

Bi-monthly Family Support Hubs Newsletter, August 2018

This edition includes:

- Kickstart Social Supermarket
- Childcare Voucher Scheme
- Seeds Carrickfergus
- Time for Parents Programme
- Skills and Education Courses
- Call for Evidence on Food Insecurity
- Referring to family support hubs



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



The latest EITP Play Matters briefing explores Play and Challenge. Children need the freedom to play how they choose and sometimes this includes taking risks and engaging in risky, challenging play.

This briefing paper explores how we, as adults, can support children to test themselves and stretch their limits through play.

[Click here to read more](#)



**Helplines
Network NI**

Helplines Network NI is a membership led organisation consisting of over 30 members operating across Northern Ireland.

The Helplines Network NI members provide a variety of support services including information, advice, counselling and befriending. Many of the services take place over the phone, via email, text and in some cases, with live web-chat.

The updated 2018 helpline directory is now available to download at www.helplinesnetworkni.com/

Employers For Childcare

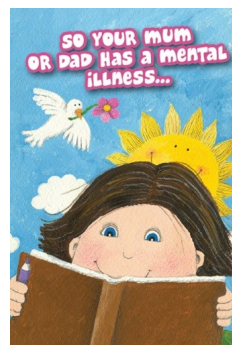
Childcare Voucher Scheme

The Childcare Voucher scheme is due to close to new entrants on 4 October so it is important that anyone wishing to join the scheme, does so now. Childcare Vouchers can save working families up to £1,866 on childcare costs per year so don't miss out on the opportunity to capture these savings for your family!

For anyone seeking further information on what financial support they may be entitled to, or who isn't sure if Childcare Vouchers are available to them, call our **Family Benefits Advice Service** on **0800 028 3008** for personalised, confidential advice.

For further information on the closure of Childcare Vouchers, click [here](#)

Are you working
with a child or
young person who
has a parent with a
mental illness?



The CYPSP Regional Think Family Subgroup developed a suite of information support leaflets for children and young people who are impacted by parental mental health issues in Northern Ireland.

[Click here to download the Think Family children's information leaflet](#)

[Click here to download the Think Family young people's information leaflet](#)

If you would like to order hardcopies of the Think Family leaflet please email the CYPSP team at cypsp@hscni.net



A HOMELESSNESS PREVENTION SERVICE
Program dla osób z problemami mieszkaniowymi
Служба поддержки арендаторов жилья

"We support people to resolve issues that affect their housing"

If you need confidential support, information or advice about anything that affects your housing please contact us using the following :-



Contact us on:
Tel: 028 9145 4290 (Option 4)



Or email us:
info@housing support service.org



Or call in and bring this card, we are based in the YMCA building:
10 -12 High Street,
Bangor, BT20 5AY

Housing Rights

**Housing Rights
Helpline
028 90 245640**



Lisburn Foodbank

Crisis Intervention for those in food poverty - operates on a voucher system and is open Monday, Tuesday, Thursday and Friday between 11-1pm. There is a limit of 3 red vouchers and they can be obtained through a range of referral agencies. This is an emergency intervention service.

Kickstart – Social Super Market Project

We are now into our 6 month of the project and have worked with 62 families offering a range of services to help empower people to build a more positive future for themselves. The project offers tailored support so that the actual needs of individuals and their families can be met; this can be in line with the service you already offer or can be a follow on service if they have now completed their time with you.

We look at budgeting, cookery, life skills, mentoring, planning amongst others and this is alongside a supermarket which offers access to food for a membership fee of £5 per visit. The hope is that by improving mental health, breaking down social isolation and developing strong life skills – people will be able to work their way out of negative lifecycles which are holding them back and preventing them from reaching their full potential.

