

# Bi-monthly Family Support Hubs Newsletter, February 2019

## This edition includes:

- Footprints Advice & Benefits Help Clinic
- Atlas Centre Activities & Courses
- Early Years
- Aware
- Debt Advice
- Womens Aid
- Jump On The Bandwagon
- Families Together
- Money Minds CBT for Kids
- 



## 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](mailto:cypsp@hscni.net)

**Newry Locality Planning Group's Disability Sub Group**  
Invites parents, carers, services and workers in the  
Newry & Mourne area to...

## 'OUR JOURNEY THROUGH DISABILITY'



An event for parents and carers to learn more about what support is in the local area for children and young people with a disability/additional needs, and hear the journeys taken by parents and carers: challenges faced and barriers overcome.

**Wednesday 27th March**  
**10am to 1pm**

**Mourne Country Hotel**  
**Newry**

Information stands

Free of Charge!

Speak to other carers/parents about your experiences

Free Transport and Childcare! (Booking essential)

Speak to services themselves

Lunch Provided!

For further information and to book your place contact: Darren Curtis  
Locality Development Officer at [darren.curtis@hscni.net](mailto:darren.curtis@hscni.net) or Tel: 07725232566






## Footprints Advice & Benefits Help Clinic

Do you need help completing PIPS forms? Have you questions about tax credits or need help with Universal Credit claims?

**Come along to Footprints Advice Clinic for help with all of the above and more.**

**Commencing 28<sup>th</sup> January 2019**  
**By appointment only**  
**Appointments Available**  
**10.00am, 11.00am, 12.00pm**

**Contact Reception to make your appointment on**  
**028 90 923444**

 

### 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



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.

### Family Health Initiative

**Come and meet the healthy living gang!**



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



This project is funded by the Public Health Agency



## Services Available

**Childcare** available when attending an activity or course  
Only £1.50 per 2 hour session per child.  
Criteria applies



**For Women, Men & Children**



### Atlas Cafe

Open to the public.  
Daily offers from £1  
Selection of hot & cold food and drinks  
Call in for a cuppa

- Courses
- Childcare
- Cafe
- Free Counselling
- Volunteering
- Support Groups

### Other services....

- Free Counselling
- Volunteering in Atlas
- Work Placement
- Outreach Crèche
- Health Awareness

### Rooms for hire

- Training
- Counselling
- Café
- Crèche
- Rooftop sensory area

**7 Bachelors Walk Lisburn**  
**028 92605806 07927 970847**  
**[atlascentre@hotmail.com](mailto:atlascentre@hotmail.com)**  
**[www.atlaswomenscentre.co.uk](http://www.atlaswomenscentre.co.uk)**



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



£10,000 funded by the Community Foundation for Northern Ireland from the Tampon Tax Community Fund

## What To Do.....At Atlas ..... Courses & Activities

Courses Workshops	When	What	Duration and Cost
What a child wants What a child needs	Monday 10.00 – 11.30	Discussion & Support Group. Nutrition, exercise, behaviour, positivity Creche available for children, booking is essential. <b>Information session 1<sup>st</sup> April</b>	6 weeks £1 per week
Flower Arranging, St Patricks Pastoral Hall	Monday 1.00 – 3.00	Creative activities where you can learn new skills and meet others.	4 weeks FREE
Self Confidence & Emotional Resilience for Women	Wednesday 6.30 – 8.30	Build your confidence, self-esteem. Be more mindful and powerful.	4 weeks £4
Men's Mental Health Support	Wednesday 6.30 – 8.30	How to boost your mood and improve your wellbeing	4 weeks £4
Start to Play	Wednesday 10.00 -11.30	Information Session 6 <sup>th</sup> March – for parent & child to learn & play together Play – benefits, bonding & brain development	2 weeks £1 per week



#BalanceforBetter

Monday 4<sup>th</sup> March 10.00 -11.00

Atlas AGM & Morning Tea

Tuesday 5<sup>th</sup> March 6.30 – 8.30

Sip and Paint with Debbie and Shirley BYO £5 **FUN FUNDRAISER**

Wednesday 6<sup>th</sup> March 10. 30-12.30

Film & Popcorn "Wave Goodbye to the Dinosaurs" depicting Women's experiences during the troubles followed by Light Lunch

Thursday 7<sup>th</sup> March 1.00 - 3.00

Suffragettes in Lisburn and beyond  
Tea and coffee provided.

