

# SOUTHERN AREA LOCALITY PLANNING GROUPS

## EVENTS & PROGRAMMES NEWSLETTER

21<sup>st</sup> JANUARY 2019



Welcome to our new way of sharing information on the great work of services and organisations aiming to improve outcomes for children, young people and families in the Southern HSC Trust Area.

These newsletters are collated and shared through the Locality Planning Groups (LPGs) as part of the Children & Young People's Strategic Partnership (CYPSP).

One of our key functions is to share information given to us by both LPG members and others which aim to improve your contacts, participation, engagement and connections in the area.

This is a great way for you to advertise events, opportunities, programmes and initiatives. Please send us your relevant flyers, announcements and information, which we will share with around 600 contacts in the area.

We aim to send these, by e-mail, on alternate Thursday afternoons.

Darren Curtis  
Locality Development Officer



**FINAL CALL FOR  
REGISTRATIONS!**

## THE SOUTHERN CHILDCARE PARTNERSHIP

### INVITES YOU TO OUR MEN IN CHILDCARE EVENT

"Jobs for the Boys: Why Male Practitioners are Important  
in Children's Lives"



31ST JANUARY 2019  
9.30AM - 1.30PM AT THE EPI CENTRE,  
59 LISANALLY LANE, ARMAGH, BT61 7HF



RSVP by Friday 11th January 2019  
by completing the attached booking form and  
sending to [CCPTraining-SCP@hscni.net](mailto:CCPTraining-SCP@hscni.net)



## Family Health Initiative

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 DAY, DATE, YEAR  
VENUE  
TIME

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	DAY, DATE
2	Physical Activity	DAY, DATE
3	The Eatwell Guide	DAY, DATE
4	Gimme 5- Fruit and Vegetables	DAY, DATE
5	Reflecting on Mealtimes	DAY, DATE
6	Food Label Detectives	DAY, DATE
7	Supermarket Tour	DAY, DATE
8	Lunchboxes	DAY, DATE
9	Healthy Routines	DAY, DATE
10	Ready Steady Cook, Quiztastic	DAY, DATE
11	Sharing and Reflection	DAY, DATE
16	Follow up session	DAY, DATE
24	Follow up session	DAY, DATE
36	Follow up session	DAY, DATE

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



The Family Health Initiative is funded by the Public Health Agency.

## 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



**BANBRIDGE**

Weds 27th Feb -  
Weds 17th April 2019

Every Wednesday for 8  
weeks

7.00 pm - 9.00 pm



## 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.*

**NEWRY**

**THURSDAYS**  
24th Jan- 14th Mar 2019  
8 weeks  
7.00pm - 9.00pm

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

**CALL TO REGISTER**  
**0808 8010 722**



ParentingNI







**EDUCATION:**  
**We All Have a Role to Play**

**Thursday 7 February 2019**  
**9.30-15.00**  
**Riddel Hall, Belfast**



## Invitation

### Education: We All Have a Role to Play

This event aims to encourage dialogue on themes and topics relevant to education in Northern Ireland. It will also identify how participants envisage education in our society moving forward and discuss what role individuals, local communities and organisations can play.

Chair: Peter Osborne (Community Relations Council)

Contributors include:

Baroness May Blood (Integrated Education Fund)  
 Dirk Schubotz (QUB & ARK Young Life and Times)  
 Mairead McCafferty (NICCY)  
 Eileen Chan-Hu (CRAIC NI)  
 Maire Thompson (Hazelwood Integrated College)  
 Charmain Jones (Rural Community Network)

Refreshments and lunch will be provided.

For more information, please contact us by emailing [jessica@ief.org.uk](mailto:jessica@ief.org.uk) or phoning 028 9069 4099.

Register at:  
[wehavearoletoeventbrite.co.uk](http://wehavearoletoeventbrite.co.uk)

### YOUTH ACTION - DATES FOR THE DIARY

**LIFEMAPS TRAINING - Tuesday 29<sup>th</sup> Jan from 1-4pm IN 14 College Square North, Belfast**

LIFEMAPS – a youth work approach to building mental health incorporates a range of approaches and activities that can easily be incorporated into youth programmes to build health and well-being.

All participants completing training receive a resource booklet.

**MENTAL HEALTH TOOLKIT WORKSHOP - Thursday 24<sup>th</sup> January from 11 – 1.30pm, lunch included.**

Working with our partners in the Northern Ireland Youth Forum, Bytes and the Young Farmers Clubs of Ulster we have developed an assessment and improvement toolkit that enables youth groups and organisations to engage in a process of self-evaluation to improve outcomes for young people's mental health and well-being.