Contact Us:

Telephone: 07756 965868

Email: kickstart@lcccommunitytrust.org

In conjunction with Open House Festival 2018

Bangor Carnegie Library presents Sea to Shore Rhythm and Rhyme



02 Aug
09 Aug
16 Aug
23 Aug
30 Aug

10.00am - 10.30am

All 0-4s and their carers welcome

Booking essential

Tel 028 9127 0591



Kircubbin Community Church host

Open House

in

'Room 2'



Coffee & Chat

each Tuesday, 10 'til 12
Drop in for
Coffee & Chat

Babies, Tots and Children are always



Contact Marilyn 07789582362 for more
information

Welcome to Baby Sensory

Our multi-award winning classes will introduce you and your baby (or babies) to a world of sensory delights, where you can relax, spend quality time with each other and enjoy meeting other new parents.

Specifically designed from birth, to aid your child's development, the programme is packed with an incredible variety of sounds, smells, sights, textures, music, dance, signing and massage – and you'll never experience the same class twice.



'Those moments when you have the combination of the parachute, balloons, bubbles and petals floating in the air – it's just a beautiful environment.' Louise Ogle

www.babysensory.com

We've done the research; so you can enjoy the fun...

'Not only were we the first sensory programme, we're still unique. No other class does the combination of variety and research so effectively.' Karen Byrne-Smith

To find out more:

Enter your postcode at
www.babysensory.com

Email: belfast@babysensory.co.uk

Check: www.facebook.com/BabySensoryBelfast

Classes at: South & East Belfast - North Down/Ards



Baby Sensory
Precious Early Learning for Babies

ODYSSEY PARENTING YOUR TEEN PROGRAMME

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

ParentingNI

NEWRY

Thurs 20th Sept -
Thur 8th Nov

Every Thursday for 8 weeks

7 pm - 9 pm



FREE

Families Together

Time for Parents

Confidential support with any parenting
issue, helping you to find manageable
solutions for your family.

- Available face to face, via phone or via Skype
- Explore and set realistic goals
- Parents can attend individually or together
- Support available over the summer as well as during term time

Interested?

Register interest online
on the Families Together
page at parentingni.org.
Call 0808 8010 722 or
the coordinator on
078 8742 9054

ParentingNI



Family Works

Family Works are supporting children and families across Northern Ireland through their primary school age and post primary school age counselling support and meditation services. Find out more by [clicking here](#).

Contact Us:

Telephone: 028 9182 1721

Email: info@familyworksni.com



Seeds Carrickfergus

Seeds Carrickfergus was formed to promote positive mental health and support adults in the wider Carrickfergus area experiencing mental health difficulties. We provide a welcoming space to explore the roots of mental ill-health and to promote positive ways to recover.

Their recovery programme is based on the five ways to wellbeing.

Find out more at www.seedscarrick.com/

Contact Us:

Telephone: 077 9251 4892

Email: annemagill@seedscarrick.com

Child Protection support for Parents, Carers & Practitioners in NI



Our NSPCC helpline is for adults wanting help, advice and support. You can contact us for any help with parenting, such as advice on coping with your child's behaviour or keeping them safe online.

You can also contact us if you're worried that a child is being abused (sexually, physically or emotionally) or neglected. You don't have to say who you are.

Child Line: is a service for children who want to speak to us, whatever their worry, whenever they need help.

NSPCC Helpline: is a place where parents, professionals and the public can seek advice and share concerns about the welfare of a child

[Click here](#) to read more



*Working across the Armagh,
Banbridge and Craigavon
Council Area, Mid Ulster and
Fermanagh and Omagh Council
Areas*

The DICE programme

The project will improve outcomes for young people aged 10-21 years who are affected by parental substance misuse and raise awareness of 'Hidden Harm' in the community.

There will be activities included within the group work according to what the young people have an interest in. Previous groups have enjoyed camping, go-karting, water activities, art, game days and lots more. Those who may not be suitable for group work will also be able to enjoy some types of activities on a 1 to 1 basis.

Contact Us:

Telephone: Breigeen Corr at: 07769294334

Email: breigeen@breakthru.co.uk

Further info see: www.cdhni.org/news/dice-programme



Family Mediation Training: Autumn 2018

Family Mediation NI are inviting eligible candidates to apply to enter this comprehensive training route to accreditation as a Family Mediator recognised in the UK and in Ireland. This is a three stage process. The closing date for applications is 14 September 2018.

