

June 2019

Bi-monthly Family Support Hubs Newsletter, June 2019

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Introduction

There are 29 family support hubs across Northern Ireland supporting families. In 2018/19 **7137** 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



Parents, carers, family members...

**if you need us
we're here.**



**FREE LOCAL HELPLINE
0808 8020 400**

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



**24 Hour
Domestic &
Sexual Violence
Helpline**

women's aid

Antrim • Ballymena • Carrickfergus
Larne and Newtownabbey

0808 802 1414

Open to all women and men affected by domestic & sexual violence

Text: support to 07797 805 839

Email: 24hrsupport@dvhelpline.org

Working to end domestic violence

Connecting Young Mums.. *Taster session*

A new programme for young mums aged 18-30 Years

Tuesday 2nd July 2019

10am- 12pm

Atlas Centre, Lisburn



Connecting Young Mums is a new support programme designed to bring young mothers together to promote maternal mental health and wellbeing.

Young mums often face significant challenges which can affect mental health, relationships, employment and life opportunities... This new programme seeks to support young mums, in coming together to talk about current issues affecting their lives, and promote maternal mental health and well being ..

Crèche available

Facilitated by Debbie Mehaffy (Licensed Heal Your Life Teacher)

To book your place and crèche (if required) contact Gillian at Atlas on 92605806. *Limited Places Available*



WHAT IS A 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.

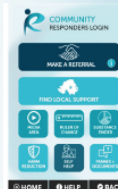
Responders will be members of the local community drawn from a range of backgrounds, perhaps working in job centres, taxi firms, community organisations or anywhere else that has a front-facing role, or those involved in community or church groups, sports clubs or foodbanks etc.

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.

For further information please contact:
South Eastern Drug & Alcohol Connections Service
Phone: 0800 25 45 123
Email: connections@sedact.info
Website: www.drugsandalcoholni.info

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 individual concerned.

Drug and Alcohol Responders will be supported by their local Drug and Alcohol Coordination Team (DACT) Connections service who they can call on for more support or advice if required.



Have you had a baby younger than 18 months?

Have you weaned or are you currently weaning your baby?



If the answer to both questions is YES, we are interested to hear about your experiences with feeding your child and your every-day life as a parent.

We are inviting you to take part in our survey which is a part of a UK-wide research study by Queen's University Belfast.

The survey is straight-forward and takes about 20 minutes to complete.

By taking part you enter a prize draw for 10 One4All gift cards worth £25. You will also have the chance to access helpful and up-to-date information on feeding your little ones.



Click here to take part in the survey:

https://acsurvey.qualtrics.com/jfe/form/SV_gvt1eSi1Ud5Afad

For more information email Eleni on weaningstudy@qub.ac.uk or call on 079 089 73438

Families Together



Time for Parents

Do you live in the Antrim area?

Struggling with a parenting issue?

Looking for a listening ear or some support?

Available all year round, including summer months



Sibling Workshop for children aged 8-10

Date: 12th-16th August (10am-12)

Venue: Monkstown Village Centre
Monkstown Road
NEWTOWNABBEY
BT37 0HS

Helping brothers and sisters understand their sibling's Autism

FREE Taster Session

Understanding Behaviour Difficulties in ASD

Date: 12th August 2019

Venue: Monkstown Village Centre
Monkstown Road
NEWTOWNABBEY
BT37 0HS
Time: 6.30pm – 9.30pm

FREE Taster Session

Understanding the Sensory Needs of Children with ASD

Date: 19th August 2019

Venue: Monkstown Village Centre
Monkstown Road
NEWTOWNABBEY
BT37 0HS
Time: 6.30pm – 9.30pm

Booking forms can be obtained from:

Christine, 02890401729 ext 4 or
christine@autismni.org

Monkstown Village Centre, 02890860090 or
villagecentre@btinternet.com



LOTTERY FUNDED



Family Health Initiative



This is a **FREE 11 week healthy lifestyle programme** for **ALL FAMILIES** with a child aged **8-11 years** (younger siblings welcome) who want to make healthier lifestyle choices. Families learn through fun, interactive sessions about healthy eating and physical activity. Every week you will try different foods together and have fun with active games and sports, encouraging families to try new activities and have fun together.

