

October 2019

# Bi-monthly Family Support Hubs Newsletter October 2019

This edition includes:

- Women's Aid/Autism NI
- Totslot/Baby Bank
- Fuse Youth
- Bryson Future Skills
- Community Relations Council
- Drugs & Alcohol NI
- Advice and Getting Help
- Extern - Ballymena
- MEA Poverty Action Group
- Cancer Focus NI
- Macmillan Cancer Support
- Cruse Bereavement Care
- Planting the Seeds of Hope
- New Life Counselling
- Suicide Prevention
- Anyone/Extern Crisis Response
- Helping Hands/Young Voices
- ParentLine NI / GP
- Employers for Childcare
- NI Student Wellbeing Conference
- Get Started with Football



## Introduction

There are 29 family support hubs across Northern Ireland supporting families. In 2018/19 **7137** families were referred to the hubs. See full report: -

[Annual Family Support Hub Report Card](#)

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)

### Office Opening Hours

Monday to Thursday 9.00am-5.30pm  
Friday 9.00am-5.00pm  
Our refuges operate 24/7

You can access confidential support any time of day or night by calling the domestic & sexual abuse helpline on

**0808 802 1414**  
(managed by Nexus NI)

PSNI non emergency number - 101  
In an emergency always call - 999

Have a lovely & safe weekend everyone!

**women's aid**  
Belfast and Lisburn

**AutismNI**  
Northern Ireland's Autism Charity

"Very helpful information, the practical resources and strategies have worked very well - making things a lot easier".  
**Parent**



To contact the Helpline  
call 028 90 401729 (Opt 1)  
Monday - Friday, 9am to 5pm

## Introducing our *TotSlot* resource for early year's parents!



Recent research highlights the quality of relationship a baby and toddler develops with their parents and carers is fundamental to their wellbeing later in life.

Care for the Family have produced *TotSlot*, a series of 12 ten minute talks that help parents explore how to develop close bonds with their children and understand the key principles of bonding and attachment. *TotSlot* is presented using flashcards, it is easy to run and engages parents in an informal way encouraging them as they parent their little ones.

*TotSlot* is designed to enable churches and charities through their staff and volunteers to engage with parents of children under three years of age. The resource is ideal for groups but can be used in innovative ways to suit your settings.

We are delighted to be able to offer training in Ballymena:

Saturday 25 January 2020  
Wellington Presbyterian Church  
28 Sourhill Road  
BALLYMENA  
BT42 2NB

The *TotSlot* training day costs £65 with a second attender rate of £35. (This includes lunch and refreshments). You will be given a presenter manual, as well as the A3 presenter folder with flashcards (one per church/organisation) and a starter pack of 20 parent booklets.

Our day begins with refreshments at 9.30am, with training starting promptly at 10.00am and finishing by 3pm.

You can book your place [here](#). Places are limited so book early to avoid disappointment!

For more information, click [here](#) or call the office 028 9262 8050.



## One of our frequently asked questions is:

*How do I get referred to the Babybank?*

**Carrickfergus Babybank has partnered up with a number of organisations who can officially refer you to us.**

**Should you or somebody you know need to use our service, please see the list of organisations below -**

*Mid & East Antrim Community Advice Services*

*Sure Start (registered within their wards)*

*Carrickfergus Community Church*

*Belfast Met - Titanic Quarter*

*Christians Against Poverty*

*Carrickfergus Foodbank*

*Loving Hands*

*Cithrah*

*Haven*

*The Olive Tree*

*Carrickfergus Hostel*

*Home-Start (Carrick)*

*Playtime parent & tots group*

*Womans Aid (Carrick, Newtownabbey)*

*Health Visitors & GP Surgery Midwives*

*Social Services (Carrick, Newtownabbey)*





• FUN • FOOD • FRIENDS •

**fuse**  
YOUTH

***Mondays, 7pm-9.30pm***  
*M-power building, Bangor*  
*Newcomer Young People,*  
*11-16s*

▶ COMMUNITY RELATIONS COUNCIL ◀

## Core Funding Scheme

Our Core Funding Scheme is now open for applications!

**Deadline: Friday 15 November 2019 at 4pm**

WORK  
CHOICE

Tenant  
Employment  
Programme

choice

Are you aged 16-59  
and looking for  
employment  
opportunities?

