

Bi-monthly Family Support Hubs Newsletter, December 2018

This edition includes:

- Admissions to Pre-school and Primary
- Parenting NI upcoming workshops 2019
- Parent and care giver survey
- Online child protection—cyber safety



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

FREE Universal Credit Information & Awareness Training

This half day course will cover:

- Aims and principles of universal credit
- Who can claim;
- How UC is calculated and paid;
- conditionality & possible sanctions associated with UC



Who is this course suitable for?

This course is suitable for individuals and organisations working with clients impacted by Welfare Reform and who need to know the basics of Universal Credit.

Contact Us:

If you would like to facilitate a training session for your organisation please contact Louise Togneri, Training Manager 02890 244401 or email louise.togneri@lawcentreni.org

CHIP - Children with Imprisoned Parents



What is CHIP?

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. CHIP can offer various types of support including:

- 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 this service please email chip@niacro.co.uk or call 02890320157

Play Awareness Sessions for Parents

For more information view the flyer [here](#).

These sessions are expected to fill quickly and early booking is advised to avoid disappointment.

Contact Us:

To discuss your booking requirements or to book a space please contact Karen Witherspoon by:

Telephone: 02890 803380

Email:
karen.witherspoon@playboard.co.uk.



Play Awareness
Sessions For Parents





School Entry Admissions

If your child is starting Pre-School or Primary one you can apply for their place online from **Wednesday 2 January 2019**.

The closing date for applications is Thursday 31st January 2019 at 12 midnight.

If your child is transferring from Primary 7 to Year 8 the procedure stays the same.

To find out more information on applying [click here](#)



Parenting NI are offering FREE courses in various locations throughout January 2019.

- Odyssey, Parenting your Teen
- Dad's Project
- Walking on Eggshells
- Families together sink or swim

For more information [click here](#)



St. Vincent De Paul NI

Our focus is on practical approach to dealing with poverty, alleviating its effects on individuals and families through working primarily in person-to-person contact by a unique system of family visitation and seeking to achieve social justice and equality of opportunity for all citizens.

What we do;

- Personal visiting
- Social housing
- Short Breaks
- Youth Development Programmes

[Click here](#) to find out more



Food Banks across NI

Food Banks provide a vital role as they help to support people who find themselves or their families without food. In the last few years there has been a rapid growth of foodbanks providing a source of help to those in immediate need.

To find a foodbank near you [click here](#)



Think Family Training

CiNI has been tasked with providing awareness training on 'Think Family NI' and has been asked to promote training on the Family Model in the voluntary and community sector. We aim to help embed this approach with the goal of improving outcomes for children, young people and families where the parent has mental illness and/or substance use problems.

The Workshop is free and only available to those who work/volunteer for a voluntary, charitable, faith or community based organisation.

The workshop is free and is taking place on 13th December 2018.

For more information [click here](#)



Dads Project NI

Dad's Project supports Dads in Northern Ireland who are currently separating, separated or currently involved within the court system.

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.

To find out more about the project please visit the Parenting NI website at [click here](#)



Importance of Play Workshop

Western Childcare Partnership Group invite you to attend The importance of play, executive function and self-regulation workshop on **Monday 10th December 2018**.

Session 1 10am -12.30pm

Session 2 1.30pm - 4 pm

Venue - Strabane Enterprise Agency
Orchard Road Industrial Estate
Orchard Road, Strabane BT82 9FR

Workshop is free to attend and places are limited to 50 people per workshop.

For more information and how to book [click here](#)



Christmas Hope

Christmas Hope is Prison Fellowship's annual project to send a Christmas card to each prisoner in NI and to provide toys and hampers at a time of year when prisoners relatives can feel alone, forgotten or under financial stress.

To help or find out more information [click here](#)



PLAYBOARD NI
LEADING THE PLAY AGENDA

Play Training for Professionals

PlayBoard NI's Play Training for Professionals programme is targeted at those who work directly with parents and families. This one day free training session will equip professionals with the skills to better understand play and pro-actively promote play to parents and families.

For more information and dates of available courses in your area [click here](#)



AWARE deliver mental health programmes into communities, schools, colleges, university's and the workplace.

These programmes include:

- Mood matters
- Living life to the full
- Mental health first aid
- Mindfulness

For more information [click here](#)



Men's Advisory Project (MAP)

MAP exists to provide counselling service to men experiencing domestic abuse. We can provide support and facilitate you to understand your options and make your own choices and decisions.

Initial contact should be made by telephone

Belfast - 028 90 241929

Londonderry - 028 71 160001

For more information [click here](#)



'They think I'm making a fuss! But I've got a feeling that something's not right'

Early Intervention is better than waiting until it becomes a bigger problem. Find out more as soon as you're worried, rather than hoping it'll just 'go away'.

You are not alone. Thousands of parents contact us every year and get the help they need.

