

## SOUTHERN AREA LOCALITY PLANNING GROUPS

**ISSUE 8** 2<sup>ND</sup> MAY 2019

Welcome to the 8<sup>th</sup> edition of our information bulletin, **FYI** (*For Your Information*).

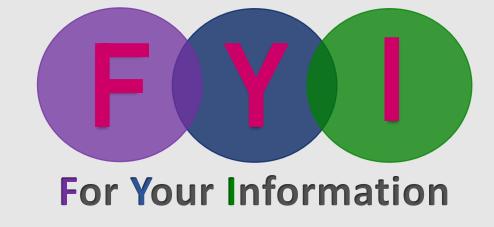
We are delighted to share so many exciting and relevant events and programmes throughout the Southern Trust Area, which aim to improve outcomes for children and young people.

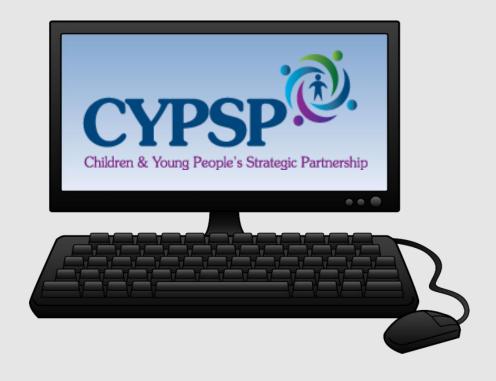
You are welcome to advertise through us free of charge. Some friendly guidance is given on the last page for those who would like to share all of their great work.

\*\*\*Please note on Page 2 a call for submissions to advertise summer activities for children and young people with a disability.\*\*\*

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





www.cypsp.org

All 6 of our Locality Planning Groups are currently preparing a directory to highlight activities which will be available across the **Southern Trust area** during the **Summer** of 2019 for **children & young people** with a disability and we are asking for **your help**...

If you are involved in, or are aware of, any programmes / schemes / events which match the above criteria (These include activities open to all abilities), we would like you to get in touch with us to advise of the following information, which is available via e-mail by contacting: <a href="mailto:localityplanning@ci-ni.org.uk">localityplanning@ci-ni.org.uk</a>.

Activity	Dates	Location	Age Group	Recruitment	Cost	Transport	Specialist Equipment	<b>Contact Details</b>	Additional Notes
What is the programme / scheme called? What are you doing?	When is it being held?	Where will it be held?	What age group are you targeting?	How are you recruiting for this (e.g. referral, dropin, contact form, etc.)?	HOW MITCH IS IT?	Is transport available? (If so, is there an associated cost?)	Is any specialist equipment provided (e.g. hoist in bathroom, etc.)?	Who should interested parties call / e-mail? (Please provide corresponding contact information)	Is there anything else which you wish to advise of?

After the <u>17<sup>th</sup> May submission deadline</u>, we will be collating all data received into a single-reference document which will be made available to all of our LPG members and relevant contacts, for further sharing, in order to raise awareness of the range of opportunities which are available. It will also be available on the CYPSP website (<u>www.cypsp.org</u>) and as an appendix to 'FYI'.

Thank you, in advance, for your ongoing support of our children and young people and we look forward to hearing from you soon.



# Behaviour, is it just a phase or is it a problem?



Psychologists Gwen Hobbs and Jade Alexander are delivering a free talk for parents who are concerned about their child's attention, impulsive and hyperactive behaviour.

Tuesday 14<sup>th</sup> May 2019 at 10am, Newry Library and again at Canal Court Hotel 6.30pm Book on www.eventbrite.com

The session looks at behaviours consistent with ADHD, offers positive parenting strategies and presents information on a new, free intervention programme.





This project is supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes Body

e: eileen.costellorawat@cllp.ie

## **Registration Open**



THE CHANGING LIVES INITIATIVE

An Early Intervention Approach to ADHD:

What's Next?

Mid Project Conference

May 21st 2019 (10am- 4pm)

Riddel Hall, Queens University Belfast











Click **HERE** to register





Quality Care - for you, with you





Cycling Ireland Cycle Leader training will provide potential trainees with the necessary skills and knowledge to effectively lead and manage a group of cyclists on the road in club/group rides.

Those who successfully pass the Cycle Leader course will have access to the Southern Cycle for Health pods and bikes located across the Trust.

#### Aim of the Course

The aim of the course is to educate trainees of the principles of group riding and managing a group of riders effectively and safely on the road.