Choice Housing in partnership with Bryson FutureSkills  
is offering you the opportunity to participate in a  
“WorkChoice” Employment Programme offering:

- On the job training with Choice Housing in a choice of areas:

Housing  
Services

Contact  
Centre

Administration

Maintenance  
Services

Finance

ICT

- An accredited Employability Skills qualification
- Career Coaching
- 6 weeks work experience
- 20 weeks employment opportunities

Bryson  
FutureSkills



Choice Housing is the largest independent housing association in Northern Ireland. The high quality homes, care and support services we provide help meet the diverse needs of a wide range of customers including: older people, families, mature singles and people with complex needs.

[choice-housing.org](http://choice-housing.org)



"Addressing drugs and alcohol together"

<http://services.drugsandalcoholni.info/content/drug-and-alcohol-intervention-service-youth-daisy-0>

### General information

Organisation: Start 360 & ASCERT

Type of service: Treatment and support

City Life Centre, 143 Northumberland Street

Telephone: 028 9043 5815

Belfast

Website: <http://www.start360.org>

BT13 2JF

Email: [daisy.east@start360.org](mailto:daisy.east@start360.org)

Region: BHSCT/BDAC

### Advice and Getting Help

Getting the correct help and support is crucial to the recovery and success of anyone with issues linked to drug and substance misuse.

We would advise anyone who is experiencing problems with drugs to seek help and support immediately.

Involving your GP is strongly advised as your GP has a wide variety of services available and can also check to see if you require medical assistance as well as therapeutic support.

The community and voluntary sector provides excellent services in partnership with statutory care providers.

Below is a range of info and treatment services available:

Talk to Frank - <https://www.talktofrank.com/>

Drugs.ie - <http://www.drugs.ie/>

Addiction NI - <http://addictionni.com/>

Drugs and Alcohol NI - <https://www.drugsandalcoholni.info/>

Inspire Wellbeing - <https://www.inspirewellbeing.org/>



"Addressing drugs and alcohol together"







The Extern Ballymena-based Step 2 service offers an outreach service supporting people impacted by substance misuse and their families.

This service is designed for adults (18+) who are impacted by patterns of alcohol or substance misuse.

Individuals will be supported by our highly-trained and dedicated team to achieve agreed goals in relation to substance misuse, with the aim of reducing or abstaining from substances.

In addition to this, we provide support to family members impacted by an individual's substance use.

Extern are also committed to providing support and signposting in relation to other areas impacted by substance misuse. This may also include physical, mental health wellbeing, social functioning, or criminal involvement.

LOCATION: Office based in Ballymena, outreach service delivered throughout the Northern Trust Area

HOW DO I GET ADVICE OR SUPPORT FOR ADDICTION ISSUES?

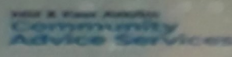

Step 2 has an open referral process. An individual can refer themselves into the service or alternatively a friend or family member can refer on their behalf with their consent.

CONTACT:


106 Bridge Street,  
Ballymena,  
BT43 5EP

Tel: 028 2565 4012

Email: [asmreferrals@extern.org](mailto:asmreferrals@extern.org)



**MEA Poverty Action Group**  
New initiative  
**'Primary Coats'**  
Help us to ensure every child has a winter coat  
this year



**Recycle your child's pre loved winter coat aged 5–11 yrs for redistribution to primary children in Mid & East Antrim area via the PAG Uniform Exchange project**

**Donations can be left at our offices**

<b>Head Office</b> 4 Wellington Court Ballymena BT43 6EQ	<b>Carrick Office</b> 11 Antrim Street Carrickfergus BT38 7DG	<b>Larne Office</b> 2 Station Road Larne BT40 3AA
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**And existing Uniform Exchange Drop off points**

If you are worried about any aspect  
of Cancer please call our  
Information & Support Helpline

**0800 783 3339**

Monday to Friday 9am - 1pm

Calls are free from a landline

[helpline@cancerfocusni.org](mailto:helpline@cancerfocusni.org)

**Cancer Focus Northern Ireland**

40-44 Eglantine Avenue

Belfast BT9 6DX

T: 028 9066 3281

E: [care@cancerfocusni.org](mailto:care@cancerfocusni.org)

