

SOUTHERN AREA LOCALITY PLANNING GROUPS

ISSUE 7 | 11TH APRIL 2019

Welcome to the 7th edition of our information bulletin, **FYI** (*For Your Information*).

We are delighted to share so many exciting and relevant events and programmes throughout the Southern Trust Area, and welcome your submissions for inclusion in our next edition.

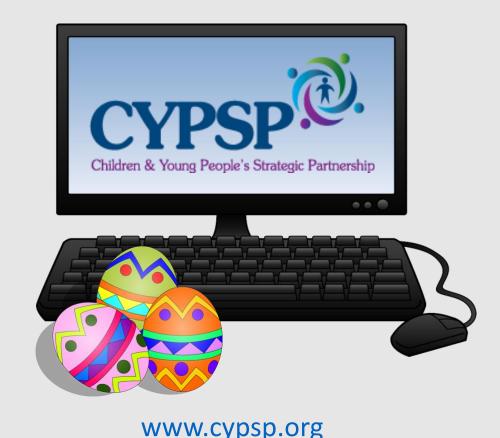
Speaking of which, dates for submission for our next FYI will be Tuesday 30th April as we will have a 3-week duration for this edition, due to the Easter break.

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...

We hope you remain connected, however if you would like to be taken off the mailing list, please let us know and we will do so.

Darren Curtis and Joanne Patterson Locality Development Team, Southern Trust Area





Play Matters Playing Outdoors



With the clocks going forward, the evenings are now longer so what a great time to encourage parents to get their children outdoors to play. Many of us will have fond memories of playing outdoors as we were growing up - the sense of freedom that can be gained from running about and playing outside generally brings a sense of fun and happiness that is hard to rival.

Playing outdoors brings lots of health benefits to please see our **Playing Outdoors** briefing sheet which you can circulate amongst parents, contacts and social media #playmatters.

To view the *Playing Outdoors* briefing sheet, CLICK HERE



e: michellem@parentingni.org / elaine@parentingni.org

(Michelle & Elaine are keen to engage with any members organisations and / or parents groups)



ARE YOU OR IS SOMEONE YOU KNOW FEELING STRETCHED BY LIFE OR HAVE YOU BEEN BEREAVED THROUGH SUICIDE?

PIPS HOPE & SUPPORT CAN HELP

PIPS Hope & Support, Outreach Community Counselling have been working with individuals, families and businesses in the SHSCT area for more than 15 years. We help people find hope when it is gone and find solutions when they had almost given up.

Each year our professionally trained therapists provide individuals, couples, family counselling and support to more than 1,000 people in the community.

The community counselling service is committed to providing assessment, counselling, information sharing, advice and referral services to all persons who have been adversely impacted by suicide, self-harm, trauma or suicide bereavement.

We strive for collaboration with community partners to provide ongoing support for the benefit of all.

Our staff therapists are trained in the latest research and use practices that have been shown to work in addressing a wide variety of concerns.



PIPS HOPE & SUPPORT OUTREACH COMMUNITY COUNSELLING SERVICES ARE COLLABORATIVE, STRENGTHS-BASED AND NOW LOCALLY-BASED IN:

ARMAGH

Every Tuesday 9am - 5pm in Armagh Mens Shed, 77 Lower English Street, Armagh, BT61 7LJ

BANBRIDGE

Every Wednesday 9am – 5pm, In Future Proof, Unit 2 Ennville Court, Castlewellan Road, Banbridge, BT32 4AX

KILKEEL

Every Thursday 9am – 5pm, KDA, Mourne Matters, The Nautilus Centre, Rooney Road, Newry, BT34 4AG

NEWRY

Monday to Friday 9am - 5pm 50 Mill Street, BT34 1AG

Mon - Fri: 028 3026 6195

FOR MORE INFORMATION OR TO BOOK AN APPOINTMENT

Telephone:

and or
Tues – Fri: 079 0233 6741
E: info@pipshopeandsupport.org
E: leanne@pipshopeandsupport.org

PIPS.
Hope and Support

HSC Public Health

e: info@pipshopeandsupport.org



e: <u>debbie.futureproof@aol.com</u>







e: admin@dunlewey.org





Dunlewey was founded in 1987 and has become a specialist organisation in the provision of counselling, training and support services in the field of addictions.

We offer a free and confidential counselling and mentoring programme for those experiencing difficulties with their own, or other people's substance misuse or gambling issues.

Our mission statement "unlocking the door to personal growth, learning and change" represents our belief that everyone has within them the capacity to change and develop as unique individuals.

Emphasis is placed on the need to raise self esteem, strengthen personal dignity and individual responsibility.

