

Thank you for your positive feedback on our information bulletin which is now titled **FYI** (*For Your Information*).

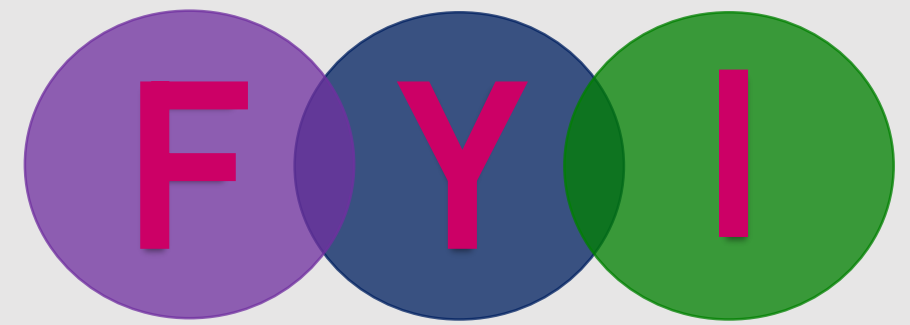
Our aim is to share local information which can improve outcomes for children and young people, whether they may be events flyers, programmes, opportunities or training.

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

You are welcome to advertise through us free of charge. Some friendly guidance is given on the last page for those who would like to share all their great work with the rest of us...

Stay Connected!

Darren Curtis  
Locality Development Officer, Southern Trust Area



**For Your Information**





**Hopeful Minds**  
an ongoing project

### Hopeful Minds Facilitator Training

Hopeful minds is a new curriculum project developed by the International Foundation for Research and Education on Depression. It is based on research that suggests 'Hope is a teachable skill'. Over two days you will receive a training pack with lesson plans and resources, to support you to deliver this programme. Hopeful Minds aims to equip students, educators, and parents with the tools they need, to find and maintain Hope, even during the most trying of times.

#### Who is the course relevant for?

Individuals should possess a passion to promote mental health and emotional wellbeing, who feel confident and skilled in working with children, young people and families, and are available to deliver 12 x 1 hr sessions in an agreed setting.

Places are funded by the Southern Trust Promoting Wellbeing Division.

**Dates:** 25<sup>th</sup> & 26th March 2019

**Time:** 9.30am to 4.30pm each day

**Venue:** PWB Training Room, St. Luke's

Course trainer : Marie Dunne - Founder of Hopeful Minds NI.

If you are interested in becoming a facilitator please contact  
[Orla.Murtagh@southerntrust.hscni.net](mailto:Orla.Murtagh@southerntrust.hscni.net) Tel: 028 375 64489



### For more information please contact:

Promoting Wellbeing Division  
[Orla.Murtagh@southerntrust.hscni.net](mailto:Orla.Murtagh@southerntrust.hscni.net) 028 37 564496  
[Esme.Brown@southerntrust.hscni.net](mailto:Esme.Brown@southerntrust.hscni.net) 028 37 564472

## Volunteer as a Roots of Empathy Instructor!



### Seeking experienced volunteers to undertake an exciting opportunity as a Roots of Empathy Instructor

Roots of Empathy is an evidence-based program that has shown significant effect in reducing levels of aggression, including bullying, among school children while raising social and emotional competence and increasing empathy - the ability to understand how another person feels.

Instructors deliver all aspects of the Roots of Empathy curriculum in the classroom.

#### Becoming a Roots of Empathy Instructor:

- Instructors attend an intensive 4-day training before working in the classroom.
- The program is delivered by the Instructor over the course of 27 classroom visits throughout the school year.
- With the help of a community parent and baby, Instructors guide students in identifying and reflecting on their own feelings and the feelings of others.
- All candidates are encouraged to apply, however experience in child or infant development, parenting education, community development or teaching children in a classroom setting is an asset.



## DRUG & ALCOHOL RESPONDER

We are all aware of the negative impact alcohol and other drugs can have on individuals, families and the wider community. People are often unsure how to access the right support.