The course will explore the roles and responsibilities the Ride Leader will assume and prepare learners to provide a safe and enjoyable cycling experience for groups of people at all levels and abilities.

#### Learning objectives

- Facilitate and lead rides for groups of cyclists
- Ride leaders will be able to cycle a simulated club/group ride
- Practically apply techniques, skills and newly acquired knowledge
- Ride leaders will be able to lead part of the pre-risk assessment route

#### Who should attend?

Adults who can deliver cycling programmes on behalf of their community/group/workplace or clients.

#### ssential criteria

No previous experience is required, however, an interest in the promotion and delivery of physical activity is beneficial. You must be confident in your own ability to ride a bike.

Expectations of how the training should be utilised in the future

Each trainee must commit to deliver at least 7 sessions per year which will be monitored. On completion trainees most provide regular updated information through a monitoring template and up-to-date contact details in order to validate Cycle Leader insurance.

## Friday 7th June 2019

9.30am - 5.00pm

Dungannon - venue to be confirmed

To book a place please contact:

pwb.training@southerntrust. hscni.net

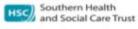
By: Thursday 9 May 2019

Course Facilitator:

Cycle Ireland

e: <a href="mailto:pwb.training@southerntrust.hscni.net">pwb.training@southerntrust.hscni.net</a>





Quality Care - for you, with you

## 'Time for Me'



Would you like to be part of an exciting programme between SHSCT and YMCA Lurgan for Parents/Carers of children/young people with Autism/other disabilities?

- 6 week programme including relaxation activities, chat and snacks
- A great opportunity to share experiences and learn from others

Dates: Thursday 16th May, Thursday 23th May, Thursday 30th May,

Thursday 6th June, Thursday 13th June, Thursday 20th June

Venue: YMCA, Lurgan (Next to Tesco)

Time: 11am - 1pm

For further information or to book a space please contact the

Community Access Team on: Telephone: 028 375 64784

Email: ciara.turley@southerntrust.hscni.net

Spaces are limited and referrals should be known to

Children with Disabilities Team





e: <u>Ciara.Turley@southerntrust.hscni.net</u>



# 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

FOR MORE INFORMATION OR TO BOOK AN APPOINTMENT

Telephone:

Mon - Fri: 028 3026 6195 and or

Tues - Fri: 079 0233 6741

E: info@pipshopeandsupport.org
E: leanne@pipshopeandsupport.org



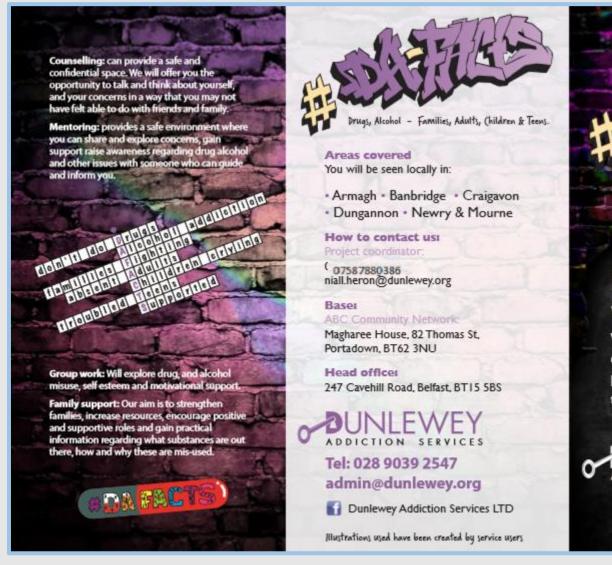
HSC Public Health

e: info@pipshopeandsupport.org



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





For 11 to 25 year olds. We understand alcohol and drugs can affect many areas of your life. Do you need and want to change these patterns?

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



## Some items that Play Matters want to share...

Just a final reminder to those who have not yet completed our **Play Matters Survey Questionnaire.** The questionnaire can be found at the following link and will take no more than two minutes to complete!

https://consultations.nidirect.gov.uk/de-press-office/stakeholder-survey-on-the-play-matter-play-messagi

The survey will close tomorrow, **Friday 3<sup>rd</sup> May**. Thank you to those of you who have taken time to complete the survey - your feedback is very much appreciated.

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<sup>th</sup>-18<sup>th</sup> 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





e: flare@eani.org.uk





Parents, carers, family members...

