

Bi-monthly Family Support Hubs Newsletter, June 2018

This edition includes:

- Active Pregnancy in the Northern Area
- Top Tips for Parents Guide
- Child Safety Workshop
- Annual Child Care Cost Survey
- Listen to Me Project
- Play and Technology
- NIACRO CHIP Service
- Foodbanks & Helpline Support



Introduction

There are 29 family support hubs across Northern Ireland supporting families. In 2017/18 over 6681 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



Have you seen the resilience documentary?

The Western Outcomes Group welcome partners to the screening of the documentary in the West on the 14 June from 10am-12pm. This is an opportunity to build a wider awareness of Adverse Childhood Experiences (ACEs) and their impact on health and behaviour.

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



Young Hearts and Minds

Action Trauma invite you to a 2 day conference in Belfast on 27th and 28th June 2018. This event will provide practitioners working with children and adolescents with the skills to help guide young people to cope with the highs & lows and develop resilience.

Cost: £35 - 48

Find out more about this [event here](#)



Incredible Years in Ards & North Down

This programme is a FREE 5 week for parents and carers who have children aged 2-6 years. It will be held in June 2018. They promote positive parent-child relationships and provide strategies to promote your child's engagement in learning. Over the 5 week duration the programme will offer families:

- Friendships with other parents
- Support for parents & positive discipline techniques
- Positive child-parent relationships
- Supporting your child to manage difficult feelings
- Increased social, academic & friendship skills

For more information on the dates and venues [click here](#)

Contact Us:

Telephone Claire at: 028 9260 7537 Or

Mobile 07834106142

Email: claire.trolanwatts@barnardos.org.uk

Early Years Conference: June 2018

This two day conference will explore the importance of early childhood development initiatives in building a shared and peaceful future.

The conference will be valuable to anyone who works within the early years sector including local & national government officers, early years specialists, managers and practitioners, Sure Start Coordinators and staff, nursery and childcare providers, management committee members, health professionals, education and social services staff, childcare students & community partnerships.

Event Details:

Date: 7 and 8 June 2018

Venue: Silver Birch Hotel, Omagh

Cost: Between £48 and £174

Find out more at: www.early-years.org/conference2018/

Top Tips for Parents Guide to Positive Parenting

The Inter Disciplinary Group on Positive Parenting initiated a positive parenting campaign with the publication of 'Top Tips for Parents – Your Guide to Positive Parenting'.

The information in this booklet will show practitioners how they can work with parents to apply the techniques to guide, nurture and encourage their child and build their confidence as a parent

The booklet is available to download in a variety of languages by [clicking here](#)





Having Effective Conversations Training

The Ards and North Down Locality Planning Group in partnership with the SE Drug and Alcohol Coordination Team will host a 2-day workshop on 20th and 26th June 2018 to prepare family support staff to engage parents and offer brief advice about managing change. It will also explore the challenges of raising difficult topics with clients and dealing with the reaction that can follow.

Find out more by [clicking here](#)

Active Pregnancy in the Northern Area

The Northern Obesity Partnership in partnership with the Public Health Agency, local councils and the Northern Health and Social Care Trust Midwifery Department, have launched a new Active Pregnancy programme aimed at encouraging expectant mums to get active and stay active.

To find out about programmes near you in the Northern HSC Trust Area [click here](#)



Employers For Childcare

Annual Childcare Cost Survey

Employers for Childcare have just launched their ninth Annual Childcare Cost Survey and would be grateful for input from parents, guardians and childcare providers.

The Annual Childcare Cost Survey is an important indicator of how parents and childcare providers feel about childcare and its infrastructure in Northern Ireland.

To complete the survey [click here](#)

Free Ulster Orchestra Concert for children with additional needs / ASD



The Ulster Orchestra will perform **3 Relaxed Performances in June 2018** supported by the Paul Hamlyn Foundation. The sessions will take place from 8th-9th June 2018. Tickets are free but you must book in advance as spaces are limited.

Friday 8th June, 1 – 2pm

Relaxed Performance for children with an additional need (aged 7– 18)

Children must be accompanied by a parent/ carer/ teacher.

Friday 8th June, 5 – 6.15pm

Relaxed Performance for adults with additional needs (18+).

Saturday 9th June, 1 – 2.15pm

Relaxed Performance for children with Autism Spectrum Disorder (ASD) and their families.