The Drug and Alcohol Responders initiative provides key members of the community with the tools to have effective conversations with individuals seeking help about their alcohol or other drug use and to signpost them to the most appropriate services.

Responders will be members of the community drawn from a range of backgrounds, perhaps working in job centres, taxi firms, community organisations or anywhere else that has a front-facing role, or those involved in community or church groups, sports clubs or foodbanks etc.

Responders will undergo a comprehensive two-day accredited training programme. Over the two days, participants will receive training in basic alcohol and drug awareness, how to have effective conversations using the evidence-based Brief Intervention (FRAMES) model and how to use the online Responder toolkit. The online toolkit has been designed to guide Responders through any interactions they may have and aid them in identifying further options and signposting for the individuals concerned.

Drug and alcohol Responders will be supported by their local Drug and Alcohol Coordination Team (DACT) Connections service.

For further information please contact:  
Southern Drug & Alcohol Connections Service  
Phone: 02838322714  
Email: [connections@edact.info](mailto:connections@edact.info)  
Website: [www.drugsandalcoholni.com](http://www.drugsandalcoholni.com)



### What:

The Youth Inclusion Hub is running a series of half day of workshops for anyone involved in the Youth Sector; learn how you can make Youth Work more inclusive of children and young people who have a disability.

### WHEN AND WHERE?

**Tuesday 26<sup>th</sup> FEBRUARY 2019 12:30 – 3:30PM**

**Cedar Foundation 1 Upper Lisburn Road Belfast BT10 0GW**  
12.30 - 3.30pm- **Physical Disability Awareness** - Practical support to help overcome the issues faced by young people with physical disabilities including accessing mainstream activities.

### Link to register:

[https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7JDk5pmUCX-a-xZapO4Fbn1aFMCh2bPg-fnxURIM4TkZLTkzUFNCUKzR1BXMzJmVjM1M\\$4u&sharefoke=E4omMajOMExEB6jga5r](https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7JDk5pmUCX-a-xZapO4Fbn1aFMCh2bPg-fnxURIM4TkZLTkzUFNCUKzR1BXMzJmVjM1M$4u&sharefoke=E4omMajOMExEB6jga5r)

**Cedar Foundation Unit D3 Balliniska Business Park, Springtown Drive, Derry BT48 0NA 12.30-3.30pm - ASD Awareness** - Explore issues faced by young people with ASD around inclusion and exclusion. Youth workers will explore how to make their activities more inclusive.

### Link to register:

[https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7JDk5pmUCX-a-xZapO4Fbn1aFMCh2bPg-fnxUQTNU\\$TIRN0s3NFVCREFXMEFGV1dRRzZBVC4u&sharefoke=ZVrVlvPmo0gMxK5xd7m](https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7JDk5pmUCX-a-xZapO4Fbn1aFMCh2bPg-fnxUQTNU$TIRN0s3NFVCREFXMEFGV1dRRzZBVC4u&sharefoke=ZVrVlvPmo0gMxK5xd7m)

**RNIB 3 Strand Rd, Londonderry BT48 7BH 12.30-3.30pm- Visual Impairment Awareness** - Introduction to Sight Loss conditions, how to guide and try out assistive technologies

### Link to register:

[https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7JDk5pmUCX-a-xZapO4Fbn1aFMCh2bPg-fnxURFQwWtdJQVnIUFB1N1HNVFyNESCTEpT\\$4u&sharefoke=Dz3L0d7bZmtv7z3U2Bp2](https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7JDk5pmUCX-a-xZapO4Fbn1aFMCh2bPg-fnxURFQwWtdJQVnIUFB1N1HNVFyNESCTEpT$4u&sharefoke=Dz3L0d7bZmtv7z3U2Bp2)



Any questions about the events contact  
Helen McVitty-O'Hara  
on 0779697571 or  
Email [helen.mcvitty-ohara@mencap.org.uk](mailto:helen.mcvitty-ohara@mencap.org.uk)





## Play Matters

Playing with nature, mud & getting dirty



Who can remember being outdoors building dens, climbing trees, making perfumes from leaves and flowers or playing with mud, stones or water? These types of childhood outdoor play experiences have been declining over time and children today are therefore having much less contact with the natural world.