# if you need us we're here.



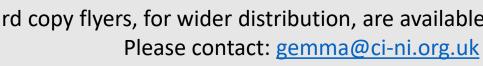
Chat online: www.ci-ni.org.uk Email: parentline@ci-ni.org.uk

## **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.









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





e: glen.dickson@armaghbanbridgecraigavon.gov.uk



Unlocking the door to personal growth, learning and change

## Gambling Awareness Training OCNNI Level One

Awareness training of the issues, dangers and impact problem gambling can have on the individual, family and community.

Date	Time	Venue		
Tuesday 14th May 2019	2pm-4pm	ABC, Magharee House, 82 Thomas Street, Portadown, BT62 3NU		
Thursday 16th May 2019	10am-12 noon	ABC, Magharee House, 82 Thomas Street. Portadown. BT62 3NU		
Tuesday 21st May 2019	2pm-4pm	ABC, Magharee House, 82 Thomas Street, Portadown BT62 3NU		
Thursday 23rd May 2019	2pm-4pm	ABC, Magharee House, 82 Thomas Street. Portadown.BT62 3NU		

For further information or to book a place please contact: Jacqueline Roberts 07841764719 or email jacqueline.roberts@dunlewey.org







Problem Gambling Helpline 9am—11pm 08000886725

e: jacqueline.roberts@dunlewey.org





e: info@centredsoul.co.uk

# Helping a Child who Worries

Information Evening for Parents and those working with children

Hosted by: Dr Jemma McGourty and Edel Quinn

When? Weds 15th May @ 7-8.15pm

Where? TBC

Cost: We are delighted to deliver this as a low

cost event at £5

Click **HERE** to register

**Newry Therapy Cen** 

Counselling and Psychotherap





Youth Service are providing the opportunity for you to earn while you learn, by providing a 170 hours of paid training and work experience over the next 5 months.

For more info contact Donna Weir 028 30251515

### 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 s youth work setting. You will gain the opportunity to develop your skills and nowledge supported by EA tutors, a placement supervisor and a scheme coordinator. he scheme is delivered over a set period of time and with a maximum limit of hours. his is outlined in the candidate information pack which can be downloaded with an pplication form. After completion of the programme you will able to apply for Youth pport Worker posts within the Education Authority, Participation in this programme oes 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 Basic First Aid Course**
- 2 skills based course (e.g. games)

articipants will also be able to select ditional 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. Macements are allocated based on your preferences selected on your application from. The minimum expectation will be 2 x 3 hour sessions per

### EARN AS YOU LEARN

All participants on the scheme will be paid per hour for attendance on training courses and during their 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

its scheme is considered a egulated activity working ith young people. As such carticipants who are ccessful will only be offered sfactory Enhanced ackground check has been ompleted. EA will pay the

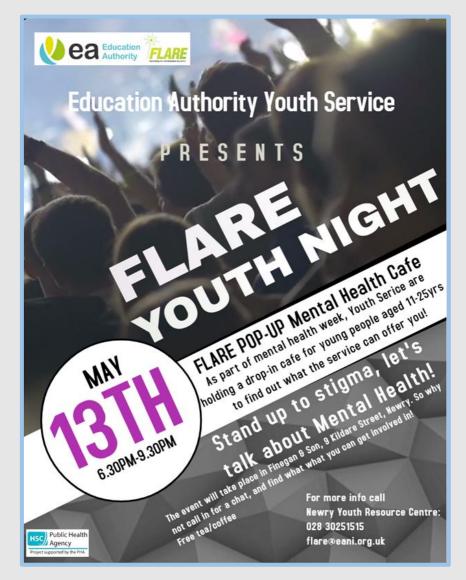
Scheme supported and

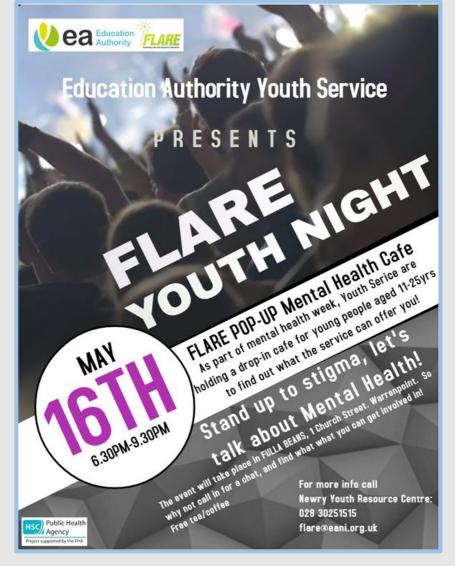


YOUTH SERVICE

e: donna.weir@eani.org.uk







e: flare@eani.org.uk





t: 30 251515





## International Children's Day

Thursday 23rd May 2019

Time: 6pm - 7pm

Clougreagh Community Centre



Celebrated on June 1 each year, International Children's Day 2019 marks the 92<sup>rd</sup> global celebration of the rights and well-being of children residing in different parts of the world. The day is observed not only to celebrate, but also appreciate children's role in shaping the future of different communities across the world.

