

Fortnightly News

Issue 5

December 2019

Welcome to the 5th edition of Fortnightly News, the E-newsletter which promotes, services, programmes and events to improve the outcomes for Children and Young People in your Locality. We have another packed edition of events and programmes for you to share. As this will be the last edition of 2019 we wish you a Happy & Peaceful Christmas.

Nuala McArdle
& Noelle Hollywood



working together
and with families
**DOWN LOCALITY
PLANNING GROUP**

Fortnightly News



If you would like to contribute to Fortnightly News, we would love to include your contributions.

- Please 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!
- Less words, bigger pictures!
- We do not advertise or endorse those events or programmes which are privately funded as a business.
- Fortnightly News will be issued every fortnight, on a Friday morning. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- Your feedback is welcome.(We are not perfect, but will strive to be as good as we can.)
- Please let us know if Fortnightly News has helped your service, event or activity in anyway.



working together
and with families
DOWN LOCALITY
PLANNING GROUP

[For more information on' Fortnightly News ' contact
noelle.hollywood@setrust.hscni.net](mailto:noelle.hollywood@setrust.hscni.net) or 07872422101



Ever felt like this the morning
after the night before?



Public Health
Agency

If you choose to drink, avoid a hangover by
knowing your alcohol units & sticking to them.

www.drugsandalcoholni.info

Alcohol limits and unit guidelines

Limiting weekly alcohol units

If you drink heavily on two or more occasions each week, you increase your risk of death from long-term illness or injuries.

To reduce the health risks from drinking alcohol:

- don't drink more than 14 units a week regularly
- spread your drinking over three or more days if you regularly drink 14 units a week
- reduce your drinking and have several alcohol-free days each week

Fourteen units is equal to:

- six pints of average strength beer
- ten small glasses of low strength wine

Alcohol units in drinks, Compare alcohol units in different quantities of drinks:

- a pint of strong beer has three units of alcohol
- a pint of low or medium strength beer has over two units
- a large glass of wine has three units
- a standard glass of wine or pub bottle of wine has over two units
- a small glass of wine has one and a half units



Creating Child Friendly Environments

- It is estimated that by 2050, 70% of the world's population will live in urban areas and 60% of those urban dwellers will be under the age of 18. These figures, produced by UNICEF, mean it is more important than ever that the built environment is designed and managed to meet the needs of children.
- **Child friendly placemaking** is about planning authorities, and other professionals working to shape the built environment, to consider and engage with children as a way to create places that suit all ages and support healthy childhood development. Such an approach goes beyond the protection of basic children's rights and promotes a wider definition of children's wellbeing.
- Within Northern Ireland, much scope still exists to build upon commitments made within the Children's Services Co-operation Act (2015) and to promote Child Friendly environments through Community Plans and Local Development Plans.
- The issue of creating child friendly environment was highlighted at a recent conference in Belfast for more information please search;

<https://www.belfasthealthycities.com/news/placemaking-healthier-belfast-creating-child-friendly-environments>



Healthy City Award for 'Fit Families for the Future' Project

Our programme works with families who have at least one child with a BMI over the 98th percentile and involves a multidisciplinary initial assessment and review at 3, 6 and 12 months as well as a 6 week evening programme for the whole family and continued one to one health coaching support for up to 12 months. If you have any queries about the programme, please feel free to contact me.

Jodie McGoldrick

Associate Psychologist/ Health Coach (Fit Families for the Future)

07850882790

Normal working pattern Monday, Tuesday, Thursday, Friday.



(left to right) Jenn Gawley (Specialist Paediatric Dietitian), Amy Harbinson (Administrator for Fit Families), Jodie McGoldrick (Associate Psychologist) and Joanne Gordon (Specialist Paediatric Physiotherapist).



If you find yourself in financial difficulties after Christmas

Please be aware, help is available; including local **Foodbank**

www.trusselltrust.org
Thriving Life Church,
18A Crawfordsburn Road,
Newtownards

☎ 07902 933297

Open Tuesday 11am – 13:00
Wednesday 18:30 – 20:00
Friday 11:00 – 13:00

Kircubbin Satellite Branch
Maxwell Courtyard,
Main Street,
Kircubbin
Open Thursday 19:00 – 20:30

Hamilton Road Baptist,
112 Hamilton Road,
Bangor
Open Tuesday 14:00 – 15:30
Friday 11:00 – 12:30

Bangor Elim,
Balloo Crescent,
Bangor

☎ 07821 791674

Open Monday 18:30 – 20:00

The Pantry Foodbank
The Methodist Church Hall
37 Central Promenade
Newcastle

☎ 07517 766006

Open Monday and Thursday 2-4pm
thepantryfoodbank@gmail.com
Fountain Food Bank
Fountain Street,
Downpatrick, BT30 6AW

☎ 07444 015883

Open Tuesday and Friday 10:00-12
owenpatterson@yahoo.co.uk
First Presbyterian Church
Windmill Street **Ballynahinch**
BT24 8HB

☎ 028 9756 4404

Open Tuesday and Thursday
from 9:30am to 11:30am
Kilmore and Inch Parish Food Bank
19 Church Road, Kilmore, **Crossgar**
BT30 9HJ

☎ 028 4483 0371

email: kilmore@down.anglican.org
Open 11am to 1pm Wednesdays

Emergency Food Parcels issued on presentation of vouchers from a support organisation eg. Home Start, SVP, CAP



St Vincent
de Paul Society
England and Wales
Turning Concern into Action

Keep warm, keep healthy

search; <https://www.publichealth.hscni.net/sites/default/files>



**‘Keeping
your cool’**

Dads Project

**To register please
call Parenting NI
Freephone;
08088010722**



This 8 week programme allows parents to explore their reaction to anger and how their anger impacts on the children, how to identify the triggers and find positive ways of managing their anger. Anger is a normal emotion, which most parents experience on a regular basis. It is often seen as a negative emotion but can be used as a motivator to instigate change.

parentingni.org

BELFAST

Every Monday for 8 weeks.
Starting 20th January &
finishing on 9th March 2020.

6 pm - 8 pm

**To register call
freephone
0808 8010 722**

Hi, I'm writing today about translations of leaflets for parents:

As you may know our discussion leaflets for parents (the ones from the FFY Resource Pack with cartoons) on sleeping, toileting, feeding and behaviour, have been professionally translated into 14 languages, including Arabic and Polish. These are available on the Solihull Approach website for practitioners www.solihullapproachparenting.com >**More** and then >**Downloads for non-English speaking families**

There are also 5 information leaflets for parents at <https://inourplace.co.uk/downloads/> (including one for adolescents) that can now be read in any language.

- Lets Play Leaflet
- Development and emotional milestones Leaflet
- Brain development through childhood Leaflet
- For Teenagers
- Teenagers and risk taking

Parents can go to www.inourplace.co.uk and click on the Google translate button (which is now working again) to turn the website into any language. Then hover over the tab >**More** and then click on >**Downloads**. They will see 5 green bars which are of no use to them as the PDFs are in English. But there is a list below the green bars of leaflets as webpages which can be viewed in any language selected in Google translate.

And of course the online course for parents 'Understanding your child' is available in professionally translated Urdu, Chinese, Welsh, Bulgarian, Arabic and Polish.



The Consumer Council



Financial Health

Follow our food shopping tips to help you save money and reduce waste; Before you go shopping:

- Do a stock take of your cupboards, fridge and freezer to see what you have.
- Plan the meals you are going to have for the week and think about using up leftovers.
- Make a shopping list and stick to it.
- Set yourself a target budget.
- Don't go shopping on an empty stomach.
- Remember to take your bags for life.
- For more advice on your financial health search;
<https://www.consumer council.org.uk> there will find price comparison tables for your fuel/energy and other budgeting tools.

For a healthy mouth take care of your teeth and gums

Brush your teeth twice a day

Brush your teeth twice a day with fluoride toothpaste.

Read more in our [teeth cleaning guide](#)



Floss between your teeth

Floss or use an interdental brush every day to remove food, debris and plaque lodged between your teeth.

Read more about [why it's important to floss](#).

Cut down on sugar, and other lifestyle tips

Have a healthy lifestyle, including eating well, not smoking, limiting your fizzy drinks, and sugar intake. It's good for your whole body, including your teeth, gums and mouth.

Read more about [why a healthy lifestyle is good for your teeth](#)

Have regular dental check-ups

Have regular check-ups with your dentist. Don't put off going for a check-up. Detecting problems early can mean they're easier to treat.

If problems aren't treated, they may lead to damage that's harder, or even impossible, to repair.

Read more about [dental check-ups](#). For more information search;

<https://www.nhs.uk/live-well/healthy-body/take-care-of-your-teeth-and-gums>

Protect your Child's Health with Childhood Immunisations

<https://www.nidirect.gov.uk/articles/childhood-immunisation-programme>

Two months old

diphtheria, tetanus, pertussis (whooping cough), polio, haemophilus influenzae type b (Hib) and hepatitis B (6 in 1) one injection

pneumococcal disease one injection

rotavirus orally

meningococcal group B disease one injection

Three months old diphtheria, tetanus, pertussis, polio, haemophilus influenzae type b (Hib) and hepatitis B (6 in 1) one injection

rotavirus orally

Four months old

diphtheria, tetanus, pertussis, polio, haemophilus influenzae type b (Hib) and hepatitis B (6 in 1) one injection

pneumococcal disease one injection

meningococcal group B disease one injection

12 to 13 months

haemophilus influenza type b (Hib) and meningococcal group C one injection

meningococcal group B disease one injection

measles, mumps and rubella (MMR) one injection

pneumococcal disease one injection

Annually from two years old flu nasal spray or injection

From three years and four months old diphtheria, tetanus, pertussis and polio one injection

measles, mumps and rubella one injection

12 to 13 year old girls human papillomavirus (HPV) two or three injections

14 to 18 years old diphtheria, tetanus and polio one injection

meningitis (meningococcal groups A, C, W and Y) one injection

If you have any questions, please ask your health visitor, doctor, school nurse or a practice nurse in the doctor's surgery.

**THE ULSTER HOSPITAL
EMERGENCY DEPARTMENT
IS UNDER EXTREME
PRESSURE AT THE MOMENT.**



Our staff are working very hard to ensure patients are treated as quickly as possible but your wait may be longer than we would like.

Please consider other treatment options if appropriate.

Your G.P.



Minor Injuries



Local Pharmacist



GP out of hours

GP out of hours is available if you need urgent medical care when your GP surgery is closed.

GP out of hours services are:

- 6.00 pm on week days until your GP surgery opens the next morning
- 24 hours on Saturday and Sunday
- 24 hours on public holidays

You should telephone the out of hours service first.

The doctor or nurse will assess you and:

- give you advice by telephone
- decide if you need to see a doctor
- refer you to another service

Please save the numbers for South Eastern Health and Social Care Trust area

Ards and North Down; phone 028 9182 2344 or text phone 18001 028 9182 2344

Lisburn and Downpatrick; phone 028 9260 2204 or text phone 18001 028 9260 2204

If your condition is life-threatening, for example, a suspected heart attack or stroke, telephone 999 immediately and ask for an ambulance.

Emergency Dental Pain Relief Service

Relief of Dental Pain Clinic Belfast City Hospital (RODP)

The Relief of Dental Pain Clinic is based in Wing F, Outpatients Department on the Ground Floor of the Belfast City Hospital.

This clinic is **strictly for dental emergencies** such as:

- uncontrolled bleeding,
- trauma
- swelling, and
- severe dental pain

Opening Hours 7:00pm to 9.15pm every evening
and additionally 10:00am to 12.15pm on Saturday, Sunday and Public Holidays.

Patients are reminded that NHS Charges apply to this service (unless you are exempt).

The clinic operates a system of prioritization based on clinical necessity and so patients are advised to attend early.

Outside of these clinic intake times, patients that are suffering from swelling, uncontrolled bleeding or trauma should contact Ulster Hospital Emergency Department, or for other conditions please contact your own dentist during normal surgery hours.

For further information telephone: (028) 9063 8486

Regional Emergency Social Work Service (RESWS)

About the Service

The regional out of hours social work service provides an emergency social work response across all of Northern Ireland on an out of hour's basis:

- 5pm to 9am weekdays
- 24 hours at weekends and bank holidays.

Emergency Remit

This is an emergency service to be used only when you need a social worker urgently, after hours.

The RESWS will provide services for the following groups:

- Children and young people
- Older people
- People with mental health problems
- People with learning difficulties
- People with physical disabilities
- Families and carers of all these groups

The service is also responsible for emergency homelessness for the Northern Ireland Housing Executive (NIHE) and emergency financial issues for the Social Security Agency outside normal working hours.

How to access the service

Wherever you live in Northern Ireland, Out of Hours Social Workers can be contacted through one central telephone number:

Tel: (028) 9504 9999

Please read the referral criteria search;

[http://www.belfasttrust.hscni.net/RegionalEmergencySocialWorkService\(RESWS\).htm](http://www.belfasttrust.hscni.net/RegionalEmergencySocialWorkService(RESWS).htm)

Professionals can also use this number or can complete written alerts on known cases and e-mail to: resws1@belfasttrust.hscni.net

Good mental health and wellbeing

Take time out to remember a few simple ways to protect your mental wellbeing that could make all the difference. These include:

- get enough rest;
- make time for yourself, family and friends - talk to them about how you feel;
- get to know who you are, think about and try to do things that make you really happy, and don't forget to laugh regularly;
- try to avoid over thinking and comparisons with others – learn to balance and accept what you can and cannot change about yourself;
- exercise regularly, preferably with someone else;
- limit your intake of alcohol and avoid cigarettes and other drugs.

For more information on mental health and wellbeing please search;

<https://www.mindingyourhead.info/>

If you're in distress or despair, you can call Lifeline on **0808 808 8000** and talk to an experienced counsellor in confidence. For more information visit

www.lifelinehelpline.info

**Call Lifeline on:
0808 808 8000**

**Deaf and hard of hearing
Textphone users:
18001 0808 808 8000**



GET THE FLU VACCINE

Stay Well guide to Colds & Flu

Rest up
and stay at home



Drink plenty of
fluids



Blow your nose
Catch it, Bin it, Kill it



Wash hands
regularly



Talk to your
Pharmacist




Flu Vaccine

Get the free flu vaccine if
you're in one of the
'At Risk' groups



Public Health
Agency

STAYWELL
THISWINTER



**Mixing any drugs including
mixing drugs with alcohol
can be deadly.**

Don't mix



Public Health
Agency



South Eastern Health
and Social Care Trust



Public Health
Agency

SOUTH EASTERN HEALTH AND SOCIAL CARE
& PUBLIC HEALTH AGENCY

UNDERSTANDING SELF HARM TRAINING

To introduce participants to the issues of
self-harm, suicide and the impact that
alcohol abuse has on these behaviours

THUR 23 JANUARY, 2020

9.30 AM TO 1.00 PM

ARDS COMMUNITY NETWORK

If you would like to book a place, or for information
on this training,

please contact Karen Wallace
karen.wallace@sehsouth-trschi.net

Winter Tips from Electrical Safety First

When we think of winter, we imagine snuggling up under a cosy electric blanket or warming ourselves next to a portable heater. But do we think about electrical safety?

During the festive season, when we're so busy decorating our homes with fairy lights and rushing around buying gifts, it can easily slip our minds.

With an average of around 102 fires per day in December, it's important to remember that winter can be a risky time - overloaded plug sockets, fraying electric blankets and dodgy Christmas gifts can all contribute to the risk of fire or electric shock.

See below for our tips on how to stay safe and warm this winter, and enjoy a stress-free festive season!

Electric Blankets

To help reduce the number of unsafe electric blankets being used in homes, we recommend that you follow our simple steps(link is external) when purchasing, using, storing and disposing of your electric blanket.

Portable Heaters

Portable heaters are responsible for 4% of accidental house fires each year, as well as being responsible for a higher percentage of fatalities and serious injuries per incident compared to other items. We've put together a handy guide(link is external) to ensure that you're using yours safely.

Christmas

When the festive season is in full swing and homes across the UK are twinkling with fairy lights, it's easy to forget about electrical safety. We've highlighted some common activities that may be putting you and your family in danger, with some simple tips(link is external) to help you stay safe.

Content sourced by Electrical Safety First, to access the external link search;

<https://www.electricalsafetyfirst.org.uk>

don't FREEZE UP this winter

Protect
your
pipes



Find a Plumber Near You

Enter your post code or

Enter your town

Maximum distance

This area only ▼

Additional Requirements

- ☐ Emergency Call Out
- ☐ Boiler Servicing
- ☐ Oil Heating
- ☐ Solid Fuel Heating

Look out the number of your local Licensed Plumber before you have an emergency, just in case.

Tips on Avoiding Burst or Frozen Pipes for Homes and Businesses

- Leave your heating on using a low setting especially if your home is going to be empty for a while.
- If you live in a flat it's sensible to leave the heating on low in rooms where the mains pipe supplies neighbouring flats.
- If you're going to be away for a long time turn off your water supply and drain the system – a Licensed Plumber will be able to give you advice about this.
- If your neighbours don't have a key for your home make sure they have contact details for someone who does in case of an emergency.
- Your water tank should be fitted with an insulation jacket or alternatively the top and sides of the tank can be wrapped with suitable insulation material.
- Don't place loft insulation under the tank as this stops heat from the rooms below helping to keep the tank warm.
- If you have toilet cisterns, water tanks or pipes in exposed places or unheated outbuildings make sure you insulate them. Better still, if not in use, drain them for winter.
- Dripping water increases the risk of freezing so have any leaks at taps or valves repaired as soon as you discover them.



Brought to you by

SNIEPF

SCOTTISH AND NORTHERN IRELAND
PLUMBING EMPLOYERS' FEDERATION

This site is operated by SNIEPF and you can search for a Licensed Plumbing Business across Scotland and Northern Ireland. You can visit the SNIEPF site to find out more about us and the benefits we offer to customers and plumbing firms.

Both Scottish Water and Northern Ireland Water recommend the use of SNIEPF Licensed Plumbing Firms. For more information visit:



Scottish Water

Always serving Scotland

northern ireland water



For more info search; <https://www.niwater.com>

Mental Health and Suicide Prevention Training Framework

**CONSULTATION DEADLINE HAS
BEEN EXTENDED
TO FRIDAY 10 JANUARY 2020**

**To take part in the consultation visit:
<http://pha.site/framework>**

Season's Greetings

Be vigilant

Get home safe

Never, ever drink and drive

The Police Service of Northern Ireland wishes you a very happy and peaceful festive season.

With your support, we have kept you safe throughout the year. Now we are working together to keep you safe at home, work, on the roads and when you are out. By following the simple advice on this leaflet, you can help us to help you.

PSP Policing & Community
Safety Partnerships
making our community safer



Keeping People Safe