Our first play briefing sheet for 2019 **'Playing with nature, mud and getting dirty'** aims to help parents consider the importance of letting children have contact with the natural world including their exposure to bacteria and germs and indeed, playing with mud, making a mess and getting dirty!

[www.education-ni.gov.uk](http://www.education-ni.gov.uk)

email: [playmatters@education-ni.gov.uk](mailto:playmatters@education-ni.gov.uk)

For further details, see 'Attachment 1'



## FREE INTERNET SAFETY SEMINAR FOR TEACHERS

Monday 4th February 2019  
9.30am—12.30pm  
WIN Business Park, Newry

This years theme for Safer Internet day is:

**'Together for a better internet'**

At REIM we believe that giving teachers the knowledge and skills to educate our children and young people about the positive and negative impact of the Internet is an essential part of each child's education so we are proud to support Safer Internet Day 2019 by offering a free seminar!

Limited availability, book early to avoid disappointment



REIM Training Solutions

SHOUT OUT  
TO ALL  
PARENTS &  
CARERS!

Living  
with a  
long-term  
health  
condition?

# LEARN HOW TO TAKE CONTROL

Struggling  
to  
cope?

- Manage your pain
- Improve your mood
- Sleep better
- Be more active
- Feel more positive
- Feel in control

Don't  
know  
what to  
do?

Come along to our next programme

**Where:** Newtownhamilton Community Centre  
The Square, Newtownhamilton  
**When:** Monday 18, 25 Feb, 4 and 11, 18, 25 March 2019 (six x 2.5 hour sessions)  
**Time:** 10.30am – 1.00pm  
**Cost:** FREE

**Call 028 9078 2940**  
to register or find out more



Arthritis Research UK and Arthritis Care  
The McCune Building, 1 Shore Road, Belfast BT15 3PG  
Tel: (028) 9078 2940 Email: [nireland@arthritiscare.org.uk](mailto:nireland@arthritiscare.org.uk) [www.arthritiscare.org.uk](http://www.arthritiscare.org.uk)

SUPPORTED BY  
HSC Southern Health and Social Care Trust

HSC Southern Health and Social Care Trust  
Quality Care - for you, with you



MAKE YOUR VOICE HEARD TO IMPROVE MENTAL HEALTH CARE

Have you or someone you know, had recent contact, care or treatment with Mental Health Services during the past 12 months? 10,000 More Voices initiative wants to hear. We want to hear from young people who are over 18 years, parents/carers.

### What is 10,000 More Voices?

The 10,000 More Voices Initiative gives you an opportunity to tell us your experience of receiving health and social care and in particular highlight what is important to you and what matters to you. We would like to hear your story.

Surveys are available from Southern Trust 10,000 More Voices Facilitator Mairead Casey 028 3756 6764 or mobile 077 89505502.

Electronic version available on;  
<http://10000morevoices.hscni.net>

If you would like some help completing the survey or would like an alternative version made available please contact: 028 95 362868 (office hours).

YOUR EXPERIENCE MATTERS



HSC Public Health Agency

HSC Health and Social Care



## Southern Area Safeguarding Panel Neglect Awareness Raising Workshop

### *The impact of neglect on the health and development of children and young people*

You are invited to attend a community based multi-agency workshop on the theme of neglect delivered by the Southern Area Safeguarding Panel as part of their response to the SBNI Neglect Multi-Agency Strategy 2018-2022.

The aim of the workshop is to increase knowledge and confidence on the issue of neglect for those supporting and engaging with families in the Southern Trust area. The workshop will cover topics such as recognising neglect and responding to this issue appropriately, as well as signposting to the relevant local agencies.