Please rsvp to Shirley at  
[shirley@youthaction.org](mailto:shirley@youthaction.org) / 02890240551

## What is Strengthening Families?

The Strengthening Families programme was developed in 1983 by Dr Karol Kumpfer, Professor of Psychology at the University of Utah. The core aim is to improve the family environment by helping parents to develop discipline techniques and to understand the importance of rewards and positive attitudes in their children.

### Key outcomes have been identified as:

- Delayed onset or long-term prevention to adolescent substance abuse
- Improved family communication
- Increased parenting skills
- Reduction in anti-social behaviours in young people
- Increased resistance to peer pressure
- Improved stress management skills in young people

The 14 week programme uses separate structured sessions for parents and children to allow both to work on parenting and life skills, followed by a joint parent-child session where both have the opportunity to practice their new skills through experimental exercises. Sessions always begin with a family meal to encourage family time and normal parent-child interaction in a relaxed setting.

**FAMILY MEAL** } 30MINS

TEEN  
SKILLS  
SESSION

PARENTS  
SKILLS  
SESSION

} 1HR

FAMILY  
SKILLS  
SESSION

} 1HR



Alongside the programmes, food, childcare facilities, and transport is provided free of charge to enable families to fully participate in the programme sessions.

For further support or  
information contact:

Strengthening Families  
Service Co-Ordinator

23 Bridge Street  
Lisburn, BT28 1XZ

www.ascert.biz

info@ascert.biz

028 9260 4422

@ASCERT1

'ascertNI'

**ASCERT**  
www.ascert.biz

HSC Public Health  
Agency  
Project supported by the PHA


## STRENGTHENING FAMILIES



A Free Fourteen week  
Parenting Programme  
delivered by ASCERT

### Parents and Carers:

- Meet other parents/carers with young people of similar ages
- Develop positive family relationships and parent/child communication skills
- Increase parental confidence and skills
- Increase ability of parent/caregivers to set appropriate limits and show affection and support to their children



I am able to support my child's dreams and goals

I am able to stay calm and get my point across

I am able to solve problems with my child

### Referral Pathway

Family presented to agency showing interest in SFP OR Agency working with family who they think could benefit from the programme

Referral agent meets with the family to explain the programme and to fill out the Family Nomination Form

Nomination form sent to SFP Co-ordinator  
This must name: the primary referral agent who will work directly with the family and a nominated secondary agent who can work with the family if the primary referral is unavailable

Following receipt of all Family Nomination Forms a meeting is scheduled with the advisory panel to review applicants if the nomination form meets the criteria for SFP then a place is provided if appropriate and the SFP co-ordinator contacts agency

Agency contacts family / formal invite is sent to family from SFP Co-ordinator. Family confirm attendance.

Week 1 of SFP commences

### Frequently Asked Questions

**"Here are the most frequently asked questions we receive on the project..."**

**"Who is it for?"**  
Any family with young people aged 12-16.

**"How much does it cost?"**  
It is FREE for families, fully funded by the PHA.

**"Where will I have to go?"**  
The Programme is run in places near to your home such as in a community centre, youth club or a local school.

**"How long will the sessions last?"**  
2 1/2 hours per week for 14 weeks.

**"Who will be there?"**  
Programme facilitators along with other parents/carers and young people


**"Are there refreshments?"**  
Yes, we start every session with a family meal (food and drinks) and there are even prizes to be won!

**"Are there childcare/play sessions?"**  
Yes, and these are fully funded by the PHA.

**"How do I get there?"**  
Where necessary, we can help with the cost of getting you to and from the programme.

### Young people:

- You will meet other young people your age
- Learn new skills
- Take part in activities
- Prizes and have FUN!



I know how a good friend behaves

I know healthy ways to handle stress

## Strengthening Families FACILITATOR TRAINING

Facilitators working in Southern Trust  
18th and 19th February 2019  
Promoting Wellbeing Training Room, St Luke Hospital, Armagh  
lunch and refreshments provided  
9:30am registration | 10:00 am start | 5:00pm finish

We are looking for practitioners who are working with families and want to be involved with the Strengthening Families Programme.

This two day course will provide you with all the knowledge you require to facilitate on our next Strengthening Families Programmes.

Completion of a programme is required for validation.

