

Bi-monthly Family Support Hubs Newsletter, October 2018

This edition includes:

- Parents Week 2018!
- Dads Project
- Domestic Violence Awareness Training
- Stepping Stones Training/ Employment
- EA Youth Service Programmes
- Mental Health First Aid Training
- Carers Trust NI Support Service



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

Core Members Survey Report for 2017/18

The Family Support Hubs have been growing and developing for the last 6 years and there are currently 29 Hubs in operation across Northern Ireland.

The Family Support Core Members Survey for 2017/18 is now complete.

We received over 200 responses from across the 29 family support hubs.

[Click here to read the report](#)



'Together Old and Young:

An Intergenerational Approach'

Wednesday 17th October 2018 1-3pm

Stranmillis College Conference Hall

(Main Building, Free Parking)



Are you interested in bringing older adults (65 plus yrs) and young children (0-8 yrs) together to have fun while sharing knowledge, values and skills?

You will learn about Intergenerational practice and how to find practical opportunities to engage in this.

All are welcome including Social Care Workers, Early Years Educators, Teachers, Community Workers, Volunteers etc.

Please contact info@lgni@bjf.org.uk to register your place

Celebrating Parenting Week 2018!



ParentingNI

Parenting Week
Family Fun Day!

FREE

Larne Library
Wednesday 24th October, 10 am - 1 pm

Join us for a Parenting Week celebration with Mini Explorers & Libraries NI!

Activities will celebrate & "encourage or promote" the parent child relationship. Giving children the opportunity to explore emotion based play with their parents to promote the parent child relationship.

#parentingweek
parentingni.org

mini explorers NI LTD
libraries ni
www.librariesni.org.uk



ParentingNI

Parenting Week
Family Fun Day!

FREE

Cookstown Library
Tuesday 23rd October, 10 am - 1 pm

Join us for a Parenting Week celebration with Mini Explorers & Libraries NI!

Activities will celebrate & "encourage or promote" the parent child relationship. Giving children the opportunity to explore emotion based play with their parents to promote the parent child relationship.

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Evidence
Based
PARENTING
SUPPORT
PROGRAMME
DELIVERY

Giving every child
the best start / opportunity
in life.

2018 / 2019

Parenting Programmes in the Southern Trust Area

The Southern HSC Trust have compiled a helpful guide of early years, school age and teenage years parenting programmes that will take place across the Southern Health and Social Care Trust Area.

To find out more [click here](#)

Contact Us:

Martina McCooey, SHSCT
Telephone: 028 37 564 4462
Email: martina.mccooey@southerntrust.hscni.net

Lorraine O'Neill, Education Authority
Telephone: 028 38 310 920
Email: Lorraine.ONeill2@eani.org.uk

Atlas Centre Programmes

The Incredible Years 14 Week Parenting Programme

Promoting Positive Behaviours for children aged 3 - 6.

Atlas Centre

Location Atlas Centre, 7 Bachelors Walk
Coffee Morning Wed 17th Oct 2018
Course begins Wed 24th Oct 2018
Time 10.00 – 12.00
Contact Gay or Mandy 028 92605806
Email atlascentre@hotmail.com

The programme is designed to strengthen parenting skills, prevent and treat behaviour problems in children.

- Learn and share tips on how to promote good behaviour.
- Have time out and fun with other parents.
- Enjoy a relaxing cup of tea and snack.

You will learn tips for

- ❖ Strengthening children's emotional health.
- ❖ Strengthening children's academic and social skills.
- ❖ Motivating children through rewards and praise.
- ❖ Setting limits, rules and routines in your home.



Early years leadership and governance conference

Early Years are hosting a one day conference which explores the concept of leadership within the early years sector and aims to provide programme leaders, members of the management committees and independent owners with information, advice and networking opportunities to support their decision making and enhance outcomes for children.

Date: 23rd November 2018

Location: Park Avenue Hotel Belfast

Find out more by [clicking here](#)

Atlas Centre Basic Sign Language

Starting Wednesday 24th October

10:00 – 11:45

6 Weeks



Book now

Tel: 07927 970847

Facebook: atlas.lisburn

Email: atlascentre@hotmail.com



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



Parenting NI Dads Project

The Dads Project supports dads in Northern Ireland who are separating, separated or currently involved within the courts service.

The Dads Project promotes dads being engaged and involved in their children's lives. This project will help you to develop more confidence in your parenting ability and to build positive connections with other dads in a similar position in your community.