The workshop is to be held on:

DATE/TIME	VENUE
Friday 15 <sup>th</sup> March 2019	Seagoe Parish Centre
Tea / Coffee on arrival at 9.30 am	46 Seagoe Road
Training at 10am – 1pm	Portadown
	Craigavon
	BT63 5HW

This **FREE** workshop will be of interest to those for whom neglect is a key area of work with families; including statutory and voluntary and community sector agencies. The workshop is aimed at those who may not have formal training on neglect but who provide support to families in the Southern Trust area through local statutory and community and voluntary sector agencies.

To book a place email: [attracta.ohagan@southerntrust.hscni.net](mailto:attracta.ohagan@southerntrust.hscni.net)

**RSVP by 22<sup>nd</sup> February 2019**

Clearly stating:

NAME:	
Job Title	
Organisation / Agency	
If you are Southern Trust member of staff please provide your staff number	
Email address	
Tel Number	



## Southern Health and Social Care Trust

The Southern Trust wishes to establish a bank of suitably qualified and experienced service user and carer consultants to draw on for ad hoc work to support the implementation of the regional PPI standards and the delivery of specific Trust PPI and Co-production priorities.

The Service User Carer Consultant (bank) B5 will be advertised from 30/01/2019 and will close on 13/02/2019 at 16:00.

Further details available at [www.hscrecruit.com](http://www.hscrecruit.com)



**Parenting NI**  
**PRACTITIONER TRAINING**

**ENGAGING EFFECTIVELY WITH PARENTS**

**EXPLORING:**

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

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

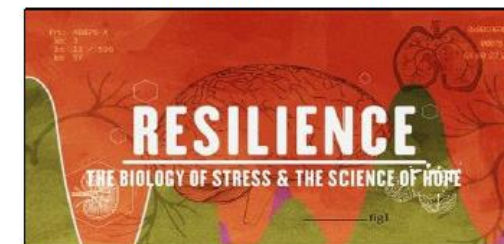
**TO REGISTER**  
**EMAIL**  
**MICHELLEM@PARENTINGNI.ORG**  
**OR ADELE@PARENTINGNI.ORG**

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



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





### Workforce Development Training

ASCERT is contracted by the Public Health Agency to provide a Workforce Development Training Programme for the workforce in the statutory and voluntary sectors.

The aim of the programme is to develop knowledge and skills in addressing substance misuse. Courses are free and are CPD certified. The courses available are listed below.



#### Strengthening Families Facilitator Training-SHSCT

Code: SFP-S  
Date: 18th & 19th February 2019

Location: St Lukes Hospital, Armagh, Promoting Wellbeing Training Room

Duration: 2 Days- All Day Session



#### Working with Young People and Substance Misuse-0030

Code: WFD04-WYP-03  
Date: 27th & 28th February 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 2 days



#### 06- Foundation Module - Children, Young People and Families

Code: WFD05-FYP-06  
Date: 8th, 15th & 22nd March 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 3 Days



#### 022-Safeguarding Children Affected By Parental Substance Misuse

Code: WFD03-HHP-22  
Date: 22nd March 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: Half Day



#### 032- Substance Misuse Awareness

Code: WFD05-SMA-32  
Date: 25th March 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 1 Day



#### Parental Substance Misuse-0020

Code: WFD04-PSM-02  
Date: 15th & 16th April 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 2 Days



#### 023-The Regional Initial Assessment Tool for Young People (RIAT)

Code: WFD03-RIA-23  
Date: 3rd May 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: Half Day AM session

For further information,  
e-mail:  
[colin@ascert.biz](mailto:colin@ascert.biz)



Play is generally agreed to be something that children & young people do quite naturally.

Children need to **PLAY** to  
**BE ADAPTABLE**  
**CONSTRUCT KNOWLEDGE**  
**PROBLEM SOLVE**  
**LEARN**  
**CREATE**  
**PROCESS EMOTIONS**  
**INTERNALISE EXPERIENCES**  
**DISCOVER**  
**CHALLENGE**  
**BE HEALTHY THEMSELVES**  
**LAUGH & HAVE FUN**  
**LEARN TO WORK TOGETHER**  
**IMAGINE**  
**LEARN TO LEAD**  
**EXPRESS IDEAS**  
**EXPLORE**  
**SPEAK**  
**DEVELOP**  
**READ**  
**AN INQUIRING MIND**  
**WRITE**  
**STRESS**  
**COUNT**  
 Because **PLAY** matters.