For More Information and to register please see our website

<http://www.ascert.biz/courses>





**Parenting<sup>NI</sup>**

**PRACTITIONER TRAINING**

**EXPLORING:**

- IMPORTANCE OF INVOLVING PARENTS
- BENEFITS OF PARENTAL PARTICIPATION
- MODEL OF BEST PRACTICE
- BARRIERS/ CHALLENGES
- PEER LEARNING
- GROUP WORK

**ENGAGING EFFECTIVELY WITH PARENTS**

**THURSDAY 14TH FEB 2019**  
**PARENTING NI HEAD OFFICE**  
**BELFAST**  
**9:45 AM REGISTRATION**  
**10AM - 1PM**

**TO REGISTER**

EMAIL  
**MICHELLEM@PARENTINGNI.ORG**  
**OR ADELE@PARENTINGNI.ORG**

**CYPSP**  
 Children & Young People's Strategic Partnership

**PERINATAL PROSECCO PARTY!**

PERINATAL ANXIETY  
 BIRTH TRAUMA  
 PSYCHOSIS  
 PTSD  
 DEPRESSION  
 ANGER  
 PERINATAL GRIEF

**LET'S LAUNCH THE PERINATAL UMBRELLA  
 & RAISE AWARENESS WITH BUBBLES!**

**THURS 28TH FEBRUARY @ 7PM, FINEGAN & SONS, NEWRY**

This is your invite to our (Centred Soul - Health & Wellbeing for all the Family) Perinatal Prosecco Party, an event to launch and celebrate the Perinatal Umbrella Leaflet - a well needed resource that has been created by the women of our BTAPS (Birth Trauma and Perinatal Support) Monthly Meetups.

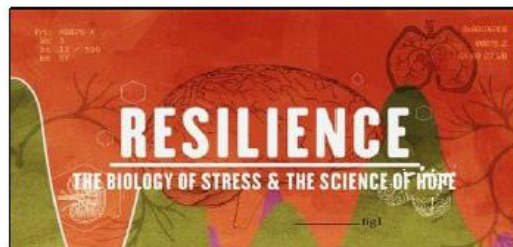
This is a free resource talking candidly about Birth Trauma and Perinatal Mood Disorders, using lots of colour and quirky, personalised drawings, to represent each mood disorder. Importantly, each drawing included in our resource, has been based on the lived experience of each of those who attend BTAPS, therefore represents a person within our community.

Contact Rosemary Deans:  
[info@centredsouls.co.uk](mailto:info@centredsouls.co.uk)



The CYPSP Southern Trust Locality Planning Groups  
in partnership with  
Connected for Life

Are hosting 2 screenings of:



**RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE**  
is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and chronicles the promising beginnings of a national movement to prevent childhood trauma, treat Toxic Stress, and greatly improve the health of future generations.

You are invited to attend this free screening and facilitated discussion  
which will be held at:

The Mourne Country Hotel, Newry on Thursday 14<sup>th</sup> March, 5.45-8.00pm  
(Book Now: <https://www.eventbrite.co.uk/e/screening-of-resilience-the-biology-of-stress-the-science-of-hope-tickets-55021557961>)

and

The Square Box Theatre, Ranfurley House Visitor's Centre, Dungannon on Tuesday  
19<sup>th</sup> March, 5.45-8.00pm  
(Book Now: <https://www.eventbrite.co.uk/e/screening-of-resilience-the-biology-of-stress-the-science-of-hope-tickets-55071451193>)

*These screenings are open to everyone including employees of services and organisations who work with children, young people and families, Schools, Churches, parents and carers*

For further information, contact Darren Curtis, Locality Development Officer, CYPSP, on  
[Darren.curtis@hscni.net](mailto:Darren.curtis@hscni.net) or 02895 363966.

<http://www.cypsp.org/task-finish-groups/regional-ace-reference-group>

**CiNI** Children in  
Northern Ireland

*Connected  
for life*





## Silvery Light Sailing

7 Linenhall , House WIN Business Park, Newry , BT35 6PH

Registered Northern Ireland  
Charity NIC 106339

Contact: 0044(0) 7968992647  
[

### SILVERY LIGHT SAILING

Silvery Light Sailing is a Newry based NI Registered Charity.

The charity operates a fully licenced, insured and professionally crewed Tall Ship providing sail training and community based activities suitable for all age groups.

The vessel can accommodate a maximum of 12 trainees/passengers plus 3 crew visiting Irish Sea Ports and communities on residential voyages lasting from 3 to 5 days.

### Residential Platform or an Afternoon Trip Down the Lough

Sailing is a challenging and fun way for young people to develop self-confidence. A five day residential at sea will help change lives. Participants quickly learn to manage themselves and interact with other dramatically boosting their self-awareness and confidence.

Not only the Young but Older 'Young at Heart' pensioner sailors, perhaps for the first time onboard a traditional sailing ship might simply enjoy the fresh air and the tranquil sea on a pleasant Afternoon Tea Voyage.

Day Trips, Weekend or or longer Residential Voyages can be tailored to meet specific requirement

### .Get in Touch

*Silvery Light Sailing would love to hear from Youth and Community Groups looking for something different in 2019 – why not try a unique experience onboard a local Tall Ship*

Open to all communities across Northern Ireland

Contact Mobile: 07968992647

Silvery Light Sailing, 7 Linenhall House, WIN Business Park, Newry BT35 6PH



**Aghnacloy Community Pot**

£500 per project available for successful projects

Theme - Community Safety and Wellbeing

Have an idea? Come find out more!

