | Healthy Routines | Wed 6th June |
| 10 | Ready Steady Cook, Quiztastic | Wed 13th June |
| 11 | Sharing and Reflection | Wed 20th June |
| 16 | Follow up session | Wed 25th July |
| 24 | Follow up session | Wed 19th Sept |
| 36 | Follow up session | Wed 12th Dec |

FREE FRISBEE, WATER BOTTLE, HIGHLIGHTER, SHOPPING BAG, NOTEBOOK & BEACHBALL for those who attend all 11 weeks.

For more information & to register contact Diane on 07791334012



Location:

- Lisburn
- North Down
- Ards
- Castlereagh



Community Family Support Programmes

People First offer families help and support to address any health, social and economic issues that impact daily lives. For instance, if you or your family member aged 16 or older is not in education, employment or training, you will get help and advice to address your needs and access to a range of positive opportunities. Family members aged 13 to 16 years will also receive support to address their educational needs.

Types of support:

- accessing suitable education, employment and training opportunities
- developing skills to find work, creating CVs, job-searching and preparation for job interviews
- self confidence, motivation and social skills
- encouraging better relationships within families / parenting skills and improving your health
- money management and benefit advice

Contact Us:

Email: cfsp@people-1st.co.uk or **telephone one of our offices at:**

Lisburn Area: 07436535387

North Down area: 07436535389

Ards area: 07436535390

Castlereagh area: 07436535388

The Ashton Community Trust Community Family Support Programme is an employability programme to support families make life changing decisions to enhance and improve their daily lives. Each family participating on the programme must have at least one person aged 16+ who is not in education, employment or training.

Location: Families must live in North Belfast.

Types of Support

Basic DIY

Positive Parenting

Life Coaching

Cook It

Stress Management

Relaxation Therapy

Youth Development

Smoking Cessation

First Aid

Contact Us:

For more information contact Jeanette Burns at 028 9560 9522 or email Jeanette.burns@ashtoncentre.com



Mums Wellness Project

The Mums Wellness Project offers an individualised one to one WRAP Programme to support mothers and expectant mothers to help manage difficult feelings and develop action plans to help them feel better.

The programme is delivered in your own home or locally for 8 to 10 weeks with sessions lasting approximately an hour.

Location: All areas of Co. Fermanagh

How to access:

Contact the Fermanagh Family Support Hub, Action for Children at 028 6632 4181

[Find out more about this programme by clicking here](#)



The government is introducing **new** ways to help parents with childcare costs. Whether you have toddlers or teens, you could get support.

Parents can access the government's childcare calculator through Childcare Choices, which helps parents to choose which government childcare support is best for them. Parents, including the self-employed, can apply online for Tax-Free Childcare through the link below.

Click here to find out more:

<https://www.childcarechoices.gov.uk/>



Family Wellness Project

The Family Wellness Project is an early intervention mental health project for children aged 5 - 12 years who are at risk of developing significant mental health difficulties if early intervention measures are not identified and addressed, with a view to reducing their need for more intensive or long term support from statutory/other services.

The five year project is led by MindWise in partnership with Action Mental Health, AWARE, Cause, Parenting NI and the Trusts' Child and Adolescent Mental Health Services (CAMHS).

Location: Southern and Western Health and Social Care Trusts areas

The project will adopt a holistic person and family centred approach which will help families to better support their children, understand and cope with circumstances, to be part of the community they live in and to experience less stigma and discrimination.

Contact Us:

Rachel Cashel, Family Wellness Project Network Coordinator

Email: Rachel.Cashel@mindwisenv.org

Telephone: 07773221967

[Find out more about this programme by clicking here](#)

Families Together

Parenting NI in partnership with New Life Counselling are offering a series of FREE Confidential Workshops to improve family relationships:



| | | |
|--|---|---|
| Wee Workshops ● 2 hours ✓ relaxed ✓ meet other parents for a cuppa and chat ✓ info and tips on parenting topics of interest <input type="checkbox"/> I'm interested in Wee Workshops | Parenting Apart ● 2 hours for 6 weeks ✓ group programme ✓ provides key information & support to parents who have separated <input type="checkbox"/> I'm interested in Parenting Apart | Time for Parents ● 1 hour for up to 6 weeks ✓ one to one counselling ✓ for individual parents or both parents ✓ free, confidential support with any parenting issue <input type="checkbox"/> I'm interested in Time for Parents |
| Time for Children ● 1 hour for up to 6 weeks ✓ child counselling for children who may need additional support expressing themselves ✓ uses art, music play and drama <input type="checkbox"/> I'm interested in Time for Children | Time Together ● 1.5 hours for 6 weeks ✓ for parents & children ✓ provides fun activities ✓ runs during school hours ✓ for families with children of a similar age <input type="checkbox"/> I'm interested in Time Together | Time to Talk Would you like to have an informal chat with our Family Key Workers about what support you might need? <input type="checkbox"/> I'm interested in a chat with the Family Key Worker |

Contact Us:

Text: 078 8742 9054 or register online at www.parentingni.org/parents/families-together

Talking Teenagers Training



This training is suitable for those who work to support the parents or carers of teenagers. It aims to improve communication between teenagers and their parents or carers and looks at sensitive issues such as alcohol and drugs, sexual health, mental health & smoking.

Location: To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area

Click here to read more:

www.familysupportni.gov.uk/2018/03/talking-teenagers-training/

Contact Us:

Breige.OBoyle@northerntrust.hscni.net

space
Supporting People and Communities Everyday

Have fun Learning
New Skills

Make New Friends

Become a Stranger Leader

Release your inner awesome

Build Self Confidence

THIS GIRL CAN

Girls Empowerment Space

* Limited to first year pupils *

All places must be pre-booked

Contact SPACE on
028 3083 5764 to register

BIG LOTTERY FUND
LOTTERY FUNDED

Starting Monday 9th April 2018 - 3.30-5.30pm
Venue: SPACE, 24 Monaghan Street, Newry BT35 6AA



Family Fun Day

AutismNI
#MakingSenseOfAutism

CYPSP
Children & Young People's Strategic Partnership

Belfast City Council

Join us for World Autism Awareness Month:

- Face Painting
- Photo Booth
- Interactive Kids Zone
- Health Information Fair
- Free admission

FOR MORE INFORMATION:
t. 028 9040 1729
e. info@autismni.org

WWW.AUTISMNi.ORG

Facebook: /AutismNI Twitter: @AutismNIPAPA Instagram: autism_ni

Autism NI is a company limited by guarantee (Company Number) 14 0545454 Registered with The Charity Commission for Northern Ireland (SC10544)

Autism NI Family Fun Days

Join Autism NI at one of their five Making Sense of Autism' Family Fun Days across Northern Ireland across the month of April 2018 to mark World Autism Awareness Month.

The events have been inspired by the Autism NI local volunteer support groups and will provide an opportunity for local families to come together and enjoy a day of free interactive activities.

[Click here to download the flyer](#)

Saturday 14th April, 1pm- 4pm

- Belfast City Hall
- Guild Hall Derry/Londonderry
- Seven Towers Leisure Centre, Ballymena
- Lakeland Forum, Enniskillen

Saturday 21st April, 1pm- 4pm

- Lagan Valley LeisurePlex, Lisburn

Department of Education Play Matters Campaign : EITP Project



Play Matters to everyone and as part of this EITP funded project Department of Education will be launching a Play Messaging Campaign aimed at promoting the value and importance of play and leisure for children and young people amongst parents, professionals, communities and indeed, society as a whole. As part of our play campaign we plan to promote key play messages through social media. Support us by reading and sharing our play messages through your own networks, forums and social media outlets. You can follow us on twitter at @Education_NI #playmatters.

Find out more about the full Play and Leisure project (including Play Shaper and Play for Parents programmes) by contacting 02891 279 203 or email Angela Stallard at angela.stallard@education-ni.gov.uk or Pamela Baxter at pamela.baxter@education-ni.gov.uk

[Click here to read more](#)



Girls and Autism Project

Girls and Autism Project (GAP) is facilitated by Autism NI and provides support to Girls with an Autism diagnosis aged 11 -18 years.

The project will support the achievement, enjoyment and full participation of all young women on the project. The project is 1-1 strengths based support tailored to each girl's individual needs. Individual & family sessions across home, school and community are available. The project is available in the Belfast area only.