Our staff are professionally trained and have many years experience in the field of addiction and substance misuse.

Our services are delivered in a safe and welcoming environment.

The easiest way to contact Dunlewey is simply to pick up the phone.

(028 9039 2547)

e: admin@dunlewey.org



There are a range of Services that can help support you through your traumatic journey of griet.

Please see below comments from family members who have found the support provided by services in the Southern area helpful in coming to terms with their loss:

"Following the death by suicide of my son I got strength from attending a support group. I found a place where I could open up and talk, I realised that I am not alone, we are there for each other to help each other heat."

"I fell safety, comfort and support."

"Through the support group, I have gained great insight, understanding and meaningfulness from others who understand my loss." The following Services available in the Southern Trust area are contracted and monitored by the Public Health Agency under the Northern Ireland Protect Life Strategy:

Southern Health and Social Care Trust

Protect Life Coordinator St Lukes Site 71 Loughgall Hoad Armagh, B161 7NQ

T: 028 3756 4461 M: 07825 627 133

T: 028 3026 6195

www.southerntrust.hscrit.net/livewelt/ Mentalt leafth.htm

PIPS Hope and Support

Family Support Worker - supporting families bereaved by suicide 50 Mill Street, Newry Co Down B134 1AG

LIFELINE T: 0808 808 8000

Il someone you know is in distress or despair, call Liteline. Available 24 hours a day, seven days a week. All calls are answered by a qualified crisis counsellor. You will get immediate support over the phone. (Textphone: 18001 0808 808 8000)



Thanks to the Hereaved by Suicide Service, Northern Health and Social Care. I sust for their assistance in developing this leaflet.



and Social Care Trust



w: http://www.southerntrust.hscni.net/livewell/MentalHealth.htm



If you have been Bereaved by Suicide

Suicide has such a fraumatic and devastating impact on tamilies and communities.

Dealing with any bereavement is very difficult. A bereavement through suicide is particularly challenging due to the range and depth of emotions experienced.

The days and weeks to come may be very difficult, but you do not have to face them alone. There is support, help and information available to you.

If you would like more information about the support available in your area, please contact the Southern Trust

Protect Life Coordinator T: 028 3756 4461

For further information visit www.scuthernfrust.hscni.net/livewell/ Medialitiealth.htm



PIPS Hope and Support

is commissioned by the Public Health Agency to provide a range of bereavement support services for anyone who is a resident in the Southern Health and Social Care Trust and has experienced the death of a loved one through suicide.

The PIPS flope and Support Bereaved by Suicide Service provides a hotistic range of tree professional therapeutic services for individuals and families bereaved by suicide, including; support groups, counselling and residential refreets.

If you would like to contact PIPS Hope and Support

T: 028 3026 6195

or drop-in to the PIPS office at 50 Mill Street, Newry

Open 9am-5pm Monday-Friday 9am-9pm Tuesday 9am-1pm Salurday While not directly commissioned or monitored by the Public Health Agency, there are a number of other charities and organisations that can support families, friends and communities experiencing bereavement in the Southern area, including:

Compassionate Friends

Offers support after the death of a child of any age T: 028 8778 8016

Cruse Bereavement Support

Offers support, advice and information to anyone following the death of someone close. Armagh/Dungannon T: 028 8778 4004 Newry and Mourne T: 028 3025 2322

Niamh Louise Foundation

Provides individual and group support, mentoring and betriending for all those in the community who have been affected by suicide.

T: 028 8775 3327

PIPS Upper Bann

Provides bereavement support for lamilies and the community affected by suicide.

T: 028 3831 0151

Samaritans

Supports anyone who needs help.

T: 116 123

w: http://www.southerntrust.hscni.net/livewell/MentalHealth.htm



Two items of play news that Play Matters want to share...

Belfast City Council have opened a new play space in "Castle Place" right at the heart of the city centre.

The pop-up space is part of ongoing work to trial new approaches to public spaces and is part-funded by the Department for Communities. The play space will remain in place until the cordon around Bank Buildings is removed.

See the following video:

https://www.facebook.com/GoldVideography/videos/vb.395741264135614/1034930243371463/?type=2&theater

The **International Play Association NI** (IPA-NI) is holding its inaugural Play Gathering – an overnight event promoting **'Play at its Best!'** – at **Clandeboye Estate, Bangor on 17**th-18th May.

The overnight play event will offer an exciting, interactive programme of workshops and activity for all advocates of play. More info can be found on the IPA-NI Website





Parents, carers, family members...

if you need us we're here.