Play Matters  
 MAKE TIME FOR PLAY  
 (EVERYDAY)

## Play Matters

**Time to play:** simply put – children and young people need time to play. Free play is as important for children and young people as lessons, homework or structured activities. Playing is important for children's health and wellbeing.

**Time Out:** most children love to play outdoors. Time playing outdoors in the natural environment with friends is good for children's physical, mental and social development.

**Screen time:** today's children are spending more and more time using digital technology and devices. We need to set limits and encourage children to limit their screen time and play more.

**Play resources:** play does not need to be costly or expensive. Children love to play with natural resources such as cardboard boxes, materials, chalks, old clothes etc.

**Play Opportunities:** bring back some traditional play opportunities like building dens, playing hopscotch, climbing trees and street games.

For more information contact:

Angela Stallard  
 Children & Young People's Strategy Team  
 Department of Education  
 Rathgael House  
 Balloo Road, Bangor BT19 7PR

Tel: 028 9127 9203 (Ext 59203)  
 Email: [playmatters@education-ni.gov.uk](mailto:playmatters@education-ni.gov.uk)  
 Website: [www.education-ni.gov.uk](http://www.education-ni.gov.uk)

The  
 ATLANTIC  
 Philanthropies



Northern Ireland  
 Executive  
 DELIVERING SOCIAL CHANGE

# Play Matters



[www.education-ni.gov.uk](http://www.education-ni.gov.uk)



**F**unded through the Early Intervention Transformation Programme (EITP) the Children and Young People's Strategy Team in the Department of Education are excited to be taking forward a Play and Leisure Project aptly titled **'Play Matters'**.

Play Matters aims to ensure that policy makers, practitioners and parents understand that play is a vital part of childhood and is necessary for children and young people's overall healthy development. The key beneficiaries of the project will include children and young people, parents, families and wider communities.

One of the best ways for children to stay both physically and mentally healthy is through access to a variety of unstructured play opportunities. Play Matters promotes the concept of play which is freely chosen and self-directed by children.

**Play Matters** has three core elements:

**Play Shaper Programme:** a programme of professional play development, training and guidance for a range of stakeholders who directly or indirectly influence play (policy makers, councils, Departments, service deliverers, planning officers, PSNI, community representatives, health professionals etc.) This play development programme aims to help professionals understand the importance of play and leisure and their role in creating child-friendly and/or play-friendly communities.

**Parents Programme:** aimed at providing parents with the skills, knowledge and confidence to meaningfully play with their children and an understanding of the many benefits of play in relation to children's development. Delivered through play specific training for professionals who work directly with parents/Play Awareness Sessions for parents/ and Play Modelling Sessions for children and parents together.

**Play Messaging Campaign:** which is aimed at distilling a number of key play messages to parents; including the importance of playing outdoors, limiting screen time and ensuring older children have time for play and leisure.

**Children's Right to Play**

The importance of play in children and young people's lives has long been recognised. In 1989, 140 countries signed up to a convention that sets out children's rights. Known as the United Nations Convention on the Rights of the Child (UNCRC) it grants over forty rights including the right to play, leisure and recreation (Article 31).

**Article 31**  
*Every child has the right to rest and leisure, to engage in play and recreational activities appropriate to the age of the child and to participate freely in cultural life and the arts.*

Article 31 was ratified by the UK government in 1991. The government has a duty under this convention to protect and promote play opportunities for all children and young people.

On behalf of the Southern Outcomes Group Enjoying and play Task Group, we are asking for a number of nominations to attend a training event to be organised in the Mid-Ulster area (Dungannon) in relation to the Playshaper programme aimed at those in community planning partner organisations who are involved in planning, place shaping and design of public spaces, and those in positions of influence who feed into the community planning process.

The Play Shaper programme offers a unique opportunity for partners and stakeholders to work together to better understand the role of play in helping to create healthier, happier communities and explore how, through a collaborative approach opportunities for play can be enhanced.