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



Charity No: NIC 101307



*Printed October 2015. Review April 2017.*



**Cancer  
Focus**  
NORTHERN IRELAND

**Focus on  
Family Support  
Service**

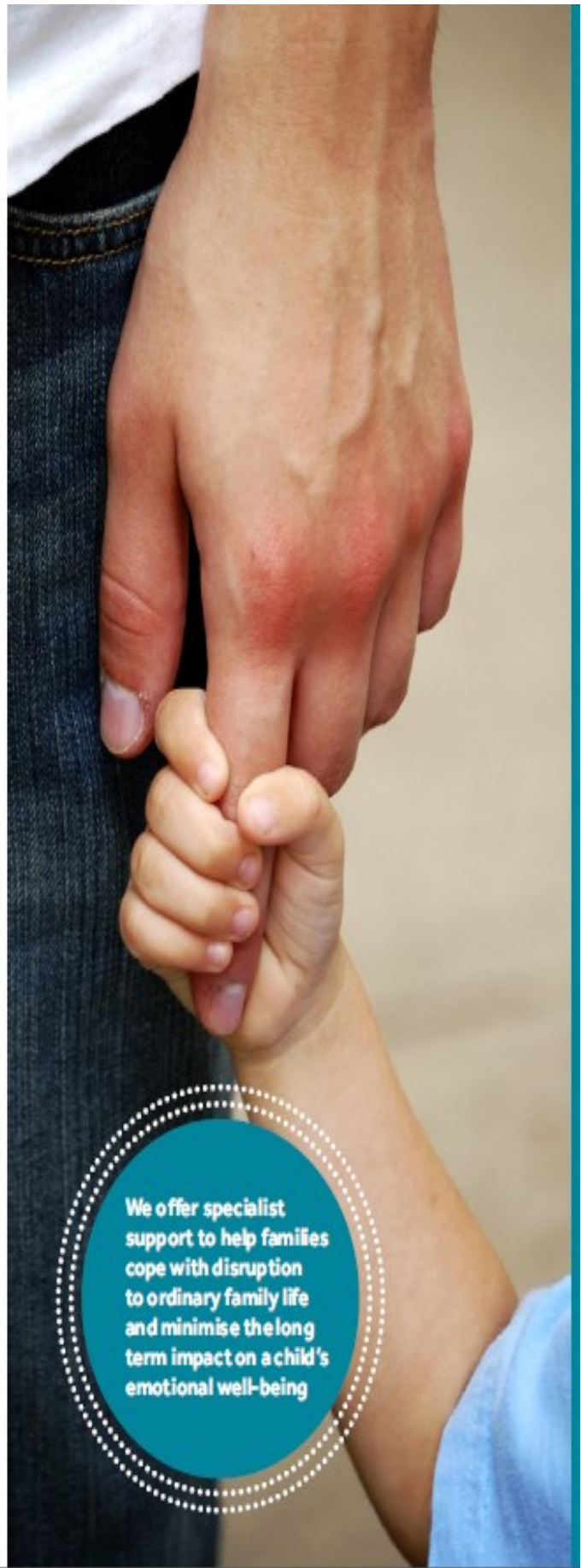


When an adult in the family has cancer, the question of how and what to tell children - of whatever age - can be daunting. The Family Support Service is here to help deal with this difficult dilemma and some of the issues that people consider in these circumstances include:

- Is it possible to have a family life when a member of the family is so unwell?
- Is it better to tell the truth?
- What if my child asks difficult questions?
- How do I calm my child's fears?
- Are there any books that would help my child/teenager?
- Would it help my child to meet other children in the same situation?
- It worries me that my child's routine will be disrupted if I'm not there.



We offer specialist support to help families cope with disruption to ordinary family life and minimise the long term impact on a child's emotional well-being



**MACMILLAN**  
CANCER SUPPORT

Information  
and support

### Supporting a loved one with cancer

If you're helping a friend or family member through cancer, we have a range of free, expert and easy to understand resources to support you.

Our booklets have been written with the help of carers like you. They address the physical, emotional, financial and practical challenges of supporting a loved one who has cancer.