Contact Us:

Zoe Tisdale on 02890 401749 (option 1) or email: info@autismni.org



THE
CHANGING LIVES INITIATIVE
Supporting families with children at risk of ADHD

Changing Lives Initiative

The Changing Lives Initiative is supporting families with children at risk of ADHD in the **Colin locality and west Belfast**.

The programme is a community-based initiative creating a better understanding about ADHD and providing an intervention programme for families with children (3-7 years) experiencing behaviour consistent with ADHD.

Contact Us:

For further information contact Colin Neighbourhood Partnership by telephone at 028 9062 3813

For further Information [click here](#)



Family Fund Grants and Support in Northern Ireland

Family Fund believes that all families raising disabled or seriously ill children and young people should have the same opportunities as others: beginning with the most vulnerable, those on low incomes, and considering all conditions against the Fund's eligibility criteria, the charity aims to make a difference to outcomes for disabled or seriously ill children and young people and the lives of their families.

The Fund provides grants, and other support for essential items such as washing machines, sensory toys, family breaks, bedding, clothing and computers. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants are intended to help break down many of the barriers families face, improving their quality of life and easing the additional daily pressures. Family Fund is the UK's largest charity providing grants for families on low incomes raising disabled or seriously ill children and young people. Last year the Fund supported over 4000 families with grants in Northern Ireland.

Contact Us:

Jan Wright, NI Partnership Development Manager (Tuesday-Thursday 8am-3.30pm)

Email: Jan.Wright@familyfund.org.uk Telephone: 07818 456378

Website: www.familyfund.org.uk/northern-ireland



Do you support families who have a child aged
18 months – 5 years with a significant
developmental delay?

They may be interested in E-PaTS - a course for
parents/carers that addresses:

Good Sleep
Routines

Challenging
Behaviours

Communication and
Independence Skills

E-PaTS is available
April – June: 2018 & 2019
Mencap Centre, Belfast

There are a limited number of places still available

If **you and / or families you work with** want to find out
more please come to an information session on

Thursday 29th March: 9.00am – 10.00am
Thursday 29th March: 12.30pm – 1.30pm

To register for a session or find out more contact
Joanne on 078 2725 6201 joanne.sweeney@mencap.org.uk

As part of this programme participants will be asked to take part
in research



NISCC Lunchtime Seminar

Transition Planning for Children with a Disability

12 April 2018
12 noon - 2 pm

Contact Us:

If you wish to attend this seminar
please contact NISCC for further
information by telephone at:

028 9536 2600



College for Students with Disabilities A Guide for Students, Families and Educators

The guide offers information for students with disabilities and their families to find resources to help with their dream of a college education.

There are many pathways to achieve independence through higher education, and Maryville University has created this helpful “Frequently Asked Questions” (FAQ) to give you an idea of what to expect as you research your options.

[Click here to find out more](#)

Families Together
Time for Children. Time for Parents. Time Together

PARENTING APART PROGRAMME

Six week parenting programme supporting parents to minimise the impact of separation on children

The programme explores:

- ✓ Emotional impact
- ✓ Parenting roles
- ✓ Changes in relationships
- ✓ Legalities
- ✓ Financial impact
- ✓ Moving on

All parents are welcome, however places are limited, so book now if you are interested!

Monday 23rd April 2018

Time: 10am - 12pm, registration at 9.30am

Venue: New Strabane Community Project Building, Barrack Street

To register text Clare 078 2539 2136 or visit parentingni.org

NewLife



ParentingNI

THE WORLD I LIVE IN



Are you aged 12 – 14 and living in the South Eastern Trust area?

Want to talk about issues that affect you and others your age?

Come to our NEW! 5 week programme – we'll get together every Wednesday evening from 6.30pm – 8pm and then finish with a big day out!

11 April: Don't Stop Believin'

2 May: Jumpin'

18 April: The Place I Live In

9 May: Cookin'

25 April: Ragin'

11 May: Go Out! Activity Day

Venue: North Down YMCA, 10 – 12 High Street, Bangor, BT20 5AY

Get in touch to book your place!

Contact: Deborah Webb
Email: deborah.webb@voypic.org
Phone: 028 9024 4888
Mobile: 078 5425 4981

VOYPIC
voice of young people in care



Launch of the CAMHS Care Pathway:

A Guide for You

CAMHS stands for Children and Adolescent Mental Health Services. This Guide has been designed to give you useful information about CAMHS, including what to expect when you come in contact with CAMHS.