Find out more at: www.ulsterorchestra.org.uk/event/relaxed-performances-in-june-2018/2018-06-08/

Child Safety Workshop



To celebrate child safety week the CCP are hosting a workshop for early years practitioners focusing on summer safety.

This **FREE** workshop will provide information on:

- Burns and Scalds (including sunburn)
- Bites and Stings
- Water safety – drowning, jelly fish etc. Choking
- Poisoning
- Falls

Workshop details:

7th June 2018

Time: 7pm – 9.30pm

Venue: Massereene Golf Club
(51 Lough Road, Antrim)

Find out more or to register to attend this workshop [click here](#)



Autism NI Parent Support Groups June 18

There are 20+ support groups based in local communities across Northern Ireland offering support to thousands of parents/carers who have children affected by Autism. By joining one of Autism NI's support groups you will find you do not have to begin this journey on your own. You 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 Autism.

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



Play Matters : Play and Digital Technology

As part of the Department of Education's 'Play Matters' project and Play Messaging Campaign a briefing paper on Play and Digital Technology has recently been developed. The briefing explores the changing world of play and how digital technology and screen time has become very much a part of our everyday lives. It also highlights key messages to parents and gives some suggestions on how to strike a balance between limiting screen time and offering other playful opportunities.

You can view the [Play and Digital Technology](#) briefing on the Department of Education's website by [clicking here](#)

Listen to Me Project

The training has been developed through the Pathway project, a youth project which enables young people with disabilities aged 16-24 years prepare for the road ahead and adulthood. This introductory session aims to increase learners understanding of:

- The terms learning disability and autism
- The difficulties young people with disabilities face
- How organisations can be more inclusive

Training date:

5th July from 10am-12.30pm at Compass Advocacy Network (CAN), 20 Seymour Street, Ballymoney.

Find out more by contacting Aine Kelly at Aine@compasspeople.org

Listen to me

An Introduction to Learning Disability and Autism

CAN Pathways, a youth project funded by the Big Lottery has developed **FREE TRAINING**, An Introduction to Learning Disability and Autism, which is available in the Causeway Coast & Glens and Mid & East Antrim area.

FREE
Duration
2 Hours 30 Minutes

Booking
For more information
or to book training please
contact Aine on 028 2766 0774
or aine@compasspeople.org

The course is delivered by Lauren, a young person and a peer mentor on the project and Aine, the project co-ordinator.

This introductory session has been designed to provide organisations with a general understanding of learning disability and autism, the challenges individuals face and how to be more inclusive.



CAN, 20 Seymour Street, Ballymoney is a registered charity NIC100988

24 HOUR

Domestic & Sexual Violence Helpline

FREEPHONE

0808 802 1414

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

text support to 07797 805 839 24hrsupport@dvhelpline.org

TALK TO US

If things are getting to you

Talk to us any time you like, in your own way - about whatever's getting to you.

116 123 **FREE**
This number is FREE to call

jo@samaritans.org
samaritans.org

SAMARITANS

A registered charity



IncredABLE

IncredABLE is a voluntary organisation creating meaningful social, recreational, and educational opportunities for people with a learning disability and/or autism.

Contact Us:

Telephone: 028 38872111

Email: info@incredible.org.uk

DAISY Youth Treatment Service



Delivered in partnership between ASCERT and Start 360. The programme is provided through a person centred harm reduction programme for young people and adults. The service will work directly with a young person through therapeutic mentoring, individual counselling, therapeutic group work and therapeutic play.

The programme also works with the whole family through one to one parent/carer support and systematic family interventions.



Service Managers Belfast and South East

Marie Wright - Start360
028 9043 5815
30-34 Hill St,
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0800 2545 123
23 Bridge St,
Lisburn, BT28 1XZ
daisy.east@start360.org

Service Managers North

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0800 2545 123
1 Queen's Avenue
Magherafelt, BT45 6AB

Kathleen Grego - Start360
028 2568 9306
1st floor, 7-9 Wellington St,
Ballymena, BT43 6AB
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Service Managers West

Chris McMahon - ASCERT
0800 2545 123
7a Dublin Road,
Omagh, BT78 1ES

Marie Wright - Start360
028 7137 1162
2 Castle St Derry/
Londonderry, BT48 6DN
daisy@ascert.biz