For further information and application forms [click here](#)

Are you working with a family who are separated or in the process of separation?

Family Mediation is a voluntary process and can achieve the best outcomes for children when parents fully engage. Family Mediation NI have put together a helpful resource to guide family support practitioners to support families who are separated or in the process of separation to ensure family are empowered to keep decision making within the family where possible.

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

Contact Us:

Telephone: 02890 243265

Website: www.familymediationni.org.uk/



HUNGER DOESN'T TAKE A HOLIDAY.



I pledge to end holiday
hunger for all children
& support the CiNI
campaign.



CiNI



Call for Evidence Submissions

Children in Northern Ireland is working with partners in Wales, Scotland and England on the project, which is a parliamentary inquiry into children's food insecurity in the UK (with a particular focus on disadvantaged groups).

The priority for the Inquiry over the next few months is to help drive submissions to the [evidence portal](#), which aims to collect testimonies from anyone who has experienced or witnessed children's food insecurity in any form, and who would like to share those observations with the Inquiry.

We hope you'll engage with the inquiry and would love for you to encourage others to disseminate and/or submit to the portal, which went live on 16th July. Your support would be hugely valuable and much appreciated.

[Click here to find out more and to submit your evidence](#)

Eating Disorder Association NI

We offer free support and understanding to anyone affected by an eating disorder, support for the person themselves and also their family and loved ones.

Our services include:

- 24 Hour Helpline Support
- Drop In Service, Monthly Support Groups & 1-1 Support
- Awareness raising workshops/ Early intervention programmes for schools
- Training for professionals and any groups wanting to learn more about eating disorders

Contact Us:

Telephone: 028 9023 5959

Website: www.eatingdisordersni.co.uk

Health and Safety in Childminding Settings



Health and Safety in a Childminding Setting is now available as a free web-based interactive digital learning course

The Minimum Standards for Childminding and Day Care for children under age 12, require Childminders to have core training in Health and Safety. The NISCC are providing this FREE digital learning resource that will allow Childminders to access this core training as and when they require and at a pace that suits them.

Find out more at www.familysupportni.gov.uk/wp-content/uploads/2018/08/Health-safety-in-Childminding.pdf



Summer Activities for Children with a Disability: August 2018

A list of Summer 2018 Activities has been produced for children and young people with a disability from the Armagh, Newry and Down Areas. To find out about activities near you please see the links below to the cypsp website for further information

Armagh activities : [click here](#)

Newry activities : [click here](#)

Down Sector activities : [click here](#)



It's Time to Play Sessions!

Guide Dogs Northern Ireland works in partnership with Angel Eyes NI and Sense to deliver the 'Family Focus' project, supporting families of children aged 0-4 with sight loss. This includes parental networking opportunities and tailored playgroups across the country, known as 'Time to Play' sessions. These sessions are fun and informal and are focused on sensory play tailored to each child's needs. New participants are always welcome .



Ballynafeigh (South Belfast)

Friday 21st September
Friday 19th October
Friday 16th November

Ballynahinch

Thursday 13th September
Thursday 11th October
Thursday 8th November

Banbridge

Friday 14th September
Friday 12th October
Friday 9th November

Broughshane

Wednesday 12th September
Wednesday 10th October
Wednesday 14th November

Jordanstown

Saturday 22nd September
Saturday 27th October

Contact Us:

Telephone:
0345 143 0193
or
028 9094 1633

Email:
[bel-
fast@guidedogs.or
g.uk](mailto:bel-fast@guidedogs.org.uk)



One Stop Shop



A multi-agency drop in service for women experiencing

- Physical abuse
- Emotional abuse
- Financial abuse
- Sexual abuse

The various agencies can 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
10am – 12pm.

No appointment necessary
Crèche facilities available.

Location: Thriving Life Church
Crawfordsburn Road
Newtownards
BT23 4EA

For any further information about the One Stop Shop or Women's Aid support services please call 028 91273196 or email onestopshop.ndawa@gmail.com

24 Hour Domestic and Sexual Violence Helpline
0808 802 1414

Parenting NI Walking on Eggshells Programme



WALKING ON EGGSHELLS
NON VIOLENT RESISTANCE PROGRAMME

Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.