Katie Turkington from Playboard has offered to run this training over 2 half days. (Dates and venue TBC in due course.)

If you or your organisation would be interested in partaking in this training, please send your nomination to:

Valerie ([Valerie.Maxwell@hscni.net](mailto:Valerie.Maxwell@hscni.net)) or Ruth ([Ruth.Alexander@southerntrust.hscni.net](mailto:Ruth.Alexander@southerntrust.hscni.net)) by Tuesday 5<sup>th</sup> February.





**integrate  
my School.com**

**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:  
[wehavearoletoplay.eventbrite.co.uk](http://wehavearoletoplay.eventbrite.co.uk)



The Cedar Foundation are currently recruiting for Bank Support Workers to support young people with disabilities, Autism and Brain Injury to participate in personal and social development opportunities. We have a number of vacancies in Cookstown/Magherafelt, Newtownabbey, Dungannon, Armagh and Newry areas.

These roles are perfect for anyone interested in developing a career or gaining experience working with young people through Teaching, Youth Work, Social Work, Child care or any people facing career. They could also be of interest for anyone looking some additional work to supplement their income or to work around family life.

For further details, see 'Attachment 2'

## 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**



**BANBRIDGE**  
Weds 27th Feb -  
Weds 17th April 2019  
Every Wednesday for 8  
weeks  
7.00 pm - 9.00 pm

## Reflexology - A Footmap

- This is a 1 day workshop exploring Reflexology, designed to give every participant a basic understanding of Reflexology and a 'foot map' of a basic treatment to take away and use on family and loved ones.
- Sunday 24th Feb 10am-4pm
- Investment £60
- No experience is necessary and may be of particular interest to parents or carers.
- Contact: Jeanette at Solas Therapy 07703210445 or [jay.jackson014@gmail.com](mailto:jay.jackson014@gmail.com)



## Usui Reiki 1

- \* Traditional Usui Reiki Training and Attunement.
- \* A relaxing and nurturing day spent learning about Reiki and energy healing suitable for self care or the treatment of family and loved ones
- \* Particularly suited to parents and carers
- \* Investment £110
- \* 9 Feb 10am-5pm in Armagh
- \* Contact Jeanette at Solas Therapy 07703210445 / [jay.jackson014@gmail.com](mailto:jay.jackson014@gmail.com) <https://www.facebook.com/SolasTherapy/>







## 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 & have fun together.

Starting Wednesday 16th January (for 11 weeks)  
@ St Josephs Convent P.S. Newry  
3pm – 5pm

### 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	Wednesday 16 <sup>th</sup> Jan
2	Physical Activity	Wednesday 23 <sup>rd</sup> Jan
3	The Eatwell Guide	Wednesday 30 <sup>th</sup> Jan
4	Gimme 5- Fruit and Vegetables	Wednesday 6 <sup>th</sup> Feb
5	Reflecting on Meal Times	Wednesday 13 <sup>th</sup> Feb
OFF Mid-Term Wednesday 20 <sup>th</sup> February		
6	Food Labelling and Shopping	Wednesday 27 <sup>th</sup> Feb
7	Supermarket Tour	Wednesday 6 <sup>th</sup> March
8	Lunchboxes	Wednesday 13 <sup>th</sup> March
9	Healthy Routines	Wednesday 20 <sup>th</sup> March
10	Ready Steady Cook, Quiztastic	Wednesday 27 <sup>th</sup> March
11	Sharing and Reflection	Wednesday 3 <sup>rd</sup> April
16	Follow up session	Wednesday 8 <sup>th</sup> May
24	Follow up session	Wednesday 3 <sup>rd</sup> July
36	Follow up session	Wednesday 25 <sup>th</sup> Sept

**FREE FRISBEE, WATER BOTTLE, HIGHLIGHTER, SHOPPING BAG, NOTEBOOK & BEACHBALL** for those who attend each week.

For more information & to register contact Diane on 07791334012



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

## New **FREE** Healthy Lifestyle Programme

### FAMILY HEALTH INITIATIVE 'Healthier Choices, Healthier Families'



Would you as a family like to work towards being a healthier, happier family?