Find out more by [clicking here](#)



Are you stressed as a parent, wondering how your children are going to be ready for life in the big bad world

Are you confused about how to be a wise, good, effective, loving parent in a world where peer pressure and social media are so dominant?

At the conference, Michael Anderson, a licensed psychologist and Timothy Johanson, a paediatrician will help you to think more clearly and confidently in order to get the GIST of raising life-ready kids with reduced stress levels.

The conference costs £10

Contact Us

To book a place please visit www.glenabbey.church

Families Together

PARENTING APART PROGRAMME

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

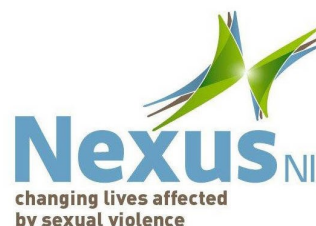
The programme explores:

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

Six week course starting
Thursday 8th November 2018
10.30am- 12.30pm (registration from 10am)
Home-Start, 12B Market Square, Antrim BT41 4AW (near Iceland)
To register ring 0808 8010 722

For more information visit:
parentingni.org

ParentingNI



Nexus Counselling Support

Nexus counselling is available to anyone who has been affected by sexual violence at any time in their life .

We offer counselling at our three regional offices (Belfast, L/Derry and Enniskillen) and at various outreach centres throughout Northern Ireland.

Contact Us

To find out more contact your local office by phone, use the [secure counselling request form](#) or email info@nexusni.org to receive more information.

Book now
**Introduction to Coaching
for Mental Health and
Wellbeing**

WorkWise
**A New Vision for a Healthy
Workplace**



At WorkWise, we aim to equip employers and employees with the skills and knowledge to support positive mental wellbeing within the workplace, maximising employee attendance, motivation and engagement. Our team of facilitators have extensive knowledge and experience in the field of mental health and in delivering training to a wide range of participants. We will work with you to assess your business requirements ensuring that all training provided is tailored to meet your specific needs. The courses includes:

- Basic Mental Health Awareness
- Managing Mental Health & Wellbeing at Work
- Managing Stress and Building Resilience
- Introduction to Coaching for Mental Health & Wellbeing - see below for how to book!

For more information on our training courses download our [brochure](#) or get in touch:

Contact Us

Email: workwise@mindwisenv.org

Telephone: 02890 40232



INVITATION

NSPCC Northern Ireland, the Community Practitioners and Health Visitors Association (CPHVA) and the Royal College of Midwives (RCM) are pleased to invite you to the launch of a new research report:

Time for action on perinatal mental health care in Northern Ireland
A report on the perspectives of health visitors and midwives

Event Details

Date: 26 November at 12.00pm – 2.30pm

Time: 12.00pm-2.30pm

Venue: 2nd floor, NSPCC NI Regional Office, The Lanyon Building, Jennymount Business Park, North Derby Street, York Road, Belfast, BT15 3HN

To find out more and to register to attend this event please email caroline.weir@nspcc.org.uk



FREE Steps to Cope Programme for Young People & Training for Staff

Steps to Cope is a short term resilience building intervention supporting young people who have experienced living with substance misuse or mental ill health in their family, which is often referred to as hidden harm. The intervention is adapted from the evidence based Adult 5 Step Method and gives young people an opportunity to discuss their experience, receive person centred information, explore their coping strategies and identify appropriate support that works for them – all of which is proven to help develop their resilience.

While ASCERT currently offers this support via a core team, we are seeking to develop a network of Steps to Cope capable practitioners to widen the support available. To that end we are offering FREE training in the intervention, so other organisations are equipped to support young people impacted by these issues.

We also have a wealth of information available at our website www.stepstocope.co.uk as well as an option for young people to register for self-directed work, which allows them to complete the intervention and develop their resilience online.

We also deliver youth oriented information sessions as well as staff development training that helps those who encounter hidden harm to know how best to handle it.

To make a referral, inquire about training, book an information session or to find out more call 0800 25 45 123 or email gregg@ascert.biz.



Directory of Family Support Services in the Down Sector

The CYPSP Down Locality Planning Group recently developed and launched their directory of family support services for the Down Sector. This pocket sized booklet has been designed for Parents, Families and Professionals. Children in the Down Locality enjoy a range of Universal Services e.g. GP, Midwife, Health Visitor, Nursery and School. Occasionally families require additional support, this Directory has a range of Family Support contacts which we hope will help.