We also have a range of resources for health care professionals working in hospitals. For help with identifying and supporting carers in secondary and primary care, you can order or download our guidance here or visit [macmillan.org.uk/supportingcarers](http://macmillan.org.uk/supportingcarers)

## Dealing with the death of a friend

The death of a friend, especially a close friend, can be absolutely devastating. There's no 'one size fits all' method for coping with the grief, but these tips might help a little.

 Cruse  
Bereavement  
Care

### Say goodbye

Go to your friend's funeral or memorial if you can. It can help to be around other people who loved them to share your grief.



### Remember them

Write a poem. Take part in a fundraising walk. Plant a tree. There are lots of ways to memorialise a dear friend's death. What would they have liked you to do?



### Talk to friends

Share memories and feelings with other people who loved your friend. Create a private space, such as a WhatsApp group, to offload and offer support.



### Grieve your way

If you feel you should be 'over it' by now, remember that there's no time limit on grief. It can often feel as though the grief doesn't hit till weeks or months later.



### Everyone has a right to grieve

You have every right to grieve for your friend, there is no hierarchy when it comes to grief. We all grieve differently so be kind to yourself at this difficult time.



### Get help

Don't be afraid to ask for support. We can sometimes worry that we're not as entitled to grieve as family members, but everybody has a right to their feelings, and help.



If you're grieving the death of a friend, we're here to listen: [www.cruse.org.uk/get-help](http://www.cruse.org.uk/get-help)



# Planting the seeds of hope

Public Initiative for Prevention of Suicide and Self Harm  
Registered Charity Number: XT23768

281 Antrim Road, Belfast, BT15 2HE

Freephone: 0800 088 6042

Local Tel: 028 9080 5850

Website: [www.pipscharity.com](http://www.pipscharity.com)

Email: [info@pipscharity.com](mailto:info@pipscharity.com)



If you're feeling down this Blue Monday...and Tuesday, and Wednesday, and.....

We're listening. To make a referral for counselling, visit [newlifecounselling.net](http://newlifecounselling.net) or call 02890391630.

If you're in crisis, call Lifeline 0808 808 8000





## Suicide Prevention and Crisis Support – welcoming referrals from across Belfast

<b>Organisation</b>	<b>Services Offered</b>	<b>Contact Details</b>
<b>Lifeline</b>	24/7 phone support for those in crisis	0808 808 8000 <a href="http://www.lifelinehelpline.info">www.lifelinehelpline.info</a>
<b>Belfast Branch Samaritans</b>	Phone, text and email support available 24/7 plus drop in service from 9am to 10pm every day National Helpline is now free to call on 116 123 Belfast branch number is 028 9066 4422 (local call charges apply)	5 Wellesley Avenue, BT9 6DG 116 123 (free) or 028 9066 4422 (local call charges apply) Text Service 07725 90 90 90 <a href="http://www.samaritansbelfast.org">www.samaritansbelfast.org</a> Email service <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>
<b>Lighthouse</b>	Crisis support services available Monday to Friday from 8.30am to 5.30pm	187 Duncairn Gardens, BT15 2GF 028 9075 5070 <a href="http://www.lighthouseireland.org">www.lighthouseireland.org</a>
<b>PIPS</b>	Crisis support services available Monday, Wednesday and Friday 9.00am to 9.00pm, Tuesday and Thursday 9.00am to 5pm and Saturday and Sunday from 2pm to 6pm  Crisis support services available Monday 10.00am to 2.00pm, Tuesday 5:00pm to 8:00pm	279 – 281 Antrim Road, BT15 2HE  Cromac Regeneration Initiative, Donegal Pass, BT7 1BA  0800 088 6042 <a href="http://www.pipscharity.com">www.pipscharity.com</a>
<b>Suicide Awareness and Support Group</b>	Crisis support services available Monday to Friday 9am to 5pm	209 Falls Road, BT12 6FB 028 9023 9967
<b>Extern Crisis Team</b>	Crisis support services available Monday, Wednesday and Friday 9am to 5pm, Tuesday and Thursday 9am to 9pm	Francis House, 9 – 12 Brunswick Street, Belfast, BT2 7GE 0800 085 4808 <a href="http://www.extern.org">www.extern.org</a>
<b>Lenadoon Counselling Weekend Suicide Intervention Service</b>	Crisis support and face to face appointments can be arranged by telephone on Saturday and Sundays only from 10am to 4pm	124 Stewartstown Road, BT11 9JQ 07516 187 447 (not a drop in service, please telephone in advance)
<b>GP Out of Hours Service for South and East Belfast</b>	GP support available when your local surgery is closed	028 9079 6220