Barnardos Child Bereavement Service



The Barnardo's Child Bereavement Service will provide individual and group support to children and young people up to 18 years old who have been bereaved. An advice line that adults concerned about a bereaved child is also available for information & advice. Training and information sessions are also available for parents and professionals to assist in developing ways of helping bereaved children. Find out more by [clicking here](#)

Children with Imprisoned Parents (CHIP) Service



CHIP is a NIACRO service that provides one to one support to children aged 0-18, who have a **parent or sibling** currently in prison across Northern Ireland. CHIP will offer help to ensure positive engagement between children visiting custody & the person in prison and provide an on-going point of contact for families, particularly during key stages of imprisonment

Contact Us:

Telephone: 02890320157

Email: chip@niacro.co.uk

Superstars

Welcome to the Superstars Club!
For people with learning disabilities

Superstars is a dynamic, energetic, forward thinking charity which provides life enhancing opportunities for people with learning difficulties based in Cookstown.

Many young people attending the project may also have physical, sensory and other impairments. All are welcome. Our provision is tailored to suit the abilities of our members regardless of their disabilities.

Four evenings per week we provide social, leisure, sporting, arts and drama clubs. We also provide a social enterprise café with training opportunities, gardening project, recycling project, theatre group and volunteering

Contact Us:

Telephone: 028 86763306

Email: superstarsclubcookstown@gmail.com

Website: www.superstarsclub.org.uk/



Counselling and Therapy Service

A programme based in Bangor for children with Autism Spectrum Disorder. The service includes a Huddle Club, an after school drop-in for children with ASD and their siblings. The project will expand their support across North Down and Ards to help young people with behavioural problems, social or communication needs, and low confidence and self-esteem.

[Click here to find out more about the service](#)



Benefits withdrawals and Food Banks

Advisers often have to refer clients to food banks because their benefits have stopped due to administrative problems.

As part of Advice NI's research a benefits adviser explained that the cost of phone calls to social security benefit offices were a significant issue for clients and that advisers often have to refer clients to food banks because their benefits have stopped due to administrative problems.

A full list of foodbanks can be downloaded by [clicking here](#)

Ballynahinch Food Bank

One food box will provide 3 days of breakfast, lunch and dinner for a family, the size of the box given depending on the size of the family. If you're interested in helping you can do so by leaving donations of food (non-perishable) at the church or by donating money towards it.

The [Foodbank](#) is open Tuesdays & Thursdays from 9.30am to 11.30am at First Presbyterian Church, Ballynahinch



www.trusselltrust.org

Thriving Life Church
18A Crawfordsburn Rd, Newtownards
Tel :- 07902 933297
Open - Tuesday 11am-1pm
Wednesday 6.30pm-8pm
Friday 11am-1pm

Kircubbin Satellite Branch
Maxwell Courtyard
Main St, Kircubbin
Open - Thursday 7pm-8.30pm

Hamilton Rd Baptist
112 Hamilton Rd, Bangor
Open - Tuesday 2pm-3.30pm
Friday 11am-12.30pm

Bangor Elim
Balloo Crescent, Bangor
Tel :- 07821 791674
Open - Monday 6.30pm-8pm

Northern Ireland
Housing Executive
Homeless? 028 95049999

citizens advice Debt Advice
0300 123 9287

NSPCC HELPLINE
0808 800 5000
help@nspcc.org.uk

Lifeline
0808 808 8000

ChildLine
0800 1111



Parenting NI
0808 8010 722



South Eastern Health
and Social Care Trust

SOUTH EASTERN HSC TRUST

RECOVERY COLLEGE

Prospectus 2017 – 2018

The SET Recovery College offers educational courses about mental health and recovery which are designed to increase your knowledge and skills and promote self-management. Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. Both tutors have a special interest in mental health recovery.

The Recovery College is available to service users, SET staff, families, friends and anyone who is interested in learning more about their Mental Health and Recovery.

Download the prospectus for 2017/18 by [clicking here](#)

FAMILY SUPPORT HUBS CORE MEMBERS SURVEY 2017/18

Is your agency a core member of one of the family support hubs in Northern Ireland?

The aim of this survey is to ascertain the views of Projects and Services associated with Family Support Hubs in a local area. As a Partnership we would like to gain a better understanding of the impact of Family Support Hubs and of the interagency co-operation and collaboration that has emanated from it.

The survey can be downloaded via this link: <https://www.surveymonkey.co.uk/r/FW2SWRP>

Closing date for responses: 15 June 2018

Note: The survey is for core members of the family support hubs only!



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