Friday 8<sup>th</sup> March 10.00 - 1.00

"Confidence for a Better Life!" by Jackie D'Arcy's followed by Lunch  
How to do your best and be your best  
Inspiring, exciting and motivating

**Mamma Mia Movie Night with**  
**Cheese & Wine, Raffle & Best Dressed Prize**  
**Friday 5<sup>th</sup> April 7.30 - Late £10**

**Atlas Charity Dinner & Dance Fundraiser**  
**2 Course Meal, Raffle & Auction**  
**Friday 24<sup>th</sup> May £30**  
**Beechlawn Hotel**

**Atlas Charity Quiz Night**  
**BYOB & Nibbles**  
**Friday 14<sup>th</sup> June £7**



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## Working with Parents OCN Level 4 Certificate

*Providing learners with the skills and knowledge  
needed to effectively work with and support parents.*

Upcoming courses: April and September 2019  
Course times: 10am - 1pm or 6pm - 9pm  
Duration: 22 weeks

Locations: Belfast, Lisburn, Derry~Londonderry, Ballymena  
& Dungannon

For more information call 028 9031 0891 or contact  
training@parentingni.org



Parenting NI offer a range of training which can be delivered in your organisation, offering those working with parents and families an opportunity to enhance their knowledge and learn new skills.

### EFFECTIVE ENGAGEMENT

- Engaging with Dads
- Engaging Hard to Reach Parents
- Engaging with Families
- Engaging with Parents
- Engaging with Young Mums

### SUPPORTING FAMILIES

- Raising Happy Confident Children - Positive Parenting
- Transitions
- Having Difficult Conversations
- Stop / Go - Alternatives to Physical Punishment
- Motivating Parents
- Parenting Apart
- Parenting in the Digital World
- Walking on Eggshells
- Transfer Assessment Toolkit
- Understanding Children's Challenging Behaviour
- Understanding Teenage Behaviours

### PRACTITIONER DEVELOPMENT

- Promoting and Practising Self Care
- Family Dynamics

### TRAIN THE TRAINER

These sessions will provide practitioners with the skills and resources to deliver the workshop to parents in their own setting.

- Stepping into School
- Power of the Parent Child Relationship
- Digital Parenting
- Building Children's Resilience

For more information and bookings contact  
training@parentingni.org or call 028 9031 0891.



## PRACTITIONER TRAINING

Training from Northern Ireland's leading  
parenting charity. Enhancing the knowledge and  
skills of those working with parents and families.



## North Belfast Alcohol & Drug Brief Advice Clinics

ASCERT's Alcohol & Drug Brief Advice Clinics provide free 30 minute individual appointments to residents in the North Belfast area who are affected by their own or someone else's alcohol and drug misuse.

### Crossin Chemist Clinic

**Dates:** 7th February 2019, 21st February 2019, 7th March 2019, 21st March 2019

**Times:** 9.30am - 12noon

**Location:** Crossin Chemist, 267 Antrim Road, Belfast, BT15 2GZ

### Wolfhill Centre Clinic

**Dates:** Every Thursday, starting 31st January 2019, running to 21st March 2019

**Times:** 1.30pm - 4.30pm

**Location:** Wolfhill Centre, 148 Ligoniel Road, Belfast, BT14 8DT

### Dunmore Pharmacy Clinic

**Dates:** 31st January 2019, 14th February 2019, 28th February 2019, 14th March 2019

**Times:** 9.30am - 12noon

**Location:** Dunmore Pharmacy, 421 Antrim Road, Belfast, BT15 3BJ

### Ballysillan Community Forum Clinic

**Dates:** Every Friday, starting 1st February 2019, running to 22nd March 2019

**Times:** 9.30am - 12noon

**Location:** Ballysillan Community Forum, 925 Crumlin Road, Belfast, BT14 8AB

(Drop-in, or telephone Lorna Fennell on: 0800 2545 123 to make an appointment)

### ASCERT Belfast Office:

Callan House, Westcourt Centre,  
Barrack Street, Belfast, BT12 4AH  
T: 0800 2545 123 E: info@ascert.biz

[www.ascert.biz](http://www.ascert.biz)



Registered with the Charity Commission for Northern Ireland: MC181228. Advice on Substance Use Through Community Education & Related Training (ASCERT), is a company by guarantee. Registered in Northern Ireland: 8008832. Registered Office: 22 Bridge Street, Lisburn, BT28 1JZ.

Get FREE local money & debt advice from an ADVICE NI member. Advice NI is working in partnership with Citizen's Advice England to provide a FREE Northern Ireland wide Debt Advice Service.