Then why not try out this new exciting family focused programme starting on:

Starting Thursday 21<sup>st</sup> February (for 6 weeks)  
At St Patrick's Primary School, Dungannon  
Time: Primary 1- 3: 9:30am - 11am  
Primary 4 - 7: 1.45pm – 3:15pm

St Patrick's Primary School and Early Years - the organisation for young children are rolling out a new **FREE** exciting healthy lifestyle programme for families with children in **Primary 1 – 3 and Primary 4 – 7** (younger siblings also welcome to attend with parents/carer). This programme aims to help families make healthier choices looking at healthy eating, physical activity and wellbeing.

Session	Date	Topic
1	Thursday 21 <sup>st</sup> February	Getting to know you
2	Thursday 28 <sup>th</sup> February	Reflecting on Physical Activity
3	Thursday 7 <sup>th</sup> March	The Eatwell Guide
4	Thursday 14 <sup>th</sup> March	Food Labelling
5	Thursday 21 <sup>st</sup> March	Routines
6	Thursday 28 <sup>th</sup> March	Sharing and Reflection
14	Thursday 23 <sup>rd</sup> May	Follow up session

Families will receive lots of exciting incentives each week including fruit & vegetables, physical activity equipment, shopping bags, recipe books and much more!

To register contact St Patrick's P.S or contact Diane on 07791334012



This project is funded by the Public Health Agency

## Family Health Initiative

Come and meet the healthy living gang!...



**early years**  
the organisation for young children  
family health initiative

This is a **FREE** 8 week healthy lifestyle programme for all families who have a child under 5 years. Each week parents/carers will learn about healthy eating and physical activity, and the impact these have on a child's life. During Food Time a healthy snack will be provided for children to try new foods. Each session will finish with adults and children taking part in fun active games, and learn how to be healthy with puppets Ben, Orla and friends.

**Starting: Tuesday 5th February (for 8 weeks)**  
**@ Forever Friends Preschool Playgroup, Coalisland**  
**Time: 9.30am—11pm**

Layout of programme: Discussion & Play Time – Weekly topic discussion  
Food Time – Healthy snack  
Activity Time – Puppets, story and activities

Dates	Topic
Week 1: Tuesday 5 <sup>th</sup> February	Family Health Initiative Overview
Week 2: Tuesday 12 <sup>th</sup> February	Reflecting on Physical Activity
Week 3: Tuesday 19 <sup>th</sup> February	The Eatwell Guide
Week 4: Tuesday 26 <sup>th</sup> February	Gimme 5: Fruit and Vegetables
Week 5: Tuesday 5 <sup>th</sup> March	Food Labels & Shopping
Week 6: Tuesday 12 <sup>th</sup> March	Managing Behaviour at Mealtimes
Week 7: Tuesday 19 <sup>th</sup> March	Healthy Routines
Week 8: Tuesday 26 <sup>th</sup> March	Sharing & Reflection
Week 16: Tuesday 21 <sup>st</sup> May	Food Portions

Families who complete the programme receive 3 free storybooks: Ben Loves to Play, Megan's Garden & Orla's Party, to read to your child, and lots more!

To register contact: Diane on 07791334012



Public Health  
Agency



Southern Health  
and Social Care Trust

This project is funded by the Public Health Agency



## 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 Aternoon Tea Voyage.

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

### .Get inTouch

*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



## What is Strengthening Families?

The Strengthening Families programme was developed in 1983 by Dr Karol Kumpfen, 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](http://www.ascert.biz)

[info@ascert.biz](mailto:info@ascert.biz)

028 9260 4422

@ASCERT1

'ascertNI'

**ASCERT**  
[www.ascert.biz](http://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

### 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!

## 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>





# QUIZ NIGHT!



£4.00

8.00pm

7th FEBRUARY 2019

**Proceeds in aid of  
First Steps Women's Centre**

**EVERYONE WELCOME!**

## PARENTING PARTNERSHIP

### Family Links Nurturing programme

Parenting Partnership is delivering a 10 week Nurturing Parenting Programme to parents/carers of children age 3 – 12 years.