Chat online: www.ci-ni.org.uk Email: parentline@ci-ni.org.uk

OPEN 6 DAYS A WEEK:

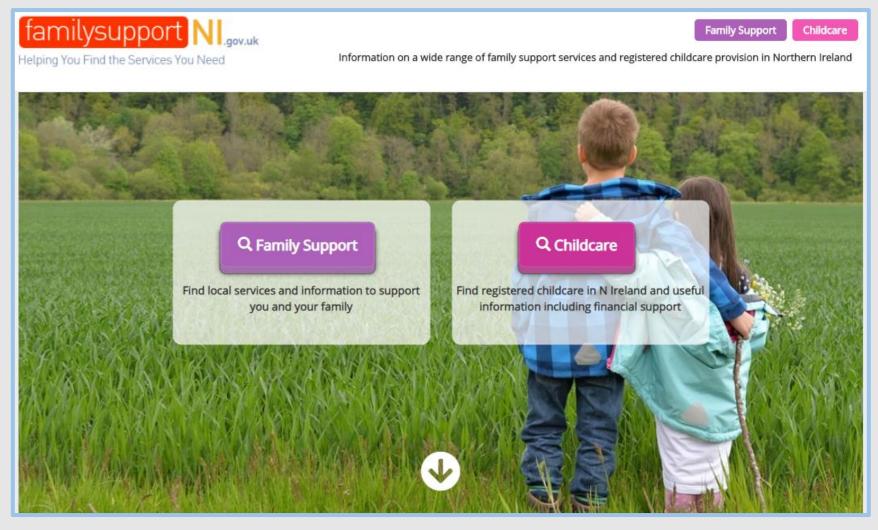
Mon-Thurs 9am-9pm Fri 9am-5pm Sat 9am-1pm



Hard copy flyers, for wider distribution, are available upon request.

Please contact: gemma@ci-ni.org.uk





If you provide a family support service in Northern Ireland and would like details of your organisation / service included on The Family Support NI website, CLICK HERE





supporting children & young people's health and well-being: NING THE DOTS Mourne Country Hotel Tuesday 16th April 7 - 9pm Agency Information Stands supporting 0-18 year olds Sample taster sessions from: Resilience Training Workshops
Behavioural Programmes Youth Programs Early Years Classes Addiction Services Confirm your attendance with Claire on 028

Come along & meet the agencies

e: niamh.mcnamee@eani.org.uk

e: admin@space-ni.com





SCHEME OVERVIEW

The aim of this scheme is to support young adults who wish work within the Youth Service through the delivery of youth work training and direct experience working in a youth work setting. You will gain the opportunity to develop your skills and knowledge supported by EA tutors, a placement supervisor and a scheme coordinator. The scheme is delivered over a set period of time and with a maximum limit of hours, this is outlined in the candidate information pack which can be downloaded with an application form. After completion of the programme you will able to apply for Youth Support Worker posts within the Education Authority. Participation in this programme does not guarantee you a paid position at the end of the scheme

TRAINING PROGRAMME

All participants on the programme will receive training in:

- Youth Support Worker Qualification
- Child Protection Awareness Course
- Moving ahead with CRED Course
- Emergency First Aid Basic Course
- 2 skills based course (e.g. games)

Participants will also be able to select additional courses based on their needs

PLACEMENT PROGRAMME

All participants on the programme will be allocated a placement within a Youth Centre or Youth Project setting. During which they will receive support from their placement supervisor and scheme coordinator. Placements are allocated based on your preferences selected on your application from. The minimum expectation will be two three hour sessions per week

EARN AS YOU LEARN

All participants on the scheme will be paid per hour attended on training courses and during placement within a youth work setting. Participants will be paid at the Assistant Youth Support Worker rate. EA will also provide transport to attend all the training elements of the programme as well as covering residential costs for the Youth Support Worker Qualification. All training dates are within the Candidate Information pack and participants must confirm their full availability for training. Failure to attend all elements may result in the termination of your participation in the scheme



ACCESS NI

This scheme is considered a regulated activity working with young people. As such participants who are successful will only be offered a placement when a satisfactory Enhanced background check has been completed. EA will pay the costs for this check

Scheme supported and funded by



YOUTH SERVICE

e: donna.weir@eani.org.uk



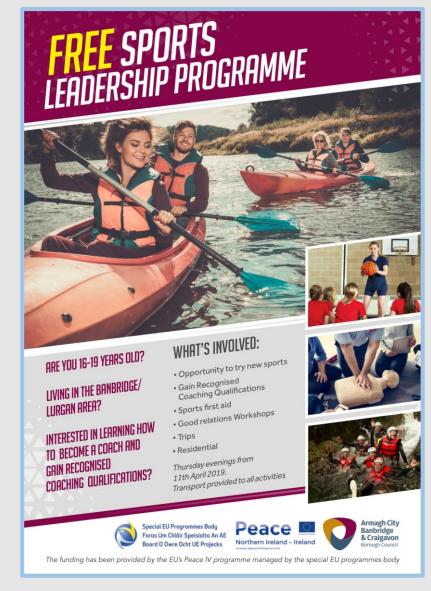


e: kelly.mallon@armaghbanbridgecraigavon.gov.uk



Book online **HERE**







e: Emma.Casey@armaghbanbridgecraigavon.gov.uk





e: glen.dickson@armaghbanbridgecraigavon.gov.uk



Mid Ulster Advice Service (MIDAS)