**East Belfast  
Community  
Development  
Agency**

**East Belfast Community Development Agency  
East Belfast Network Centre  
55 Templemore Avenue  
Belfast  
BT5 4FP**

**Tel: 028 9045 1512  
[www.ebcdca.org](http://www.ebcdca.org)**

FOR ANYONE  
EXPERIENCING  
**DOMESTIC**  
OR **SEXUAL**  
**VIOLENCE**  
AND **ABUSE**  
WE ARE HERE  
CONFIDENTIALLY 24/7

# ANYONE

Call the Domestic and Sexual Abuse Helpline

## 0808 802 1414

We are here for you confidentially 24/7.

You will be heard, you will be believed.

  @dsaahelpline  
dsaahelpline.org

Delivered by Nexus in partnership with Departments of Communities, Health and Justice

  
Nexus  
National Domestic Abuse Helpline  
www.nexus.org.uk

  
Department of Communities  
www.communities.gov.uk

  
Department of Health  
www.health.gov.uk

  
Department of Justice  
www.justice.gov.uk

If you are having thoughts of suicide  
please call

# Extern Crisis Response

Freephone

## 0800 085 4808

You're not

Alone

  
extern  
SUPPORTING LIVES EVERY DAY





# HELPING HANDS

02871882147



Peace4Youth

PIVOTAL  
PUBLIC POLICY  
FORUM NI

Peace   
Northern Ireland - Ireland  
European Regional Development Fund

**Save the Date**

Young Voices - something to say about our future

**Wednesday 20<sup>th</sup> November 2019**

The Junction, Dungannon

10:30 until 2:00

(Times include breakfast & lunch)

For further information contact:

Joe Hawkins

YouthPact Development Officer

t. +44 (0) 28 9089 1024

m. +44 (0) 7738 313 965

e. [joe@nyci.ie](mailto:joe@nyci.ie)

Working in collaboration with Pivotal, the new public policy think tank, the theme of our third YouthPact Young Voices youth engagement and consultation event is **VISION 2040 – ambition, barriers and contribution.**

We will have places for 50 young people plus accompanying youth workers.

Registration, booking forms and further information will be circulated at the start of November 2019.



An Roinn Leanaí  
agus Gnóthaí Óige  
Department of Children  
and Youth Affairs

YouthPact is a project supported by the  
European Union's PEACE IV programme,  
managed by the Special EU Programmes Body (SEUPB)



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



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



## General Practice Multi-Disciplinary Teams



Department of  
**Health**  
An Roinn Sláinte  
Máinnystríe O Póistíe  
[www.health-ni.gov.uk](http://www.health-ni.gov.uk)

To complement the existing staff within GP practices,  
three new practice based roles have been created:

- ▶ First contact physiotherapists
- ▶ Social workers
- ▶ Mental health practitioners

You can book an appointment with any of these  
services directly without first seeing your GP.



**Coming  
soon**



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

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

**Employers  
For Childcare**

## 4th NI Student Wellbeing Conference 2019



**Keeping Score:** Understanding the impacts of trauma and of substance misuse on young people in supporting their personal wellbeing

**Thursday 5th December 2019**

**Ulster University, Coleraine**

Delivered in partnership

#studentwellbeing2019





## Are you 16-30? Want to gain new skills? Get Started With Football

**Programme: Monday 2nd – Friday 6th December, Armagh City Football Club**  
**Taster day: Wednesday 27th November**

Meet new people, learn new skills, work as a team and build your confidence.

Not only will you discover new talents and develop new skills, but you'll also benefit from support from our staff or one of our mentors to help you uncover your next steps.

- ➔ Doesn't affect your benefits
- ➔ Gain an OCN accreditation
- ➔ Up to three months support after programme
- ➔ Childcare paid

To join the course or find out more:  
Search 'Prince's Trust'  
Call Scott Byrne on 07484 507 038.  
Email: [outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)