**Starting:** Thursday 21st March 2019 (for 10 weeks)

**Venue:** Teachers Centre, Dungannon

**Times:** 10 to 12p.m.

**Refreshments will be provided**

**For further information and a referral form please contact Lorraine O'Neill at**

**[lorraine.oneill2@eani.org.uk](mailto:lorraine.oneill2@eani.org.uk) or on 07880474747**

 Southern Health  
and Social Care Trust  
Quality Care - for you, with you



**YouthAction**  
NORTHERN IRELAND

**Peace**   
Northern Ireland - Ireland  
European Regional Development Fund

A project supported by the European Union's Peace IV PROGRAMME managed by the Special EU Programmes Body (SEUPB)


# AMPLIFY

Newry Area  
Tuesday & Thursday  
16-24 YRS ?


MAKE A DIFFERENCE

MEET OTHER YOUNG PEOPLE  
TAKE PART IN RESIDENTIALS, ACTIVITIES, TRAINING


FREE LUNCH AND TRAVEL,  
£8 PER DAY INCENTIVE PAYMENTS



Contact Louise on 02830256040 Email: [louise@youthaction.org](mailto:louise@youthaction.org)

 An tAire Leasraí agus Ceolraí Oig  
Department of Children and Youth Affairs  
PosterMyWall.com

**Peace4Youth**

 Northern Ireland Executive  
[www.northernireland.gov.uk](http://www.northernireland.gov.uk)



## PARENTING PARTNERSHIP

### *Incredible years school age basic programme*

Parenting Partnership is delivering a 12 week Incredible Years Parenting Programme to parents/carers of children age 3 – 12 years.

**Starting: Tuesday 12<sup>th</sup> March 2019 (for 12 weeks)**

**Venue: EA offices at Tullygally Primary School  
Site, Craigavon**

**Times: 10 to 12p.m.**

**Refreshments will be provided**

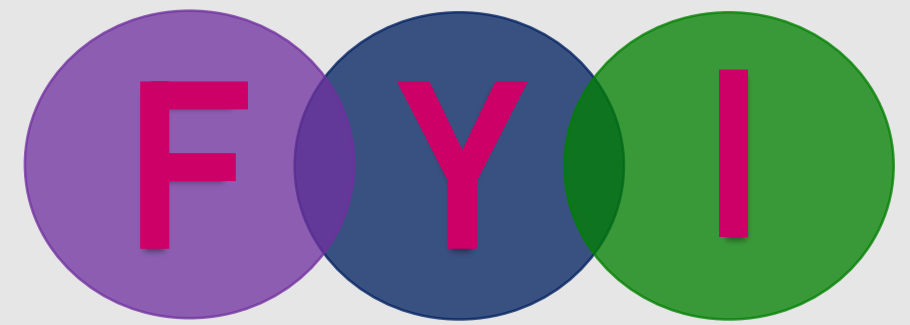
**For further information and a referral form please  
contact Lorraine O'Neill at  
[lorraine.oneill2@eani.org.uk](mailto:lorraine.oneill2@eani.org.uk) or on 07880474747**

 Southern Health  
and Social Care Trust  
*Quality Care - for you, with you*

 **The Incredible Years**  
Parents, teachers, and children training series

# SOUTHERN AREA LOCALITY PLANNING GROUPS

## ISSUE 2 | 31<sup>st</sup> JANUARY 2019



## For Your Information

Some friendly guidance to those who are submitting information to FYI:

1. Please submit the information in the format you would like it to be included. We will be unable to transform a word-heavy document into a flyer, so please make it easy for us!
2. Less words, bigger pictures!
3. Information will usually be included for 2 editions (1 month), unless requested or your event takes place sooner.
4. FYI will be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
5. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
6. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
7. Please let us know if FYI has helped your service, event or activity in any way.

### Upcoming 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 | Everyone 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**