Contact Us:

For further information please contact the Locality Planning Lead for the Down Sector, Noelle Hollywood, Community Development Health Practitioner:

Email:

Noelle.hollywood@setrust.hscni.net

Telephone: 07872422101

Website: Find out more about the CYPSP Down LPG by [clicking here](#)

WOMEN'STEC

Enabling women into non-traditional employment

Personal Development Training for Women

Free personal development training available to 16-24 year old women. At present the outreach could be confidence building, employability skills, health and fitness, wellbeing, mosaics, jewellery making but if a group was interested in a specific thing we could look at bringing someone in to deliver it to them. It's very wide and participant led.

Some of the skills you can learn at **WOMEN'STEC** include: Joinery, Furniture Making, Plumbing, Painting and Wallpapering, Electrics, Horticulture/ Gardening, Herbs and Soils, Wall and Floor Tiling, and other non-traditional areas.

For further information please contact Chloe.mcvey@womenstec.org

LIGHTHOUSE "A beacon of hope"

Mental Health Support

If you are worried about someone or if you are struggling with suicidal thoughts, depression or grief from a bereavement we are here for you.

Our services include:

- Counselling
- Bereavement Support
- Help and Advice
- Volunteering

Location: Belfast based offices

[Click here to read more about our services](#)



Bereavement Support Information Evening

Anam Cara Belfast, the organisation that supports bereaved parents, will hold a Bereavement Information Evening on:

**Wednesday 10th of October at 7:20pm
in the Crowne Plaza Hotel, Milltown
Road, Belfast, BT8 7XP**

A guest speaker experienced in supporting bereaved parents will talk for about forty minutes. Afterwards there'll be an opportunity to speak/listen to other bereaved parents or to speak to the professional should you have any questions or concerns.

Contact Us:

If you would like to attend this event or to find out more about our services please contact Anam Cara by:

Email: info@anamcara.ie

Telephone: 02895 213 120

Website: <https://anamcara.ie/ulster-2/>





Childcare... are we there yet?

CELEBRATING CHILDCARE PRACTICE IN BELFAST

Monday | 26 November 2018 | 9.15AM - 3.30PM
Belfast City Hall

We will celebrate the importance of high quality childcare in Belfast with the launch of a short film. It will be an excellent opportunity to share the perspectives of children, parents and childcare providers.



We are delighted to welcome Joe Griffin, Deputy Director, Children and Families Directorate, Scottish Government and Bernie McNally, Assistant Secretary Early Years & Education Division, Government of Ireland to share their experiences on creating a childcare system that is affordable, accessible, flexible, high quality and which supports children's development..



RSVP by 9 November 2018 to clover.gabbidon-lyttle@hscni.net



Do you need support or a chance to chat?

Join us from 10:30am at The Bridge Centre,
27 Braeside Gardens, Kilyleagh, BT30 9QE

Tuesday 18th September 2018



For further information please contact our Helpline on:
028 90 401729 (Opt 1) or email: info@autismni.org

Autism NI - tel: 028 9040 1729
www.autismni.org



Facebook:
/AutismNI



Twitter:
@AutismNIPAPA

Registered charity number: X822944, NI Charity Commission number: NIC100240.

Find out more and to download the registration forms by [clicking here](#)

To find a support group near you please [click here](#)



Domestic Violence Awareness Training Session

The South Eastern Domestic and Sexual Violence Partnership invite members of the statutory, community or voluntary sector to this FREE training. All agencies have a vital role to play in ensuring that anyone affected by domestic violence gets appropriate help and support.

Training Details

**16 November from 10am-1pm in Cherry Suite, Lisburn
Island Centre**

Contact Us

Booking is essential. If you would like to attend this training session please contact the team by email at:

Donna.OConnor@setrust.hscni.net





Training and Employment Service

We have been supporting people with Autism, ADHD, Dyslexia, learning difficulties and learning disabilities to gain meaningful training and employment.

Our team are experienced at supporting people with a range of needs and we will work with you on a one-to-one basis to create a personal development plan that you feel is achievable.

Some of the training on offer at Stepping Stones NI include:

- NVQ Level 1 + 2 in Food Preparation & Cooking
- OCN Courses such as Employability Skills, IT Skills, Money Management & Customer Service
- Soft Skills such as Appropriate Work Behaviour, Food Safety, Road Safety and Anti Bullying

Contact Us:

Telephone: 028 9266 6404

Email: support@stepping-stones.org.uk

Website: www.steppingstonesni.com

BALLYMOTE
What's on? **2018** 

Monday's INCLUSION CHAMPIONS // OCN Level 1 // Age 14+
Learn about different disabilities, develop new skills, meet new people & HAVE FUN!