Supporting parents & carers to achieve a calmer and violent free home

- Overcome sense of helplessness
- Develop a support network
- Stop destructive behaviours
- Improve family relationships

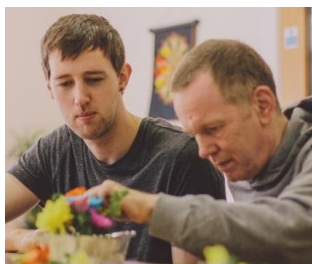
All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances.

CALL TO REGISTER
0808 8010 722

ENNISKILLEN
MONDAYS
1st Oct - 26th Nov
(break on 29th Oct)
10 am - 12 noon

* Due to funding stipulations this programme is only available to mothers at this time



Inspire Wellbeing Support Services

Inspire provide support and services for individuals with either a mental health condition and/or learning/intellectual disability or addiction issue across all aspects of their life.

We aim to develop and deliver a range of services that inspire and support your wellbeing, at home, in your community, at work or in your educational environment. Our support includes:

- Mental Health Support
- Housing Support
- Disability / Autism Support
- Addiction Support

Contact Us:

Telephone: 028 9032 8474

Email: hello@inspirewellbeing.org

Website: www.inspirewellbeing.org/our-services



People First Skills Academies

People First will run a series of 4 day training workshops in the South Eastern Area. If you are working with a family member or young person who would like to join one of the courses please contact People First to check eligibility

Construction Academy

Date: 20 – 23 August 2018

Location: Lisburn & Castlereagh

Retail Academy

Date: 3- 6 September 2018

Location: Ards & North Down
And

Date: – 4 October 2018

Location: Lisburn & Castlereagh

Contact Us:

Telephone: 07436535387

Email: cfsp@people-1st.co.uk



Local SERC College Open Evening for Part Time Courses

South Eastern Regional College (SERC) is preparing to host its annual part-time open evening at the Bangor, Downpatrick, Lisburn and Newtownards Campuses on

29 August from 4pm to 8pm

The event will be an opportunity for prospective learners to learn about the range of courses on offer and talk to the tutors. The event has been organised by SERC to help and support the local community re-engage in education and training. Tutors from a range of courses such as Essential Skills, Restart Education, Access to University and many others will be available on the night

Contact Us:

Website: www.serc.ac.uk

Facebook: [Facebook, search: SERC](#)

Atlas Centre



(English for speakers of other languages)

We have spaces in our Babies & Pre-School Child Development Centre for children whose parents wish to attend ESOL classes at the Bridge Community Centre

Tuesdays 9:15 – 1:15
&
Thursdays 9:15 – 1:15

Starting September 2018

Book Now

Tel: 07927 970847

Facebook: [atlas.lisburn](#)

Email: atlascentre@hotmail.com



Home Start Volunteering Opportunities

Do you work with parents or grandparents who are living in Northern Ireland that would like to help support families with young children?

With Home Start you can support local parents to give their children a happy and secure childhood whilst building skills and contributing within your own community.

[Click here](#) to watch the Home Start video for more information and contact details.

New Family Support Hub Coordinators

CYPSP would like to offer a special thanks to our network of family support hub coordinators across Northern Ireland for their hard work and dedication in supporting families through their local area hubs.

In particular, we would like to pay a special recognition to the following hub coordinators; Amy Gillen from Inner East Belfast, Angela Floyd from Ethos, Mustapha Benhassine from Strabane and Mark McCrystal from the Dry Arch Family Support Hubs who have now moved on to other opportunities.

We would like to introduce their predecessors. Please see below a list of new family support hub coordinators for these areas:

Inner East Belfast Family Support Hub

Rosy McLean

Rosy@alternativesrj.co.uk

Ethos Family Support Hub

Rose McCrossan

rose@shantallow.net

Strabane Family Support Hub

Liz Kavanagh (Interim)

liz.kavanagh@barnardos.org.uk

Dry Arch Family Support Hub

Donna O'Kane

Donna.okane@dryarchcentre.co.uk



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