These are important questions and we hope that this Guide will provide useful information for you.

Download the Guide by [clicking here](#)

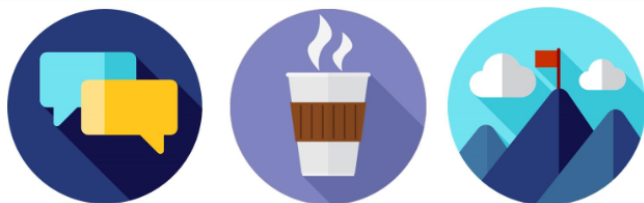
Regional Care Pathway for Children and Young People in CAMHS

The purpose of this Integrated Care Pathway (ICP) is to tell multi-disciplinary and multi-agency care providers of Child & Adolescent Mental Health Services (CAMHS), children and young people and their parents/carers, what should be expected at any point along the journey of care in CAMHS.

Download the care pathway document by [clicking here](#)

Out & About Mentoring Programme

YouthAction
NORTHERN IRELAND



Chat, Coffee, Space to Breathe...

Research continues to illustrate the difficulties faced by young women growing up LGBTQ. Youth Action Northern Ireland is delighted to continue its mentoring programme for young LGBTQ women aged 16-25 across Northern Ireland.

The programme is based on the idea that having an informal, supportive and intentional relationship with a youth worker can bring about positive change. One-to-one sessions seek to support young women in identifying some of the personal barriers they are facing, to adopt action-oriented approaches to these, while developing further support networks.

Where: Mentors are based in Belfast, North West and Fermanagh, with a NI wide remit

Time: Individuals can access 10x 90 minute sessions

Cost: There is no cost for this programme. Referrals from YouthAction member organisations will be prioritised

For further information or to register contact:
annette@youthaction.org (Belfast)
emma@youthaction.org (Derry/L'Derry)
roisin@youthaction.org (Fermanagh)



Save the date!

NEW
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
Weds 18th April, 9am-2:30pm

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



One Stop Shop

RFP

womens aid

A multi agency drop in service for women in Newtownards

A multi agency drop in facility provided for women experiencing physical, emotional, financial or sexual abuse. Agencies are available to provide FREE immediate and confidential access to legal support, benefits, advice, housing support and safety advice.

Open on the 1st and 3rd Tuesday of each month.
No appointment necessary. Crèche facilities are available.

Location

Thriving Life Church,
Crawfordsburn Road, Newtownards, BT23 4EA

Contact Us:

For more information about the One Stop Shop or Womens Aid Support Services contact:
02891 273 196 or email onestopshop@ndawa@gmail.com

FREEPHONE

24 Hour Domestic & Sexual Violence Helpline



0808 802 1414

Open to all women & men affected by domestic & sexual violence



Mellow Parenting Networking Session

An open networking event will take place on
18 April from 9am-5pm in Lisburn

This is an opportunity for practitioners to hear about the Mellow Parenting family of programmes and meet the programme developers.

This event is for anyone interested in the area of **Infant Mental health, Attachment, Early Intervention and Parenting.**

Cost: £50.00

Contact Martin Devlin, SEHSCT

Telephone: 07834929104

Email: martin.devlin@setrust.hscni.net

ODYSSEY PARENTING YOUR TEEN PROGRAMME

Speech bubbles containing teen complaints:
- I HATE THIS HOUSE!
- You do my head in!
- Get out of my room!
- I DON'T WANT TO TALK ABOUT IT. LEAVE ME ALONE!

SOUND FAMILIAR?

Helping you deal with the reality of living with teenagers

Call to register: 0808 8010 722

PORTADOWN
Thurs 26th April - Thurs 14th June 2018
Every Thursday for 8 weeks
10 am - 12 noon

Logos for Parenting NI and Odyssey Parenting Your Teen



Support and Help for Victims

Crime affects people in different ways. Some people experience anxiety, trouble sleeping, fear of being in their own home. Personal relationships can be affected. We provide help through a network of local offices across the whole of Northern Ireland. Staff and volunteers offer emotional support, information and practical help to people who have suffered from any type of crime.

Contact Us:

Telephone: 02890 244 039

To access our services [click here](#) to find your nearest Hub



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

For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net