Contact Young Minds Parents Helpline

Telephone: 0808 802 5544

Email: parents@youngminds.org.uk

Website: youngminds.org.uk/parents



Northern Ireland
Executive

www.northernireland.gov.uk

DELIVERING SOCIAL CHANGE
THROUGH THE SOCIAL INVESTMENT FUND

Parent or Caregiver we want to hear from you

Have you any experience of Family Support Services?

The Department of Health is developing a new Family and Parenting Support Strategy. To make sure the Strategy and the plan are providing the right support we need to hear from YOU.

To take part in the survey or to find out more [click here](#)



Online Child Protection - Cyber Safety

This workshop takes a balanced approach to online child protection. It looks at harm prevention and protection in the on-line world and how we can enable children to be safe and protect themselves.

The workshop will take place on **1st February 2019**. To register to attend or to find out more [click here](#)

**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**

Odyssey ParentingNI *ParentingNI*

BELFAST
4th Feb - 25th Mar 2019

Every MONDAY for 8 weeks
6.00 PM - 8.00 PM



**STAY WELL
THIS WINTER**



Health and
Social Care



DoH

www.health-ni.gov.uk



Do you have a toddler or a pre-school child?

Last year only 50.6% of children aged 2-4 received the free nasal spray

Eligible children aged 2-4.
Those children born between 2 July 2014 and 1 September 2016

Talk to your GP about getting your child the flu vaccine

www.nidirect.gov.uk/campaigns/stay-well

PIPS Mental Health and Wellbeing Support

PIPS Charity are here to provide support to individuals who are considering or at some point have considered ending their own lives.

PIPS also provide support to those families & friends who have been touched by suicide.

For more information on PIPS charity
[Click here](#)



PIPS

“planting the seeds of hope”



0800 088 6042
028 90 805 850



281 Antrim Road,
Belfast, BT15 2HE



www.pipscharity.com
info@pipscharity.com



Drop in for a chat.
No appointment necessary.

Public Initiative for Prevention of Suicide and Self Harm

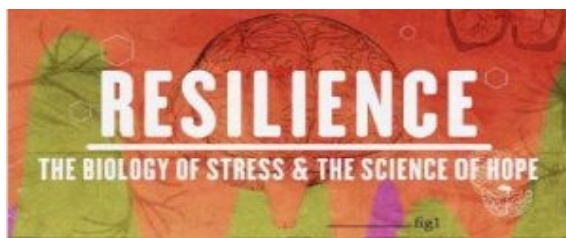
Registered Charity Number: XT23768



Ashes to Gold - 2nd Chance - Coleraine

Ashes to Gold charity are helping the community, including those who are long term unemployed, have mental health issues or learning disabilities to grow in confidence, motivation and self belief.

To find out more information [click here](#)



South Belfast Locality Planning Group together with the South Belfast One, CASA and outer South and East Family Support Hubs invite you to a FREE screening of Resilience.

Date: Thursday 13th December 2018
Time: 9.30am - 12.30pm
Venue: The Agapé Centre, 238 Lisburn Road, BELFAST, BT9 6G

Please confirm your attendance with Una.Casey@hscni.net or 02895362848 on or before 10th December 2018



The Niamh Louise Foundation

The aim of the foundation is to provide a safe environment where anyone can drop in to chat about worrying thoughts, thoughts of suicide and/or self harm.

Main areas covered are:

- Self harm
- Advice
- Mental health
- Bereavement
- Depression
- Suicide prevention

The foundation is based in Dungannon but covers all areas of Northern Ireland.

If you need help with any of the above please call 028 87753327



The Hope Centre is a community based provider of support to people of all ages, who are affected by, or at risk of addiction. They also provide a range of support to families and carers.

The Hope Centre is located in Ballymena To find out more [click here](#)



PLAYING IN ALL WEATHERS... FUN WITH THE WINTER ELEMENTS!

Winter is here and it's getting colder and darker – but it's still a great time for getting children of all ages outdoors. We just need to EMBRACE the weather!

Have a playful and positive attitude towards the winter season; show your children that winter can be fun. Try to model ways to be playful stamp your feet on ice patches or in puddles, have a snowball fight, play in the rain, make snow angels or snowmen! Take a breath of that cold winter air and remember that whatever you do outdoors you are supporting your children's health, wellbeing and happiness.

Think positive!

What we say...

Aw no it's raining! We're not going outside today.

What a dreary, miserable day.

It's freezing out there!

It's too windy today!

This weather is ruining our plans!

What we could say...

Let's get our raincoats on, looks like it's a muddy puddle day today!

Seems like the sun needed a holiday today, let's go and look at the clouds.

Let's put an extra layer on today and perhaps a hat too!

Oh let's see how that wind is blowing today.

Let's think of something that would be fun to do today in that weather.

"There is no such things as bad weather, only inappropriate clothing."

Ranulph Fiennes