Tuesday's YOUTH FORUM // Years 10-12
YOUTH COUNCIL // Years 12-14
Have your say in the local community, run events for young people, develop new skills.

Thursday's PEER LEADERSHIP // OCN Level 2 // Age 16+
Meet new people, develop new skills, gain 9 credits towards UCAS.


Friday's AFTER SCHOOLS // P6-P7 // 2.45pm-5.00pm
FRIDAY NIGHT THING // Years 8 & 9 // 6.30pm-9.00pm
Get to meet new people, develop new skills, HAVE FUN!

Saturday's SUPER SATURDAYS
YEAR 8+ // 6.30pm-9.00pm
Trips out, sports, games & chill out zone

For more information contact:
Lynsey Lloyd
028 44 616377 // 07500578522

 East Down Rural Projects

Photo by Lynsey Lloyd



Lecale Area Youth Project


#SELFIE
Monday Night Ballykinlar
-Gain New Skills - Team Games -challenges -Trips out and much more ...
6.30PM-8.30PM— For 10+
Ballykinlar GAA Club


OCN Peer Leadership Training
Gain Credits for Uni— Improve Skills— Challenge Yourself— Gain a Qualification—Have Fun...
Tuesday 6.30PM-8.30PM
Age 16+ Ardglass Community Centre

Youth Forum
Have Your Say— Learn New Skills, Make New Friends— Enhance Your CV—Trips Out— Have Fun..
Thursday 6.30PM-8.30PM
For Age 13-17 yrs
Ballyhorgan Family Centre

GIMME 5
Connect with New people— Be Active— Learn new Skills— Team Games— Sports— Trips— Have Fun and much more...
Friday 6.30PM-8.30PM— For Age 12+

 **FOR MORE INFO MEL MURRAY**
028 4461 6377

 @Lecale Area Project


(Transport Available To All Programmes)



For the first time, 'surf therapy' courses will be made available to young people, free of charge, who are experiencing anxiety, trauma or social isolation in Northern Ireland.

Twenty participants will be referred to the project for a six-week surfing course at Portrush or Benone, starting on 7 October.

They will learn to surf with the help of a volunteer 'surf mentor', who becomes a buddy for them throughout the course. The focus of this project will be on reaching young people who for various reasons are at risk of isolation.

Contact Us

Professionals can refer children aged 8 to 18 to the project by visiting the charity's website at www.waveproject.co.uk

Understanding Misuse of Prescription and OTC Drugs



This half day training is aimed at those that already have a basic drugs knowledge who want to have a better understanding of how prescription and Over The Counter medicines are misused. This is an information based course and is open to any individual working in the statutory or voluntary sector.

Training Details

Date: 26th and 29th November 2018

[Click here for further information](#)



Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

Training Details:

8th & 9th October 2018, 9.00am - 4.00pm
PIPS Hope and Support
50 Mill Street, BT34 1AG

Mental Health First Aid aims to help participants preserve life where a person may be a danger to themselves or others provide help to prevent a mental health problem developing into a more serious state promote recovery of good mental health provide comfort to a person experiencing mental distress.

Contact Us

To reserve a place on this 2 day training
Telephone: 02830266195
Email: Sarah@pipshopeandsupport.org

Having Effective Conversations Training

CYPSP Locality Planning in partnership with ASCERT and Ed Sipler from SEHSCT will host a 2-half day course on Effective Conversations about Change to improve health, wellbeing, relationships and improve the uptake of Family Support Services.

Training Details

Date: 16th and 22nd October 2018

Venue: Banbridge Enterprise Centre,
Banbridge

Cost: £20 per person

[Click here for further information](#)



Drug & Alcohol Coordination Teams (DACTs)

There are five Drug and Alcohol Coordination Teams (DACTs) in existence across Northern Ireland – one per Health and Social Care Trust area i.e. Belfast, Northern, South Eastern, Southern and Western.

The DACTs are multi-agency partnerships comprising all of the key agencies (statutory and community & voluntary) with an interest in, or remit for, addressing drug and alcohol related issues and concerns in the local area.

[Click here to find services near you](#)

Looking After Someone?

Carers Trust can help with advice on personal wellbeing, benefits and support, and can signpost for assistance with finance.

Location: Southern Trust Area Only

We offer a helpline and information service, training and social events. All our services are free and confidential and available to unpaid carers aged 18 & over who provide substantial and regular care for anyone with a disability, an illness or who is older or frail. This includes carers who receive carer's allowance.

[Click here to download the support service leaflet](#)

[Click here to download the support service referral form](#)



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