Starting **Thursday 4th July 2019**
@ **Brownlow Hub**
10.30am - 12.30pm

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	Thurs 4th July
2	Physical Activity	Thurs 11th July
3	The Eatwell Guide	Thurs 18th July
4	Gimme 5- Fruit and Vegetables	Thurs 25th July
5	Reflecting on Mealtimes	Thurs 1st Aug
6+7	Supermarket Tour & Food Labelling	Tues 6th Aug
8	Lunchboxes	Thurs 8th Aug
9	Healthy Routines	Thurs 15th Aug
10	Ready Steady Cook, Quiztastic	Thurs 22nd Aug
11	Sharing and Reflection	Thurs 29th Aug
16	Follow up session	Thurs 3rd Oct
24	Follow up session	Thurs 28th Nov

FREE FRISBEE, WATER BOTTLE, HIGHLIGHTER, SHOPPING BAG, NOTEBOOK & BEACHBALL and lots more 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.

Want to change something for young people?

Face 2 Face is an opportunity for disabled people aged 18-24 to meet new people, learn about your rights and work to change things for ALL disabled people in Northern Ireland

Leadership

Political Engagement

Learn about Power

Fun

To meet people

Campaigning

Trips

For more information contact Seán Fitzsimons
Telephone: 028 9029 7880
Email: seanfitzsimons@disabilityaction.org

Disability Action In partnership with **YouthAction 75 NORTHERN IRELAND**



#ThinkB4UDrink

An evidenced parenting programme for both parents and young people aged 12-16 to work together to improve their relationships



Strengthening Families

**Childline is there
24 hours a day, 7
days a week.**

0800 1111

www.childline.org.uk



Here NI is a community organisation and registered charity based in Belfast. We're here to support lesbian and bisexual women and our families and improve the lives of L& B women across Northern Ireland. We do this in lots of different ways; through providing information; peer support; facilitating training; lobbying government and agencies on your behalf; offering a community space for meeting and much more.

Whether you want to connect with other lesbian and bisexual women through one of our peer support group, link up with other same sex families through our family group, find out about your rights, or get involved as a volunteer, just get in touch or drop into our office in Belfast city centre. You can also explore this website to find out more about the services we offer and you'll find lots of useful resources to help with any question you might have. www.hereni.org



The Learning Disability Helpline is a free service for advice and information about learning disability which can help you to find the right support in your area. It is open from 9am to 5pm, Monday to Friday by phoning: 0808 808 1111 or by email on helpline.ni@mencap.org.uk <https://t.co/y7AAaKqnUD> (https://twitter.com/Mencap_NI/status/1135521768943312899?s=03)

Get the official Twitter app at <https://twitter.com/download?s=13>



TAX AND BENEFITS ADVICE

Struggling with tax and benefits Issues? Need help? Tax and Benefits Service

We provide FREE, Confidential Advice on issues such as:-

- Tax Credits
- Child Benefit
- Childcare Costs
- PAYE
- Self Assessment
- National Minimum Wage

To speak to an adviser contact our
FREEPHONE helpline on

0800 988 2377

FREEPHONE
Monday to Friday 9am to 5pm

The service is also available face-to-face across Northern Ireland
tax@adviceni.net NI Charity No. NIC100008 www.adviceni.net

Family Benefits Advice Service

Freephone helpline:
0800 028 3008

Lines open Monday-Friday 8am-5pm

We provide free, impartial and confidential advice to parents on:

- + Help with childcare costs
- + Benefits entitlements
- + Working hours & entitlements
- + Maternity/paternity leave
- + Flexible working
- ...and much more

**Employers
For Childcare**



7 Bachelors Walk Lisburn
028 92605806 07927 970847
atlascentre@hotmail.com
www.atlaswomenscentre.co.uk



SUMMER WORKSHOPS!

Themed
Coffee
Mornings

Social &
Creative
Classes

Educational
Workshops

Lunch
Club

Childrens
Activities

Educational
Outings

Lift Access to all floors



Childcare Available
For parents/carers

All taster sessions £2
Prices are based on meeting criteria

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ST Craft Club (Dreamcatchers) 10.00-12.00 Hypnotherapy 11.00 – 12.00	2 Connecting Young Mums 10.00-12.00	3 Confidence & Creativity 10.00 - 12.00 Childs Behaviour 6.30	4 Childs Behaviour 10.00 Chi-Me 12.30-1.00	5 Craft Club 10.00-12.00 Crocheting 11.00-12.00
8 Craft Club (Paper Flowers) 10.00-12.00 Confidence Resilience & Art 1.00	9 Everyday First Aid 10.00-12.00	10 Painting Club 10.00-12.00 UU Unblocking Potential 10.00	Centre Closed 11 th July Reopens 22 nd July	
22 Facilitation 10.00-12.00	23 Child's Brain Development 10.00-12.00	24 Beginners Painting Session 10.00-12.00 Makeup Masterclass 10.30-12.30	25 Gel Nails 10.30-12.30 Chi-Me 12.30-1.00	26 Craft Club 10.00-12.00 Crocheting 11.00-12.00
29 Aromatherapy 10.00-11.45 Body Reading 12.00-2.00	30 Healthy Eating 10.00-12.00 Film Club with Lunch	31 Painting Club 10.00-12.00 Incredible Years Autism & Language Delay Info Session (6pm)	Call for more details on times, cost and to book 02892605806 07927 970847	

