

Welcome to the 20<sup>th</sup> edition of our information bulletin, **FYI** (*For Your Information*).

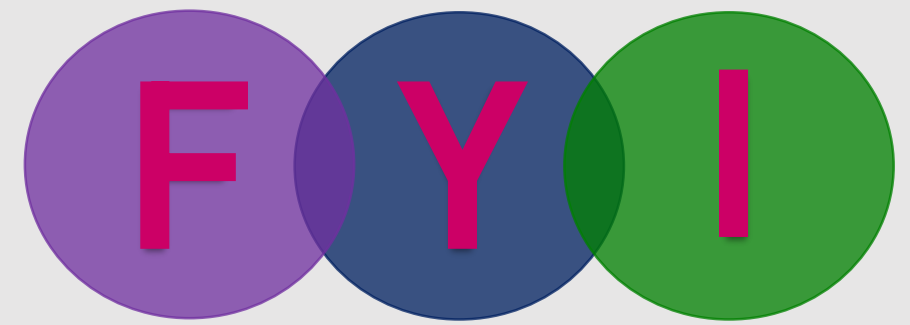
Thank you for your continued interest and support of our fortnightly e-bulletin and please do not hesitate to contact us, should you wish us to promote any events, programmes, etc. which aim to improve outcomes for children and young people in your local area.

Please also feel free to share the attached information with those who might be interested in the details contained and, as always, your feedback is much appreciated.

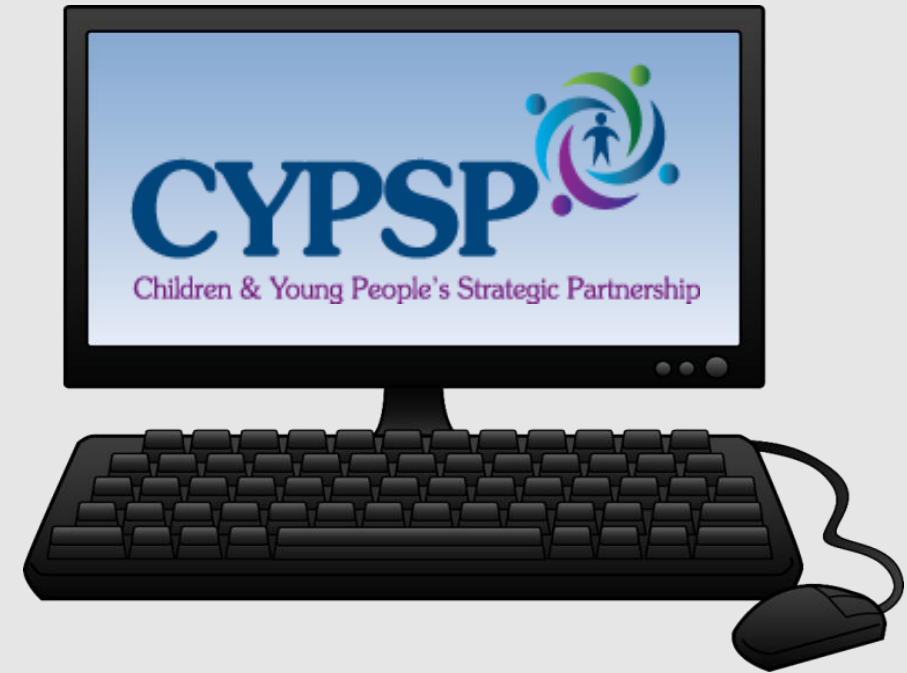
Darren Curtis and Joanne Patterson  
Locality Development Team, Southern Trust Area

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## For Your Information



[www.cypsp.hscni.net](http://www.cypsp.hscni.net)

CYPSP's **Southern Area Locality Planning Groups** are currently mapping provision for services promoting better emotional and mental health and wellbeing for children and young people across the region and we are asking for **your help...**

If your organisation or service carries out work (e.g. core business or programmes / activities) aimed at improving emotional / mental health and wellbeing of children and/or young people, please contact [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk) to request a submission form and for further details.

After the **22<sup>nd</sup> November submission deadline (tomorrow)**, 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 services & programmes which are available. The resource will also be available on the CYPSP website ([www.cypsp.hscni.net](http://www.cypsp.hscni.net)) 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.





### Young People's Regional Group

The Disabled Children and Young People's Participation Project (DCYPPP) are bringing together young people from across Northern Ireland to share their views and experiences.

The young people's views will be used to influence change and enable their participation into the Children and Young People's Strategic Partnership (CYPSP) Regional Subgroup for Disabilities and Transitions.

#### Video Conferencing

We will hold monthly video conference meetings of small groups of young people to discuss published consultations and issues affecting them.

These video conferences can be joined by using any device with an internet connection and a camera. We can send you an invitation link via email which will take you to the virtual meeting room. Times can be arranged to suit groups running on different days.

#### Face-to-Face Regional Meetings

Quarterly meetings will be arranged in a central location allowing young people from different organisations to participate in discussions about the issues they would like to influence.

#### Get in Touch

To be involved or to find out more information please contact;  
[eugene.mone@barnardos.org.uk](mailto:eugene.mone@barnardos.org.uk) or [gemma.finn@barnardos.org.uk](mailto:gemma.finn@barnardos.org.uk)

Barnardo's DCYPPP | The Grange Building | Towerhill | Armagh | BT61 9DR | 028 37 414 541



### **Free Disability Awareness Training**

This interactive 2.5 hour training course is delivered by staff and young people from The Disabled Children and Young People's Participation Project (DCYPPP). The purpose of the training is to challenge people's attitudes to disability and help individuals become more aware of Disability issues. The training explores children's rights; as children and as children with a disability. The young people share their own experiences of the challenges children and young people with disabilities face on a daily basis and their tips on how to be more inclusive.

#### For more details contact:

Barnardo's DCYPPP, Grange Building, Towerhill,  
 Armagh, BT61 9DR

02837 414 541

[eugene.mone@barnardos.org.uk](mailto:eugene.mone@barnardos.org.uk)



e: [eugene.mone@barnardos.org.uk](mailto:eugene.mone@barnardos.org.uk) / [gemma.finn@barnardos.org.uk](mailto:gemma.finn@barnardos.org.uk)

**The Review of Urgent and Emergency Care**

We want you to help shape our thinking on Urgent and Emergency Care

### Why get involved?



More patients facing longer waits



A workforce under extreme pressure



Increasing demand on services



Growing complexity of conditions particularly among older people.

### Your role



Attendance at an engagement session



Out of pocket expenses such as travel and caring costs reimbursed

← **Support** →

Support provided before, during and after sessions

For groups identified as frequent users of Urgent and Emergency Care



Mental Health



Infants, children & young people care



Older people care

**Patient and Client Council  
Southern Trust Area  
Children & Parents  
Workshop taking place on  
Wednesday 27<sup>th</sup> November  
2019, from 7pm to 9.30pm,  
in Craigavon Civic Centre**

Sign up to attend [HERE](#)

**CiNI**  
Children in Northern Ireland

## Safeguarding in the Digital World

Thursday 5th December  
09:45am - 16:30pm

Book online at:  
[www.ci-ni.org.uk/training](http://www.ci-ni.org.uk/training)

*Please note: these courses are for the voluntary / community & faith sector.*

CiNI, Unit 9,  
40 Montgomery Road,  
Belfast, BT6 9HL



Click [HERE](#) to book



## Online course 'Understanding trauma' **FREE** for professionals across Northern Ireland

Type 1 and Type 2 trauma. The window of tolerance.  
Stages of going through a traumatic experience.  
Neurology and trauma. Recognising trauma.  
Recovery from trauma. SELF model.  
Trauma, attachment and epigenetics.  
Community trauma. Organisational  
trauma. Trauma aware community.

13 Modules

**Access Code:  
BeTheChangeNI**

go to [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)  
Select 'Online courses for professionals'

To return to the course go to  
<https://solihullapproachparenting.com/online-trauma/>  
or visit [www.inourplace.co.uk](http://www.inourplace.co.uk) and click on  
'Already have an account? Sign in'

 **UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH 

For technical support contact  
[solihullapproach-parenting@heartofengland.nhs.uk](mailto:solihullapproach-parenting@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

t: 02895 361 810 / Access the online course [HERE](#)



The Public Health Agency invites you to participate in a consultation of the draft **Mental and Emotional Health and Wellbeing and Suicide Prevention Training Framework**.

The Framework has been developed following extensive engagement and consultation events held in 2017 and 2018.

We would recommend the following steps if you would like to participate:

**Download and read the draft Training Framework, available on PHA website [HERE](#)**

**Answer the questions in the Survey Monkey [HERE](#)**

**Submit your survey responses by clicking on the box at the end of the survey**

The consultation on the draft training framework will close on **Thursday 12<sup>th</sup> December 2019**.

Context:

The Public Health Agency (PHA) Training Framework for Mental Emotional Health and Wellbeing and Suicide Prevention (The Framework) is in line with the Protect Life 2 Strategy to: Reduce the suicide rate in Northern Ireland. It has been developed to provide clarity on the varying steps and types of training available in Northern Ireland and to support knowledge and skills development. It provides a pathway through the varying steps of training and has been developed to encourage consistency and appropriateness in skills and awareness development.

e: [helen.gibson@hscni.net](mailto:helen.gibson@hscni.net)



www.early-years.org  
 @earlyyearsorg earlyyearsorg  
 @earlyyearsorg earlyyearsorg

## Leadership and Governance Conference and AGM

Friday 29 November 2019

La Mon Hotel, 41 Gransha Road, Castlereagh, Belfast



### Conference Brochure

For event queries please contact Joanna Gray, Event Manager on 028 9066 2825 or [joanna@early-years.org](mailto:joanna@early-years.org)



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




## Autism Awareness training for practitioners

Join us for an interactive awareness session aimed at professionals working with a child or parent of a child who has:

- A confirmed diagnosis
- Waiting on an assessment or
- Concerns that their child may be on the spectrum

The session aims to provide you with an increased understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

**Thursday 28<sup>th</sup> November 2019**  
 10am – 12.30pm  
 Armagh

Or

**Tuesday 21<sup>st</sup> January 2020**  
 10am – 12.30pm  
 Armagh

To book a place please email:  
[Pwb.training@southerntrust.hscni.net](mailto:Pwb.training@southerntrust.hscni.net)

**Before: Monday 11<sup>th</sup> November 2019**

To view the full conference brochure & book your space, click [HERE](#)

e: [pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)

## Females with Autism

*Do you want to explore the differences in relation to autism for females and how to support females with autism?*



**Date:** 11<sup>th</sup> December 2019

**Time:** 10:00 am – 3:00 pm

**Venue:** Market Place Theatre & Arts Centre  
Market Street  
ARMAGH  
BT61 7BW

**Course aimed at:** Parents, carers, & family members.

### Course Objectives:

This course will explore the differences between male and female presentations of autism, and why females may be underrepresented or missed in the diagnosis of autism. The course will explore the key characteristics of autism for many females and a range of strategies for supporting women and girls with autism.

**Please note:** This course is designed for parents who have already completed basic autism training.

Autism NI, Donard, Knockbracken Healthcare Park, Saintfield Road, Belfast BT8 8BH

e: [Christine@autismni.org](mailto:Christine@autismni.org)



ParentingNI



## Parent Survey

The CYPSP would like to hear from parents / carers to help shape the design and development of support services for families across Northern Ireland. They want to ensure parents and families receive the support they need when they need it with an aim to improve the health and wellbeing for them and their children. This support could include advice, information, home visiting, programmes, individual support, group support, etc. This survey is anonymous and an honest assessment would be most helpful.

Complete the **CYPSP Parental Participation Survey** [HERE](#)



TRANSLATIONS OF  
BOTH BOOKLETS  
ARE ALSO  
AVAILABLE AT THE  
LINK BELOW



Download the above booklets, [HERE](#)



Northern Ireland  
Executive

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



## T:BUC Funding Forums for 2020/21 applications

The 2020/21 competitions for T:BUC Camps, and Central Good Relations funding programmes are due to open at the end of November 2019. To help you apply, the Executive Office will be hosting three T:BUC Funding Forums in local council areas.

The T:BUC Funding Forums are a great way to find out more about the good relations funding that is available and how to apply for it. Executive Office staff will be available at each forum to talk about your good relations project, with timed slots available each day between 1.00 pm to 7.00 pm.

Register now at <http://tbucevents.eventbrite.com/>

Representatives from the Community Relations Council and Education Authority will also be in attendance.

Places are limited so you must register to attend and early registration is recommended. When you register, you will be asked to choose a time slot, between 1.00 pm – 3.00 pm, 3.00 pm – 5.00 pm or 5.00 pm – 7.00 pm. You can come any time in your chosen slot.

A list of dates and forum venues is available below.

Venue	Date of event	Time
The Braid, Ballymena	27 November 2019	1.00 pm – 7.00 pm
Market House, Ballynahinch	28 November 2019	1.00 pm – 7.00 pm
Tullylagan Country House Hotel, Cookstown	2 December 2019	1.00 pm – 7.00 pm

Register now at [www.tbucevents.eventbrite.com](http://www.tbucevents.eventbrite.com)



Parents, carers, family members...

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

 **FREE LOCAL HELPLINE**  
**0808 8020 400**

**Chat online:** [www.ci-ni.org.uk](http://www.ci-ni.org.uk)

**Email:** [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

**OPEN 6 DAYS A WEEK:**

Mon-Thurs 9am-9pm

Fri 9am-5pm

Sat 9am-1pm



t: 0808 8020 400 / w: [www.ci-ni.org.uk](http://www.ci-ni.org.uk) / e: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

# Parent Support

*"Behind every child who believes in themselves is a parent who believed in them first" Matthew Jacobson*

Your influence as a parent is one of the most significant factors in your child's life chances. We want to support and work with you as the primary care giver and educator for your children to ensure what we offer is meaningful, consistent and available at the point of need.

This webpage is designed for Parents and Organisations working to support families using group work approaches:

On this page you will find:

- Information / Leaflets
- Evidence Based Parenting Support
- Development Opportunities for Practitioners
- Contacts

Please click on the appropriate tabs below:

Parent Programmes & Training | Reports, Publications & Leaflets | Local Contacts

## Evidence Based Parenting Programmes

To find a parenting programme in your area click on the colour coded tab for your Health and Social Care Trust. To search by month click dropdown under "Events In" or scroll across using the months navigator on calendar. Once you see a programme you are interested in click on it for more details.

Note: All training courses for professionals are colour coded bright green.

Children and Young People's Strategic Partnership | Customize | 7 | 0 | New | WP-Filebase Pro | Smart Slider | Events | Howdy, Valerie |

**Events for October 2019**

See Parenting Support Links Below

familysupport NI.gov.uk  
Helping You Find the Services You Need

Parent Line NI  
FREE LOCAL HELPLINE  
0808 8020 400

Check out the new CYPSP webpage, specifically designed for parents and organisations working to **support families** using group work approaches, [HERE](#).

This resource also provides the details of current and forthcoming **evidence-based parenting programmes** across Northern Ireland.





Check out the [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) website, making it easier for people in NI to find out about **family support services** and ALL REGISTERED **childcare providers** in NI.

If you require any more information about the website or would like some leaflets / posters, please contact [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk) or tel. 0845 600 648.

Watch the promotional animation clip outlining the functions / benefits of the website [HERE](#).

For further information about the Family Support Hub in your locality please contact:

#### ARMAGH/ DUNGANNON HUB

Pat McGeough  
Young People's Partnership Barnardos  
39A Abbey Street, Armagh,  
BT61 7DY  
Tel: 02837522380  
Email: familysupporthub@barnardos.org.uk

#### PORTADOWN/ CRAIGAVON/ BANBRIDGE HUB

Rachel Long/ Lisa Grant  
Child and Parenting Support (CAPS)  
NIACRO  
26 Carleton Street, Portadown Co  
Armagh, BT62 3EP  
Tel: 02838331168  
Email: familysupporthub@niacro.co.uk

#### NEWRY & MOURNE HUB

Jacinta Linden SPACE  
24 Monaghan Street, Newry,  
BT35 6AA  
Tel: 02830835764  
Email: familysupporthub@space-ni.com



November 2014



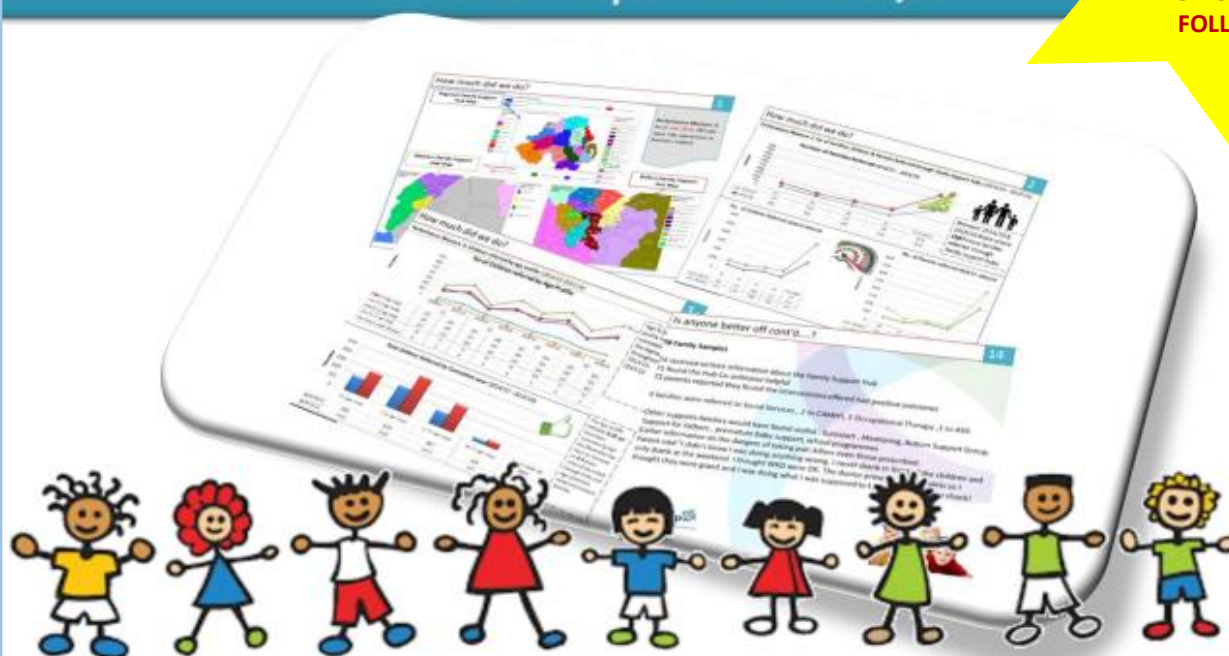
## INFORMATION FOR FAMILIES



# Family Support Hubs Report Card

Annual Report Card 2018/19

SOUTHERN AREA  
FAMILY SUPPORT  
HUB CARD TO  
FOLLOW...



To download a Family Support Hub **Referral Form**, click [HERE](#).  
To view the Family Support Hubs **Annual Report Card**, click [HERE](#).



**STREET SOCCER**  
ARMAGH, BANBRIDGE & CRAIGAVON 5 A SIDE LEAGUE

**Centrepont, Lurgan**  
Saturday 26th October -  
Saturday 7th December 2019  
7.00pm - 10.00pm

SPOT PRIZES,  
WORKSHOPS,  
BUBBLE FOOTBALL

TRANSPORT  
AVAILABLE  
UPON  
REQUEST

FOR BOYS AND GIRLS AGED 10 - 14

For further information, contact Emma Casey:  
emma.casey@armaghibanbridgecraigavon.gov.uk

To book a team, contact Chris Cousens on 07920 816194

Special EU Programmes Body  
Fóras Um Chláir Speisialta An AE  
Boord O Daire Dcht UE Projects

Peace  
Northern Ireland - Ireland

Armagh City  
Banbridge  
& Craigavon  
Borough Council

THE FUNDING HAS BEEN PROVIDED BY THE EU'S PEACE IV PROGRAMME MANAGED BY THE SPECIAL EU PROGRAMMES BODY

e: [Alex.Clifford@armaghibanbridgecraigavon.gov.uk](mailto:Alex.Clifford@armaghibanbridgecraigavon.gov.uk)

**Giants Gaelic Football**

An inclusive Gaelic Football programme aimed at children aged 7-14 years with additional needs including mild learning disabilities or Autism. Come along and develop your Gaelic Football skills in a fun, welcoming and inclusive setting.

Dates: 7th & 21st Nov, 5th Dec 2019,  
16th & 30th Jan, 13th & 27th Feb,  
12th & 26th Mar 2020.

Times: 6pm-7pm

Venue: St Ronan's College, Lurgan  
(Junior site)  
Entry via Arthur Street, Lurgan, BT66 6ER

Please register in advance with:  
Ryan on rmcquillan@liveactiveni.co.uk  
or 077 9913 7291

Disability Sport NI  
Be active. Be the best.

LIVE ACTIVE NI  
MORE ACTIVE  
MORE OFTEN

Armagh City  
Banbridge  
& Craigavon  
Borough Council

Get Out Get Active

SPIRIT 2012

e: [rmcquillan@liveactiveni.co.uk](mailto:rmcquillan@liveactiveni.co.uk)

## New Residents Information Guide

### Overview

Armagh City, Banbridge & Craigavon Borough Council are collating information from various community groups, public agencies and advice services to put together a guide for new residents to the Borough, including migrants, refugees and minority ethnic communities.

It is hoped that this will help new arrivals to get any advice or service that is required to ensure that they feel welcome to the Borough.

We would really appreciate any information you can provide to help with the guide, which will be published electronically through the Armagh City, Banbridge & Craigavon Borough Council website and will also be available in other languages.

Closes 30 Nov 2019

Opened 18 Nov 2019

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#### Contact

Heather Wilson

028 4066 0605

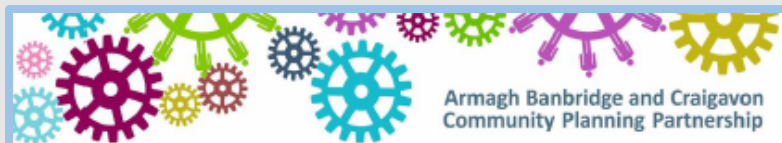
[heather.wilson@armaghibanbridgecraigavon.gov.uk](mailto:heather.wilson@armaghibanbridgecraigavon.gov.uk)



Armagh City  
Banbridge  
& Craigavon  
Borough Council

Access the survey [HERE](#)





Armagh Banbridge and Craigavon  
Community Planning Partnership

## Community Engagement Training

We are very excited to announce that as part of the [Embedding Well-being in Northern Ireland project, Carnegie UK Trust](#) we are running two one-day Community Engagement Training sessions delivered by Community Places.

**Learning Objectives of the Community Engagement:**

- Explore the benefits of community engagement
- Identify the parameters which will shape your engagement process e.g. time, resources, impact on decision-making
- Consider the different levels of engagement and which level is most appropriate to reach your engagement goals
- Develop the practical skills and confidence to plan and undertake quality community engagement
- Learn about a range of methods for undertaking community engagement and how to choose the most appropriate method(s) to reach your engagement goals
- Consider how to evaluate the impact of your engagement processes and benchmark for good practice

**The one-day training will be on:**

- Wednesday 27 November, 9.30am – 4.30pm, VENUE TBC
- Thursday 28 November, 9.30am – 4.30pm, Old Town Hall, Banbridge

To register, please complete the table below indicating which session you would like to come along to return by email to Michelle Markey at [communityplanning@armaghbanbridgecraigavon.gov.uk](mailto:communityplanning@armaghbanbridgecraigavon.gov.uk) by Friday 22 November 2019.

Full Name			
Job title			
Organisation			
Special Requirements (including dietary or access)			
27 November		28 November	

**REGISTRATION  
CLOSES  
TOMORROW!**

e: [communityplanning@armaghbanbridgecraigavon.gov.uk](mailto:communityplanning@armaghbanbridgecraigavon.gov.uk)



**Community Essentials**  
Free training for your community group

**Committee Skills**  
Thursday 14 November  
7:00 - 9:00pm

**Managing Finance & Projects**  
Thursday 21 November  
7:00 - 9:00pm

**Developing Funding Applications**  
Thursday 28 November  
7:00 - 9:00pm

at Banbridge Enterprise Centre  
Scarva Road Industrial Estate, Scarva Road, Banbridge, BT32 3QD

Members of your group are welcome at any or all of these sessions.  
Please note booking is essential.  
Please call 028 38392777 or email [info@abccommunitynetwork.com](mailto:info@abccommunitynetwork.com)



e: [info@abccommunitynetwork.com](mailto:info@abccommunitynetwork.com)

**CURRENTLY  
RECRUITING FOR  
JANUARY  
PROGRAMME,  
RUNNING IN LURGAN**

**Futures Project**

Personal Development  
Good Relations  
Citizenship  
Health and Wellbeing  
Team Building  
Outdoor Activities  
Residential  
New Skills  
Qualifications

Are you aged 16-24?  
Are you looking for some direction?  
Do you want to find your future?

Futures Project is a new and exciting 6-month youth programme for young people aged 16-24. Contact the Futures team to find one near you!

Executive Office  
Housing Executive  
START360  
belfast met  
Peace4Youth  
The Belfast Council  
Northern Ireland - Ireland

**What's in it for me? (subject to eligibility)**

£8 per day for taking part

Free travel

Opportunities to get involved in your community

Student card and access to Belfast Met facilities

Payments will not affect benefits

Participation in fun and interactive sessions

Meet new people from different communities and backgrounds

OCN Level 2 Qualification

More confidence and new skills

A Mentor to support you through the programme

Assistance with childcare

**How do I join?**  
You need to be available during the day for 3 days per week for 6 months  
Email: [futures@belfastmet.ac.uk](mailto:futures@belfastmet.ac.uk)  
Phone: 02890 265 212

Executive Office  
Housing Executive  
START360  
belfast met  
Peace4Youth  
The Belfast Council  
Northern Ireland - Ireland

e: [futures@belfastmet.ac.uk](mailto:futures@belfastmet.ac.uk)



**AutismNI**  
Northern Ireland's Autism Charity  
Dungannon/Armagh Support Group

*Christmas Make & Take Session*

Join us for a **Kids Make & Take Craft** session at **Willowbank Resource Centre**,  
South Tyrone Hospital, Carland Road, Dungannon, BT71 4AA **from 11am to 2pm.**



**\*Saturday 7th December 2019\***  
\*\*Price £3 per child, refreshments will be available\*\*

To confirm your place, contact Jane Rooney before  
Monday 2nd December on; **07876102830.**

**\*\*Children must be supervised at all times by a parent or carer\*\***

Autism NI - tel: 028 9040 1729  
**www.autismni.org**

Facebook: /AutismNI  
Twitter: @AutismNIPAPA

Registered charity number XR22944.16 Charity Commission number NC190240.

**FOR CHILDREN  
WITH DISABILITIES  
AND THEIR  
SIBLINGS**

t: 07876102830



**The Mill**  
at Clanrye Group



**New Social Café**  
in the heart of the community  
for the entire community  
OFFICIAL OPENING 15TH NOVEMBER 2019  
LOCATION: DRUMALANE MILL, THE QUAYS, NEWRY  
£1 PER PERSON FOR TEA & COFFEE  
Drop in and we'll have the kettle on.  
**EVERY FRIDAY 10:30AM - 12 NOON**

Everyone welcome!

**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**  
Mon-Thurs 9.30am-3.30pm  
Fri 9.30am - 12.30pm

**New ry**  
Thurs 30th Jan -  
Thurs 19th Mar 2020  
Every Thursday  
for 8 weeks  
7.00pm - 9.00pm

ParentingNI

t: 0808 8010 722



### CONTACT DETAILS AND BOOKINGS

To reserve your place on any of our courses, or for further information, please contact Maria Quinn at [mariaq.quinn@southerntrust.hscni.net](mailto:mariaq.quinn@southerntrust.hscni.net) or Call 028 302 57012.

All our courses are free of charge.

Please note: The course venues and dates can be subject to change but we only do this when necessary and will notify students if any changes occur by text, email or telephone. If you are unable to attend your courses, please notify the Innovation Recovery Project as soon as possible as our courses have limited spaces. To cancel your space, drop us an email at [mariaq.quinn@southerntrust.hscni.net](mailto:mariaq.quinn@southerntrust.hscni.net) or give us a call on 028 302 57012.

Northern Ireland - Ireland - Scotland  
European Regional Development Fund

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



### Course Guide

November & December  
2019

Interreg  
Northern Ireland - Ireland - Scotland  
European Regional Development Fund

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

PARENTS & CARERS,  
SEE FURTHER DETAILS  
ON COURSES WHICH  
MIGHT BE OF  
INTEREST ON THE  
SLIDE WHICH  
FOLLOWS...

e: [mariaq.quinn@southerntrust.hscni.net](mailto:mariaq.quinn@southerntrust.hscni.net)

# COURSE DATES 2019

DATE	COURSE	TIME
Newry		
Ballybot House, 28 Cornmarket, Newry, BT35 8BG		
11th November	Recovering My Wellness	6.30pm – 9.00pm
18th November	Getting A Good Night's Sleep	6.30pm – 9.00pm
25th November & 2nd December	Understanding Depression	6.30pm – 9.00pm
9th December	Coping with Christmas	6.30pm – 9.00pm
16th December	WRAP Information Session	6.30pm – 9.00pm
Omeath		
Dolmen Centre, Omeath District Development CLG, Omeath, Co. Louth		
12th November	Recovering My Wellness	2.00pm – 4.30pm
19th November	Getting A Good Night's Sleep	2.00pm – 4.30pm
26th November & 3rd December	Wellness Through a New Lens	2.00pm – 4.30pm
10th December	Coping with Christmas	2.00pm – 4.30pm
Armagh		
Armagh Business Centre, 2 Loughgall Road, Armagh, BT61 7NH		
13th November	Recovering My Wellness	11.00am – 1.30pm
20th November	Getting A Good Night's Sleep	11.00am – 1.30pm
27th November & 4th December	Understanding Depression	11.00am – 1.30pm
11th December	Coping with Christmas	11.00am – 1.30pm
Kilkeel		
Nautilus Centre Rooney Road, Kilkeel, Down, BT34 4AG		
14th & 21st November	Understanding Depression	11.00am -1:30pm
28th November & 5th December	Understanding Anxiety	11.00am -1:30pm
12th December	Coping with Christmas	11.00am -1:30pm

## Recovering My Wellness

Increasingly, people are embracing the concept of Recovery as they seek to maintain their health and wellbeing. This workshop allows participants to understand why Recovery should be an integral part of all our lives, and to explore actions and supports which can further our Recovery journey.

## A Good Night's Sleep

There is a close relationship between our sleep and our health. Living with a mental or physical health problem can affect how you sleep. Poor sleep can have a negative impact on your health and wellbeing. The aim of this workshop is to help you improve your understanding of sleep and how you can tackle your personal night time challenges.

## Wellness Through a New Lens

This wellness workshop will enable students identify and explore different perspectives on wellness and personal growth. Hope, opportunity and control is interwoven throughout this workshop. Students will look at practical ways of keeping themselves well in a way that works for them.

## Understanding Depression

This course aims to dispel some of the myths around depression and provide information on where help and support can be found. We hope to provide a better understanding of the treatments on offer and how to maintain our wellbeing before, during and after symptoms.

## Understanding Anxiety

This course will explore the links between our thoughts, feelings and behaviours, and offer some simple strategies to help you understand and manage anxiety.

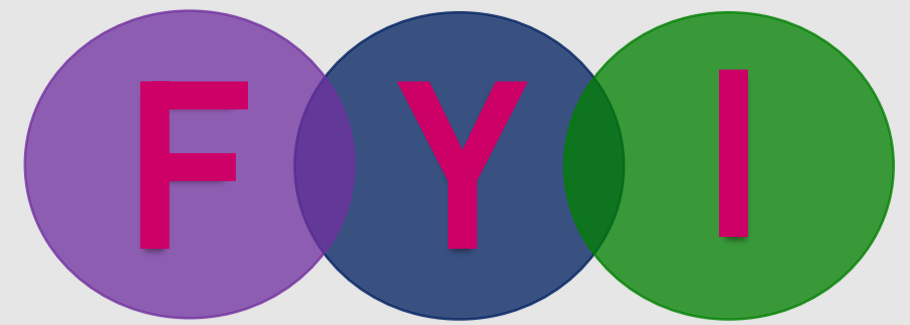
## Coping with Christmas

This course aims to help people take back control at Christmas by prioritising self-care and exploring other useful tips to make this a more enjoyable time of the year.

e: [mariaq.quinn@southerntrust.hscni.net](mailto:mariaq.quinn@southerntrust.hscni.net)

# SOUTHERN AREA LOCALITY PLANNING GROUPS

## ISSUE 20 | 21<sup>ST</sup> NOVEMBER 2019



## For Your Information

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.

### Remaining 2019 LPG Meetings

**Banbridge:** Tue 26<sup>th</sup> Nov @ Banbridge Old Town Hall  
**Craigavon:** Tue 3<sup>rd</sup> Dec @ Brownlow Community Hub

**2020 Meeting dates & venue info. to follow...**

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)

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