## ARE YOU STRUGGLING WITH DEBT?

Our service can help people with a wide range of debt related issues including credit cards, loans, mortgage and rent debt. Our advisers can advise people on a range of debt solutions including debt management plans, bankruptcy, individual voluntary arrangements and debt relief orders. Advisers can also help people draw up a budget and look at ways in which they can maximise their income and reduce expenditure. Our service is available through a range of different channels including face to face, telephone and online. We offer debt advice in each Council area and our Freephone helpline is available across Northern Ireland. <https://www.adviceni.net/advice/debt/members>



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](#)



Women's Aid in Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey  
Who we are:

Women's Aid have offices in Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey. We provide services to women, children



### Autism NI Support Group Schedule – March 2019

\*\*\* Please note this schedule is subject to change. To ensure you get the most up to date information please contact our Helpline on 028 90 401729 (Opt 1) or email us at [info@autismni.org](mailto:info@autismni.org) \*\*\*

Support Group	Venue	Date	Time
Antrim	TBC	TBC	TBC
	<i>(Stay &amp; Play Session – Free Attendance)</i> Funky Monkeys, Junction One, 111 Ballymena Rd, Antrim BT41 4LL	24/03/19	10:00am to 12:00pm
Ballymena	All Saints Parish Church, 9 Cushendall Road, Ballymena, BT43 6HA	04/03/19	7:00pm to 8:30pm
Bangor	North Down Scout Centre, 9 Balloo Avenue, Bangor, BT19 7QT	08/03/19	10:30am to 12:00pm
Carrickfergus	<i>(Libraries NI)</i> Playgroup Room, Oakfield Community Centre, Carrickfergus, BT38 7SP	04/03/19	7:00pm to 8:30pm
Dungannon/Armagh	Sperrinview Special School, 8 Coalisland Rd, Dungannon, BT71 6FA	06/03/19	7:00pm to 8:30pm
East Antrim	Mossley Mill, Carrmoney Road North, Newtownabbey, BT36 5QA	06/03/19	7:30pm to 9:00pm

Autism NI is a company limited by guarantee (Company Number NI 058548).  
Registered with The Charity Commission for Northern Ireland NIC100240.





# PARENTING APART PROGRAMME

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

**The programme explores:**

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

**Six week course starting**

**Monday 4th March 2019**

**10.00am- 12.00noon (registration from 9.30am)**

**Strabane Community Project  
Barrack Street, Strabane**

**To register ring 0808 8010 722**

For more information visit:

**parentingni.org**





Independent welfare  
changes Helpline

**Freephone**

**0808  
802  
0020**

**If you are looking for a  
sign to carry on, this is it.**

If you are experiencing distress or despair you can get help and support.



**0808 808 8000**

24 hours, 7 days a week  
and your call is free.



PERSONAL YOUTH DEVELOPMENT  
PROGRAMME

# JUMP ON THE BANDWAGON

1:1 SUPPORT  
FREE TRAINING  
QUALIFICATIONS  
TEAM BUILDING  
RESIDENTIALS & DAY TRIPS  
CHILDCARE & TRAVEL COSTS  
PROVIDED

CONTACT HELEN OR MICHAEL - 028703 44934

Families  
Together

## PLAY WORKSHOP

Strengthen your understanding of the importance of play to your child's development and get practical ideas to enhance play opportunities at home and in your community

**Tuesday 5th March 2019**  
**10.30am – 1pm**

Youth Wing, Sion Mills Primary School,  
Sion Mills

To register text Clare on 078 2539 2136



ParentingNI



PLAY  
PARENTS



Play Matters  
Early Intervention  
Transition Programme

# Monkey Mind

## CBT for Teens

Learn how to manage anxiety and deal  
with stress

Does your young person need help  
to manage teenage stress?



These fun supportive workshops  
will teach new skills so that they  
are more confident, spend less time  
worrying and can better handle  
daily obstacles.

**Who?** 14-17 year olds

**When?** Starting Monday 4th March, 6-weeks from 6- 7pm

**Where?** Newry Therapy Centre

**Contact** Jemma on 07388663854 or email

jemma@newrytherapycentre.com







Public Health  
Agency



If you would like to find out more about family support services in your area please see the Family Support NI website at: [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk)

**For further information on Family Support Hubs in your area?**

**Contact:** Helen Dunn, Regional Coordinator of Family Support Hubs

Email: [Helen.dunn@hscni.net](mailto:Helen.dunn@hscni.net)