STEP will be delivering this new integrated advice service across Mid-Ulster from 01 April 2019. Our service is free, confidential, independent and provided by qualified, experienced and empathetic advisors.

If you live in Mid-Ulster and need advice you can contact us as follows: Tel: (028) 87750211 (Mon - Fri 9am - 5pm) Email: advice@stepni.org

Dungannon	The Junction, 12 Beechvalley Way, Dungannon, BT70 1BS Mon- Fri: (9am - 5pm) and Sat: (9.30am - 12.30pm)		
Cookstown	14 Union Street BT 80 8NN Mon – Friday (9am - 5pm)		
Magherafelt	13 Queen St, BT45 SAJ Mon – Friday (9am - 5pm)		

Or call in at one of our Community Advice & Support Centres below.

We will also be providing outreach advice across the Mid Ulster area, including weekly face-face-face clinics in Augher, Coalisland and Maghera. There will also be an additional outreach service for the scattered rural community.

We will be providing both generalist and specialist advice.

Generalist Advice:	Specialist Advice:
This general service is delivered on behalf of and financed by Mid-Ulster Council and will provide information & advice on general rights and entitlement to public support services; social benefit & consumer rights and support in securing them, including help in under- standing and completing forms and referral to appropriate specialist expertise.	Welfare Reform Universal Credit PIP - Assessments, Challenges & Appeals Money and Debt Homelessness Immigration Equality of Access & Opportunity

Specialist services are part-funded by public grant-aid; STEP, and other charitable funds.







e: advice@stepni.org









Spring Term

Course	Date	Time
A Good Night's Sleep	Wednesday	11.00 - 1pm
This workshop will explore how sleep works, why we need it, the common causes of some sleep problems and tips to help	17th Aprill	1 session
you get a good night's sleen.	l	l

Summer Term

Course	Date	Time
Wellness Recovery Action Plan (WRAP)	Wednesday	11.00 - 1.30pm
programme designed to help people stand a meaning to and	1 ^{et} May -19 th June	8 weeks
satisfying life. Write Where I'm Meant To Be		
_		11.00-1.30pm
This workshop offers a supportive space and practical tools for people to begin writing their Recovery story. There is an	26th June	1 week
opportunity for exchange of inspiration, tips and ideas		

If you are interested in better mental and emotional <u>wellheing</u> why don't you come along to our courses to find out more?

Courses are free and open to everyone aged 16

To register or get more information please contact us

CAWT i-Recovery Project – 2rd Floor <u>Ballyhot</u> House, Newry

Telephone: 028 3025 7012 Email: mary.cleary@southerntrust.hscni.net

Elleen.bell@southerntrust.hscni.net

Recovery & Wellness College – Trasna House, Lurgan

Telephone: 028 3756 1938/028 3756 2292 Email: Katle.young@southerntrust.hscnl.net









e: eileen.bell@southerntrust.hscni.net





e: robertg@surestartsa.org



Meigh Youth Group **SUITABLE FOR** YOUNG wish to present **PEOPLE AGED** 14+ by Spanner in the Works MONDAY 15TH April 7.00pm **Newry Youth Resource Centre** Palicing & Community Solety Partnership Spanner ---Werks ea Education

e: Rosie.Carey@eani.org.uk





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

- 1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
- 2. Less words, bigger pictures!
- 3. We do not advertise or endorse those events or programmes which are privately funded as a business.
- 4. Information will usually be included for x2 editions (1 month), unless requested or if your event takes place sooner.
- 5. FYI will be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- 6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- 7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
- 8. Please let us know if FYI has helped your service, event or activity in any way.



For Your Information

Upcoming LPG Meetings:

Newry: Wed 17th April @ Bagenal's Castle

Dungannon: Thur 9th May @ First Steps Women's

Centre

Banbridge: Tue 21st May @ Banbridge Youth

Resource Centre

Craigavon: Tue 4th June @ Brownlow Hub

Armagh: Thur 6th June @ Promoting Wellbeing

Training Room, St. Luke's

South Armagh: Tue 11th June @ Newtownhamilton

Community Centre

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

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