Come and join us!

\*Lego Play \* Arts & Crafts \* Story & songs\*

Please book your place - 028 308 30 022

See you all there!

Starting Strong with Sure Start



## International Children's Day

Friday 7th June 2019

Time: 6pm - 7pm

## **Newtownhamilton Community Centre**



Celebrated on June 1 each year, International Children's Day 2019 marks the 92°c global celebration of the rights and well-being of children residing in different parts of the world. The day is observed not only to celebrate, but also appreciate children's role in shaping the future of different communities across the world.

Come and join us!

\*Lego Play \* Arts & Crafts \* Story & songs\*

Please book your place - 028 308 30 022

See you all there!

Starting Strong with Sure Start

e: robertg@surestartsa.org





## Recovery College Courses in Cullyhanna The Wald Centre' Tullynavall Road Cullyhanna, Newry, BT35 OPZ Summer Term

Course	Date	Time
Wellness Recovery Action Plan (WRAP)	Wednesday	11.00 - 1.30pm
The WRAP is an internationally recognised self-Management programme designed to help people build a meaningful and satisfying life.	1 <sup>st</sup> May -19 <sup>th</sup> June	8 weeks
Write Where I'm Meant To Be	Wednesday	11.00-1.30pm
This workshop offers a supportive space and practical tools for people to begin writing their Recovery story. There is an opportunity for exchange of inspiration, tips and ideas	26 <sup>th</sup> June	I week

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 - 2<sup>rd</sup> Floor Ballyhot House, Newry

Telephone: 028 3025 7012 Email: Eileen.bell@southerntrust.hscnl.net

Recovery & Wellness College - Trasna House, Lurgan

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

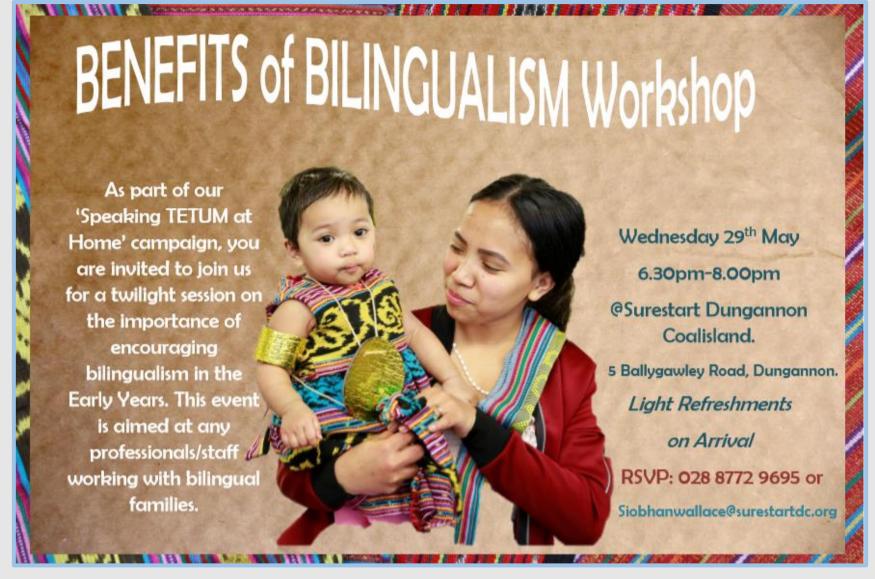






e: eileen.bell@southerntrust.hscni.net





e: <u>Siobhanwallace@surestartdc.org</u>





## SOUTHERN AREA LOCALITY PLANNING GROUPS

**ISSUE 8** 2<sup>ND</sup> MAY 2019

## 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:**

**Banbridge:** Tue 21st May @ Banbridge Youth

Resource Centre

**Dungannon:** Thur 23<sup>rd</sup> May @ Venue TBC

**Craigavon:** Tue 4<sup>th</sup> June @ Brownlow Hub

**Armagh:** Thur 6<sup>th</sup> June @ Promoting Wellbeing

Training Room, St. Luke's

**South Armagh:** Tue 11<sup>th</sup> June @ Newtownhamilton

**Community Centre** 

**Newry:** Wed 19<sup>th</sup> June @ Venue TBC

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