Childcare & Art & Craft, Sensory Play Activities Monday - Friday 10.00-12.00

Rooms for hire

Training
Counselling
Café
Crèche
Rooftop & Terrace

Free Women's Mental
Health Support Groups

Free Counselling

Free Men's Mental
Health Support Groups

Atlas Café

Teas, coffees,
hot & cold snacks
Open 9.00 – 2.00



ALL ACTIVITIES ARE SUPERVISED BY QUALIFIED STAFF IN A SAFE ENVIRONMENT



COME ALONG AND ENJOY
A RANGE OF ACTIVITIES

TEAM CHALLENGES
GOOD RELATIONS
GRAFFITI/STREET ART
DRUG AWARENESS
COURAGE, SKILL
DRUMMING
MARTIAL ARTS

BUBBLE FOOTBALL
MARTIAL ARTS
MEDIA INFLUENCE
URBAN SPORTS
COMMUNICATION
SKILLS

7 - 10PM EVERY
MON, WED & FRI
1 JULY - 23 AUG

£1 PER NIGHT
11 YEARS+

ANTRIM
RATHENRAW COMMUNITY CENTRE
CLOSED FRIDAY 12 JULY

RATHCOOLE (15 JULY - 23 AUGUST)
ABBOTS CROSS PRESBYTERIAN CHURCH

CRUMLIN (15 JULY - 23 AUGUST)
IRISH FAMILY CENTRE

GLENGORMLEY (15 JULY - 23 AUGUST)
5TH BELFAST SCOUT HALL
(MONDAY EVENINGS)
LILIAN BLAND PAVILION
(WEDNESDAY & FRIDAY EVENINGS)

FOR MORE INFORMATION AND A COPY OF THE REGISTRATION FORM VISIT
antrimandnewtownabbey.gov.uk/PCSP [facebook.com/ANBorough](https://www.facebook.com/ANBorough)



Housing
Executive



ashton
CORE Project

SUMMER SWEET PROGRAMME

29th July - 22nd August

16-24 Living in North Belfast
& Newtownabbey Area?



ACHIEVE YOUR
POTENTIAL IN 4 WEEKS



GAIN QUALIFICATIONS
FUN DAY TRIPS



CASH INCENTIVE
ON COMPLETION



aislinn.morris@ashtoncentre.com
028 95 609 522

BOOK A **FREE** PLACE
HURRY, SPACES ARE LIMITED!!





Part Time

Playwork courses

Level 3 Diploma in Playwork* (1 year course)

Level 3 Award in Transition to Playwork (12 week course)

Level 5 Diploma in Playwork (2 year course)

These qualifications will develop your skills and knowledge and give you experience of working with school aged children in a setting that encourages them to play. They can lead to employment in a range of settings and will contribute to settings compliance with Minimum Standard (2018) regulations.

For further information & prices please visit:

www.belfastmet.ac.uk

Or Email: stephaniegray@belfastmet.ac.uk

Starting September 2019

Apply now

Entry requirements apply

You may be eligible for funding

1 evening a week in class (Millfield)

*Full time funded courses also available



If you have experienced the birth of a premature, ill or disabled baby it is likely that your little one will have to spend some time in hospital, in a neonatal unit. This can be a stressful and anxious time for you.

TinyLife's team of family support officers are here to help you through this difficult time. Working across Northern Ireland, each of our family support officers make weekly visits to the neonatal unit to liaise with hospital staff and make themselves available to mums, dads and other family members.

If you need someone to talk who understands the stress and anxiety associated with having a baby or babies in intensive or special care, our support officers are there for you.

There are three family support officers:

Belfast Area: Helen Marks

Southern Area: Janice McCarron

Northern Area: Jenny McGowan

You can contact them by calling the Tinylife office on 02890 815050, or by emailing

info@tinylife.org.uk

Our staff are also able to offer practical advice which may help to ease your situation, including all of our support services at TinyLife, and can also recommend other resources and support services which are available. They can link you with other organisations outside of TinyLife who could also be of assistance.



Dads
project
Summer
drop in service



Belfast

Every Thursday from 18th July to 29th August

From 3.30 — 5.30pm

Parenting NI Head Office
42 Dublin Road Belfast

Derry — Londonderry

Every Wednesday from 17th July to 29th August

From 10 — 1pm

Peopleplus, City Factory, 19 Queen Street
Derry-Londonderry

<https://www.parentingni.org/parents/dads-project/>



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

For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net