**Aghnacloy College – 24<sup>th</sup> January 2019 at 7pm**

Logos: Housing Executive, P&CSP Policing & Community Safety Partnership, and a police crest.

## Team Up with The Prince's Trust

### Week 1

**Meet the gang** – 12 other members of your team

### Week 2

**Go on a residential** for 3 days, canoeing, climbing, team building, and much, much more



### Week 3 to 5/6

**Community project** – Get out and meet the community, help with a project that you get to choose, painting & decorating, landscape gardening and make a difference

### Week 6/7 + 8

**Work Placements** – What do you want to do, try a new skill, sample a new opportunity, look for a career

### Week 9

**Next Steps** – Let us help you to put together a C.V. on our job search week. If you want to work and are not sure what to do then you should join our Team



### Week 10 + 11

**Team Challenge** – Get to know who is around you, speak to local groups, organise days away, ten-pin bowling, sports and fun

### Week 12

**Put it all together** – Finish off your qualifications, present yourself to your family and friends at an end of Team Programme get together

### Qualifications – your work will achieve results

Certificate in Employment, Teamwork and Community Skills

OCN Units- Healthy Relationships

Also – First Aid Certificate

The next Team starts **Monday 28<sup>th</sup> January 2019**. If you are interested, then call in and talk to Leon or Rhiannon @ South West College, Burn Road, Cookstown, BT80 8DN

Tel: 07840 904 735

Email: Leon.hughes@swc.ac.uk



Prince's Trust Cookstown



This Project is part funded by the Northern Ireland European Social Fund 2014 - 2020 - Investment for Growth and Jobs Programme



Women's Aid Armaghdown are currently recruiting Voluntary Directors for the following roles:

- Financial Accountability - Treasurer (VDT05/16)
- Administration support - Secretary (VDS05/16)
- Fundraising (VDF05/16)
- Policy Development (VDF05/16)
- Business Law (VDBL05/16)
- Health & Safety (VDHS05/16)
- Community Development (VDCD05/16)
- Strategic Development (VDSD05/16)
- Communication/PR (VDPR05/16)



We are an equal opportunities employer, which means that we are committed to providing equality of opportunity in employment to all persons.

Women's Aid is a women only organisation and the lawful recruitment of females for this post falls within the exemption stated in Article 10 (2b & e) of the Sex Discrimination (N.I.) Order 1976.

We welcome applications from all suitably qualified persons. However, as Protestants or women from ethnic minority groups are currently under-represented on our Board of Directors, we would particularly like to receive applications from them. All appointments will, however, be made on the basis of merit.

For further information and an application form or /and specific information on any or all of the roles cited above please e-mail Rebekah Nelson [rebekah@womensaidarmaghdown.org](mailto:rebekah@womensaidarmaghdown.org)

# SOUTHERN AREA LOCALITY PLANNING GROUPS

## EVENTS & PROGRAMMES NEWSLETTER

18<sup>TH</sup> JANUARY 2019



Locality Planning Groups (LPG's) are partnerships of front line leaders and staff across all sectors from the local neighbourhood/locality. We focus on early intervention to improve outcomes for children and young people.

Our 6 LPG's in the Southern Health Trust Area report to the Southern Area Outcomes Group by sharing information, knowledge and expertise about the local area and identify opportunities to improve outcomes for children and young people by working better together.

Members of each LPG understand the issues for children and young people in their locality by using the CYPSP data sets; organisational data; input from children, young people and their families; and linking closely with local Family Support Hubs.

If you would like to become a member of a LPG, please contact Darren Curtis, Locality Development Officer, at [Darren.Curtis@hscni.net](mailto:Darren.Curtis@hscni.net).

### Our next LPG Meetings:

- |                      |  |
|----------------------|--|
| <b>Craigavon:</b>    | Tue 5 <sup>th</sup> February @ Brownlow Hub                      |
| <b>Armagh:</b>       | Thur 7 <sup>th</sup> February @ Epicentre, Armagh                |
| <b>South Armagh:</b> | Tue 12 <sup>th</sup> February @ Newtownhamilton Community Centre |
| <b>Banbridge:</b>    | Tue 19 <sup>th</sup> February @ Banbridge Youth Resource Centre  |
| <b>Newry:</b>        | Wed 27 <sup>th</sup> February @ Newry Gateway Club               |
| <b>Dungannon:</b>    | Thur 14 <sup>th</sup> March @ BCM                                |

*All LPG meetings start at 10.00am: all welcome!*

For general newsletter information, contact:

Tel: Darren Curtis (028 9536 3966) / Joanne Patterson (028 9536 3216)

E-mail: [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)

CYPSP, 2<sup>nd</sup> Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR