

# Bi-monthly Family Support Hubs Newsletter January 2020

This edition includes:

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- Ascertainment/Domestic Violence
- Breaking Down Barriers
- Multicultural Women's Group
- Chinese Welfare Association
- Females with Autism/Simon Community
- Children's Emotional Health
- Walking on Eggshells
- Ascertainment Training
- Parentline NI/Young Adults Carers Service
- Mencap/Gamblers Anonymous
- Apps to be Aware of
- Add NI Parents Meeting
- Family Mediation NI
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- Volunteer Now
- Emergency Homeless Number/Make the Call

## Introduction



There are 29 family support hubs across Northern Ireland supporting families. In 2018/19 **7137** families were referred to the hubs. The 5 Trust reports are now available on the CYPSP website at:

[www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23](http://www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23)

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)



**0808 808 8000**

**[www.lifelinehelpline.info](http://www.lifelinehelpline.info)**

**The Domestic & Sexual Abuse  
Helpline is available 24 hours a  
day, 7 days a week across  
Northern Ireland.**

**DOMESTIC AND SEXUAL ABUSE HELPLINE  
0808 802 1414**

# Where can I find mental health support?

Mind  
Wise

## On the phone

Samaritans

116 123  
24 hours a day

Lifeline

0808 808 8000  
24 hours a day

Campaign  
Against Living  
Miserably (CALM)

0800 58 58 58  
5pm-midnight

Switchboard  
LGBT+

0300 330 0630  
10am-10pm

## Online

Elefriends

Online support for over 18s  
[elefriends.org.uk](http://elefriends.org.uk)

The Mix

Support for under 25s  
[themix.org.uk](http://themix.org.uk)

Sane

Online peer support  
[sane.org.uk](http://sane.org.uk)

Men's  
Health  
Forum

Online support &  
resources  
[menshealthforum.org.uk](http://menshealthforum.org.uk)



## Safeguarding Children Affected By Parental Substance Misuse



**DATE:** 15th January 2020

**LOCATION:** Rathmor Centre, Blighs Lane,  
L'Derry

# DOMESTIC VIOLENCE EVERYBODY'S BUSINESS

**28th January 2020  
7.00pm - 8.30pm  
Market House  
The Square  
Ballynahinch**







here

**A Visible Force  
for Change**



**WRDA & HERE NI ARE HOSTING:**

# **BREAKING DOWN BARRIERS**

This is a series of workshops for Lesbian, Bisexual & Transgender Women of all ages, based in Belfast.

These workshops will focus on learning from your experiences with sexual harassment & sexism especially as combined with homophobia, biphobia & transphobia.

Alongside other marginalised groups of women we will produce a toolkit to tackle these issues. Can you help?

Contact: [info@wrda.net](mailto:info@wrda.net)

**Monday 20th January, 7pm at HereNI's office, 23-31 Waring St, Belfast**



**Belfast  
City Council**

# Women's Centre Derry

Multicultural Women's Group  
welcomes you to

**Make Connections  
Improve Your English  
Access Information**



**Crèche Places Available for Children  
(age 0-4 years)**

**Call in Now!**

**[www.thewomenscentre.co.uk](http://www.thewomenscentre.co.uk)**



**tel: 02871 267672**



## Welcome to Chinese Welfare Association NI

### **1+1 PROJECT**

The project provides mental health support,  
signposting and referrals

Address: 1 Stranmillis Embankment Belfast BT7 1GB

Tel: 02890 288277

Email : [tin@cwa-ni.info](mailto:tin@cwa-ni.info)

[www.cwa-ni.org](http://www.cwa-ni.org)



## Females with Autism Workshop

Do you want to explore the differences in relation to Autism for Females and how to support Females with Autism?



Thursday 23<sup>rd</sup> January 2020, 10.00am-3.00pm  
Market Place Theatre & Arts Centre, Armagh

To register, contact [christine@autismni.org](mailto:christine@autismni.org)

Supported by the Public Health Agency Through the CLEAR Project



**simon**  
**community**  
Northern Ireland

**Help with homelessness**

**Are you at risk?**

**We're here to help 24/7**

**Tele: 0800 171 2222**

**[help@simoncommunity.org](mailto:help@simoncommunity.org)**





ParentingNI

# Children's Emotional Health



## 5 - 10 Years

**Tuesday 28th January 2020**

Naiscoil Na Fuisseoige Family Centre,  
Dunmurry, 9:30 am – 11:30 am

**Wednesday 29th January 2020**

Mencap, Bishop Street,  
Derry~Londonderry, 10 am – 12 noon

**Thursday 30th January 2020**

Whiterock Children's Centre, Belfast,  
10 am – 12 noon

**Wednesday 5th January 2020**

Jethro Centre, Portadown,  
10 am – 12 noon

## 10 - 15 Years

**Tuesday 28th January 2020**

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Jethro Centre, Portadown,  
6:30 am – 8:30 pm

Supported by the Public Health Agency  
Through the CLEAR Project



Project supported by the PHA

Call to register on freephone 0808 8010 722



## **WALKING ON EGGSHELLS**

### **NON VIOLENT RESISTANCE PROGRAMME**

*Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.*

Supporting parents & carers to achieve a calmer and violent free home

- Overcome sense of helplessness
- Develop a support network
- Stop destructive behaviours
- Improve family relationships

*All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances*

**CALL TO REGISTER**  
**0808 8010 722**

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

**Fri 9.30am - 12.30pm**

### **EAST BELFAST**

**WEDNESDAYS**

**22nd Jan - 25th Mar 2020**

**9 weeks**

**9.15am - 11.15am**

**(There will be a break on 19th February 2020 for half-term)**

**To find out more and to register for the course, please come along to our coffee morning on Wed 15th January at 9.30am at Cregagh Youth Centre.**

**Due to funding stipulations we can only accept parents / carers with an East Belfast home address.**

**This project is funded by Victoria Homes Trust**





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**9 weeks**  
**7.00pm - 9.00pm**

Due to funding stipulations we can only accept parents / carers with an East Belfast home address.

**This project is funded by the Ballygrainey Fund**



## FREE TRAINING

### SHARPS

Half day course 9:30am—1:00pm: Tuesday January 14th Broughshane House, Ballymena

(More sessions to come to Carrickfergus and Larne)

Sharps training is suitable for all professionals and volunteers working with adults in crisis and within a range of social care settings. Sharps training provides awareness on the following topics:

- ⇒ Prevalence of illicit drug use
- ⇒ Problems with identification of drugs
- ⇒ BCC guidance on needle stick injury
- ⇒ BCC guidance on encountering drug related activity

Register online at: <https://www.ascert.biz/courses/sharps-awareness-training-01>

### Managing Potentially Violent Situations

Full day course 9:30am—4:00pm, Lunch included: Monday January 20th, Broughshane House, Ballymena

- ⇒ Preventing crisis situations from arising
- ⇒ Understanding the Conflict Cycle and how to resist this
- ⇒ Understand the types of aggression people display
- ⇒ De-escalation techniques to defuse conflict
- ⇒ How to best respond to keep self and others safe when a service user is in crisis
- ⇒ Post crisis response: helping service users learn, grow and change
- ⇒ Consideration of legal context

Register online at: <https://www.ascert.biz/courses/managing-potentially-violent-situations-01>

### Welfare Reform & Addiction Support Services

Full day course 9:30am—4:00pm, Lunch included:

Wednesday January 22nd Broughshane House, Ballymena

This one-day course looks at the relevance of welfare system changes for service-users with substance use/mental health issues, and how practitioners can best support their clients in the light of these changes. Focus is on ESA, PIP and Universal Credit.

Register online at: <https://www.ascert.biz/courses/welfare-reform-01>

For more information contact:

Natalie Melo, [Natalie.Melo@midandeeastantrim.gov.uk](mailto:Natalie.Melo@midandeeastantrim.gov.uk) / 028 2543 3206

Billy Johnston [Billy.Johnston@midandeeastantrim.gov.uk](mailto:Billy.Johnston@midandeeastantrim.gov.uk) / 028 2826 2469

Danielle Leo, [training@ascert.biz](mailto:training@ascert.biz) / 0800 2545 123



#### Course overview part 1 (ESA)

- What ESA is
- Assessment and Main Phases
- Work Related Activity
- Descriptors and points
- Groups
- Benefit
- Appeals
- Universal Credit

#### Course overview part 2 (PIP)

- What is PIP?
- PIP in Northern Ireland
- How to Qualify for PIP
  - PIP vs DLA
- Structure of PIP
- Components and Rates
- Assessment for PIP
- Activities, Descriptors and Points
- Claims Process
- Face to Face Consultation
- Support for PIP Claim
- Appeal Process





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



## **Young Adults Carers Service**

Action For Children have launched a new service for young adults in a caring role.

The Young Adult Carers Service will be running throughout the 5 trust areas for any young person between 18-25 in a caring role. We will be delivering services in a range of formats including one to ones, group work, information sessions and much more, all of which will be planned and organised following consultation with the young adult carers themselves.

We accept referrals from family members, social workers, health professionals, teachers, tutors, voluntary sector professionals and young adult carers themselves. For more information about the practical and emotional support we offer young adult carers, or to make a referral, please contact us at E: [youngadultcarers@actionforchildren.org.uk](mailto:youngadultcarers@actionforchildren.org.uk)





## Family Support

### Parent/Carer Coffee and Info Fair

**SATURDAY 18 JANUARY**

**11AM-2PM**

Mencap Centre, 5 School Road, Newtownbreda,  
BT8 6BT



# GAMBLERS ANONYMOUS

23-29 Little Patrick Street, BELFAST BT15 1BA

Tele: 028 9024 9185

Email: [gabelfast@gmail.com](mailto:gabelfast@gmail.com)

# APPS TO BE AWARE OF

## Snapchat

Send snaps and messages that **'disappear'** after they are viewed.

Look out for Snap Maps - a live map that shows locations in real time **(Set to Ghost Mode to avoid this!)**

## Twitch

A live-streaming service available on app and desktop, mainly aimed at the gaming community.

Streams aren't always moderated which can result in unsuitable material being viewed. **(This content can be reported!)**

## YouTube

The world's largest video sharing platform that is available on desktop and smartphone.

Unsuitable content can be found very easily. **(Educate yourself on parental controls and privacy settings)**

## TikTok

A free service and social media platform used to create and share short videos.

All content can be viewed without having a profile. **(Set your profile to private and restrict who has access to your account.)**

## Instagram

A photo-sharing app which allows users to share pictures and videos.

Content may be accessible by users who do not follow you. **(Make your profile private!)**

## Discord

A free online social platform that allows users to interact using voice, text and images.

'Servers' are moderated by users so unsuitable content can be missed. **(Content filters can be set!)**

## Ask.fm

A question and answering service that gives users the chance to ask and answer questions anonymously.

This service can be easily abused for obvious reasons. **(There are privacy settings that can be used to minimise this as well as reporting and blocking profiles!)**

## Decoy Apps

Used for hiding secret info, files and photos.

Young people often use these apps to store inappropriate material. **(Talk to them about why they think they need to use it.)**

## Likee

A short video creation platform

Likee has standard reporting and security options. **(Profiles cannot be made private but location data can be hidden.)**





**Our first Parent Support Meetings of 2020 will be held:**

**Date:** Tuesday 14th January

**Time:** 6.30pm

**Venue:** 7 Feeny's Lane, Dungannon, BT70 1TX

**Also in our new Premises:**

**Date:** Tuesday 4<sup>th</sup> February

**Time:** 7.00pm

**Venue:** 33 Ballynahinch Road, Carryduff, BT8 8EH

All families are welcome.

*You do not have to be referred to our service to attend.*

*The meeting however will not be suitable for kids.*



### How much will it cost?

Our service is an independent registered charity and donations are always welcome. There is no charge to those parents who fulfil the criteria for the HSCB funded service, i.e. under early intervention policy, those parents who are not in the court system. For all others the charge is relatively low when compared to the legal process. Some mediations may be funded by an individual Health Trust or other referral agency and we offer a number of non-parental separation, family dispute mediations free per year.

### Family Mediators are...

trained professionals who have a thorough knowledge and understanding of the complexity of family life and of separation, divorce and family restructuring. All our mediators work to the professional standards and code of ethics of the College of Mediators and Mediators Institute Ireland. To maintain a high quality practice all Mediators work towards accreditation status and must meet the required standards of practice, supervision and Continuing Professional Development through the College of Mediators (UK) & Mediators Institute Ireland.

### Equal Opportunities

Family Mediation NI is committed to the provision of equal opportunities in all its work.



Helping families through change

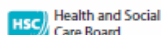
T: 028 9024 3265

enquiry@familymediationni.org.uk

www.familymediationni.org.uk

Rights House, 127-131 Ormeau Road, Belfast, BT7 1SH.

We can supply this information in alternative formats. Please contact us.



## Family Separation? Dispute? Division? Difference? Divorce?



Family Mediation NI is the lead approved family mediator training agency in NI Voluntary Sector. Registered with The Charity Commission for Northern Ireland NIC102600 Company Registered in NI: NI 063335

## Find an agreement everyone can live with.

### Family mediation is...

a voluntary process in which a Professional Family Mediator helps family members to communicate more effectively and to make their own arrangements for the future, particularly for children.

To benefit families, mediation can:

- Minimise conflict
- Help adults focus on the needs of the child
- Develop communication skills
- Improve family life moving forward
- Help avoid long, painful and expensive legal battles.

Mediators do not take sides, make judgements or give guidance, but support people to make their own decisions about the future. Family mediation supports parents, children and the wider family through change, particularly as a result of separation, divorce or family restructuring.

### Who is it for?

Family mediation is for all sorts of people: married and unmarried, parents, grandparents, step-parents and young people can all participate in family mediation.

### Mediation can help...

at any time if communication becomes difficult or breaks down. This may be:

- During or any time after a relationship breakdown
- As a result of families re-forming, such as step-families
- When parents, grandparents, step-parents, children or young people identify there are difficulties with communication or there are practical arrangements that need to be resolved
- When young people become homeless, mediation may be useful to maintain communication with family members.

### How does it work?

- Each family member is offered an individual, confidential meeting where options are discussed
- If mediation is appropriate, a joint meeting is arranged with the mediator where former partners or family members have the opportunity to talk about their concerns, explore options and agree an acceptable way forward
- Families may attend several mediation appointments.

### What about the children?

The focus of family mediation is to put the needs of children and young people first. To do this best, families should listen to their children, try to understand them and take account of their views and feelings.

We support this by offering a child focussed approach. If appropriate, meet with children and young people as part of the process and with both parents consent, to hear their views on issues which affect them. Through 'Direct Consultation with Children' the mediator agrees with the child or young person what they would like to feedback into the mediation process for their parents to hear.

### Is it confidential?

Yes. Mediators are bound by a duty of confidentiality. Parents talk freely and frankly in mediation. What occurs during family mediation cannot be used in civil proceedings unless both parties want it to be or if there are issues of children's safety or criminal activities. Care is taken to protect confidentiality and no disclosure will be made without discussing the issues first, unless there is an urgent risk of harm.

FMNI have a professional approach to the collation and retention of your personal data. FMNI is fully compliant with the Data Protection Act 2018.

### Where can I access the service?

This service is available at venues across NI.



**family + mediation =**





## FUNDING FOR YOUR YOUTH GROUP

Youth Link is planning to deliver a series of workshops for Youth Workers and Managers in the New Year which will offer practical support and guidance to local church and community based youth groups on the Education Authority Registration and funding opportunities within the new EA funding scheme.

The content of the workshops will include:

- EA Registration Process
- Funding Streams / Opportunities
- Organisation / Group Good Governance Health Check
- Youth Engagement & Outcomes Framework

**Register your interest:**

Email [petra@youthlink.org.uk](mailto:petra@youthlink.org.uk)

By Friday 17th January 2020!

# BECOME SUICIDE ALERT



## safeTALK

*suicide alertness for everyone*

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.

**This 3.5 hour training can help you make a difference.**

### **Why come to safeTALK?**

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using *TALK (Tell, Ask, Listen and KeepSafe)* to identify and engage people with thoughts of suicide and to connect them with further help and care. If you believe you can help in giving care to a person at risk then this training will benefit you in enabling you to respond with confidence and skills.

### **Who should attend safeTALK?**

safeTALK is for everyone who wants to help prevent suicide aged 16yrs and above : front line workers, clergy, volunteers, parents, youth workers, teachers, emergency services, ... anyone who wants to help prevent suicide.

safeTALK is a 3.5 hour programme that can be delivered to suit your group needs. Participants don't need any formal training and anyone that wants to make a difference can learn the safeTALK steps

### **You can attend a safeTALK training on the following date:**

Monday 20<sup>th</sup> January 2020 - Time: 6.30pm – 9.30pm

Venue:

Farset International  
466 Springfield Road, Belfast BT12 7DW

**If you would like to book a place(s) on this training  
please contact the SAFE Project by email to  
[Safe.Project@extern.org](mailto:Safe.Project@extern.org)**

**For more details on the programme please see  
<https://www.livingworks.net/safetalk>**



# ROC

## CONVERSATION

# OMAGH

What will make a difference in  
your community?

**DATE:**  
TUESDAY  
14TH  
JANUARY  
7PM - 9PM

**REGISTER:**  
[www.roc.uk.com/  
omagh](http://www.roc.uk.com/omagh)  
**OR CALL:**  
02890 351020

**ADDRESS:**  
Drumragh  
Integrated College  
70 Crevenagh Road  
Omagh  
BT79 0GW

Come and meet with others from your local community including police, fire and ambulance services, the local council, community and faith based groups to discuss ways of working together for the good of your community. If you live, work or volunteer in Omagh you are welcome to join the Conversation.

## Where to go for help

If you, or someone you know, is in crisis now and need someone to talk to:



**0808 808 8000**

24/7 phone support for those in crisis

**SAMARITANS**

BELFAST

Freephone 116 123

24/7 listening ear to those in distress



**Health and  
Social Care**

028 9074 4447 (in North and West Belfast)  
028 9079 6220 (in South and East Belfast)

The GP Out of Hours service provides care for urgent problems when your own GP is closed.



028 9080 5850

Freephone 0800 088 6042

Offers a 'no appointment' service for anyone in crisis

**LIGHTHOUSE**

028 9075 5070

Provides accessible support services to people who are directly affected by suicide and self-harm



McSweeney Clinic  
028 9543 8707 or  
Ashton Clinic  
028 9022 1022.

Offers a range of services to support people experiencing stress, trauma or anxiety.



0845 2590520

**Extern Crisis Response Team  
Offering One to One Support**



028 9039 1630

Offers a counselling service

More information on looking after your mental health and the support which is available across Northern Ireland can be found at [www.mindingyourhead.info](http://www.mindingyourhead.info)

Adapted from information produced by the HSE Resource Officers for Suicide Prevention, Ireland, and the Suicide Awareness Coordinators for Northern Ireland, with the support of CAWT (Cooperation and Working Together).



## “Poverty – a role for social work?”

A workshop to understand poverty in Belfast.

- Why should social work be concerned?
- What can social workers do?

29 January 2020

Registration 9.30am with prompt start at 10.00 am – 1.00 pm

Community Learning Centre, Belfast Met Springvale,  
400 Springfield Road,  
BT12 7D



Interested? contact Dave Milliken or Avery Bowser

We continue to work in partnership with NIBAP to act as a collection point for their food bank.  
It would be great if everyone who attends could contribute...

### Items needed

Rice and pasta  
Cereals  
Sauces - chilli, Bolognese  
Tea/coffee  
Baby food and baby wipes  
Beans  
Soup  
Toiletries

North Belfast  
**Advice**  
Partnership



# INVITATION

## STRONGER TOGETHER: THE JOURNEY

A CELEBRATION OF 10 YEARS OF STRONGER TOGETHER

10am to 4pm, Thursday 30th January  
The Junction, Dungannon BT70 1BS

To receive a registration pack, please send  
expression of interest to  
[info@strongertogetherni.org](mailto:info@strongertogetherni.org)

**HSC** Public Health  
Agency

Project supported by the PHA

[www.strongertogetherni.org](http://www.strongertogetherni.org)



**New Year, New Start!**  
**Are you aged 16-24?**  
**Is it time to find your Future?**

Futures is recruiting for two new programmes starting January 2020 in Belfast & Lurgan...!

You could gain: new skills & qualifications, get £8 per day, student discount, childcare support, travel card, residential and more!

**Futures**  
Project

Interested...?

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

Tel: 02890265212



**Peace**  
Northern Ireland - Ireland  
European Regional Development Fund



**START360**  
Putting YOU at the centre

**Housing**  
Executive



**We are here to  
help - call the  
Family Benefits  
Advice Service  
0800 028 3008**

[www.employersforchildcare.org](http://www.employersforchildcare.org)

**Employers  
For Childcare**



Are **YOU** interested in volunteering and would like **VOLUNTEER NOW** help to find the perfect opportunity for **YOU**?

Come along to the **Volunteering for Health** workshop, in partnership with the North Down Community Network.

**When** – Friday 24<sup>th</sup> January 2020

**Where** – NDCN Community Hub, Main Street, Bangor

**Time** – 11.30am – 1pm

Light refreshments will be provided



### What is it?

- A 1.5 hour workshop giving you the knowledge and confidence to step into volunteering.
- Optional 1-to-1 support and guidance into a role of your choice.

We will also host a celebration event for all participants- refreshments will be provided!

### How can I sign up?

Either email Andrew Hanna - [Andrew.hanna@volunteernow.co.uk](mailto:Andrew.hanna@volunteernow.co.uk) or

Email Lindsey Hall – [admin@ndcn.co.uk](mailto:admin@ndcn.co.uk)

**Booking is essential**





**We are here to help**

our new **out-of-hours**  
**emergency**  
**homeless number**  
**03448 920 908**

(after 5pm and at the weekend)

**make the call**



Department for  
**Communities**  
[www.communities-ni.gov.uk](http://www.communities-ni.gov.uk)



Over the past year, the Make the Call Wraparound service supported over 9000 people in claiming £43.2million in additional benefits, supports and services.

Get in touch to find out if we can help you

**Call 0800 232 1271**

Northern Ireland only.  
Network charges may apply.

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

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)