



SOUTHERN AREA LOCALITY PLANNING GROUPS

ISSUE 26 | 20TH FEBRUARY 2020

Welcome to the 26th edition of our information bulletin, **FYI** (*For Your Information*).

We would like to take this opportunity to thank those of you who have completed our recent feedback survey. Your positive comments are very much appreciated and we are delighted to hear that our fortnightly e-bulletin is making a real difference on the ground!

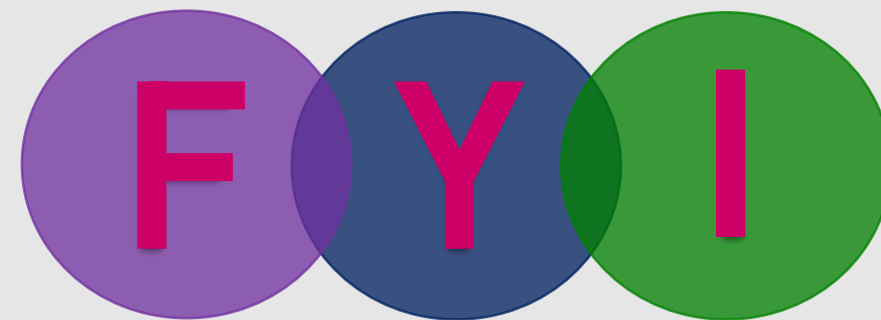
Please do continue to share 'FYI' with your contacts, so that we can continue to improve outcomes for children and young people in the southern trust area.

Keep up the great work, everyone!

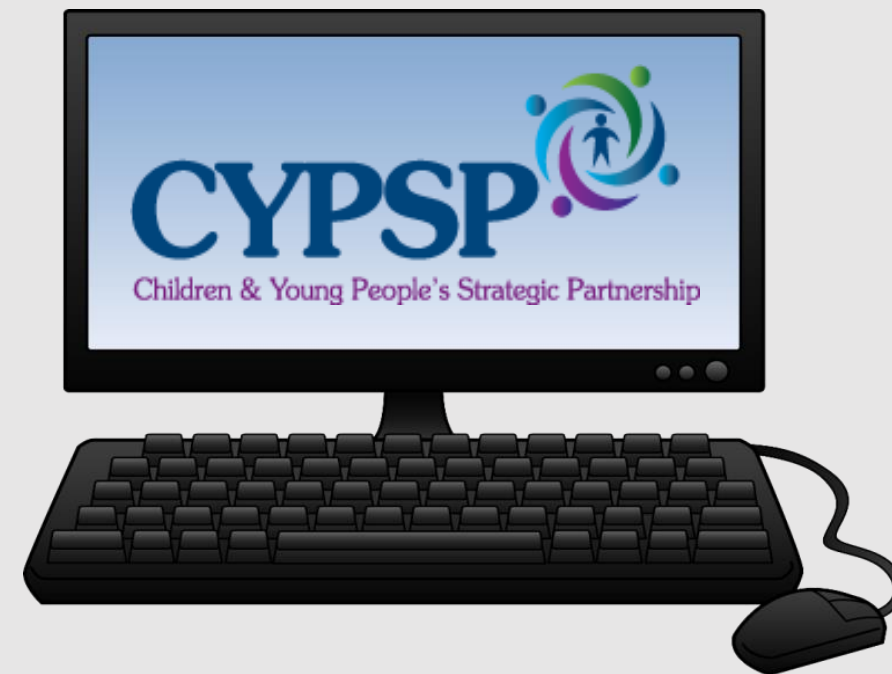
Darren Curtis and Joanne Patterson
Locality Development Team, Southern Trust Area

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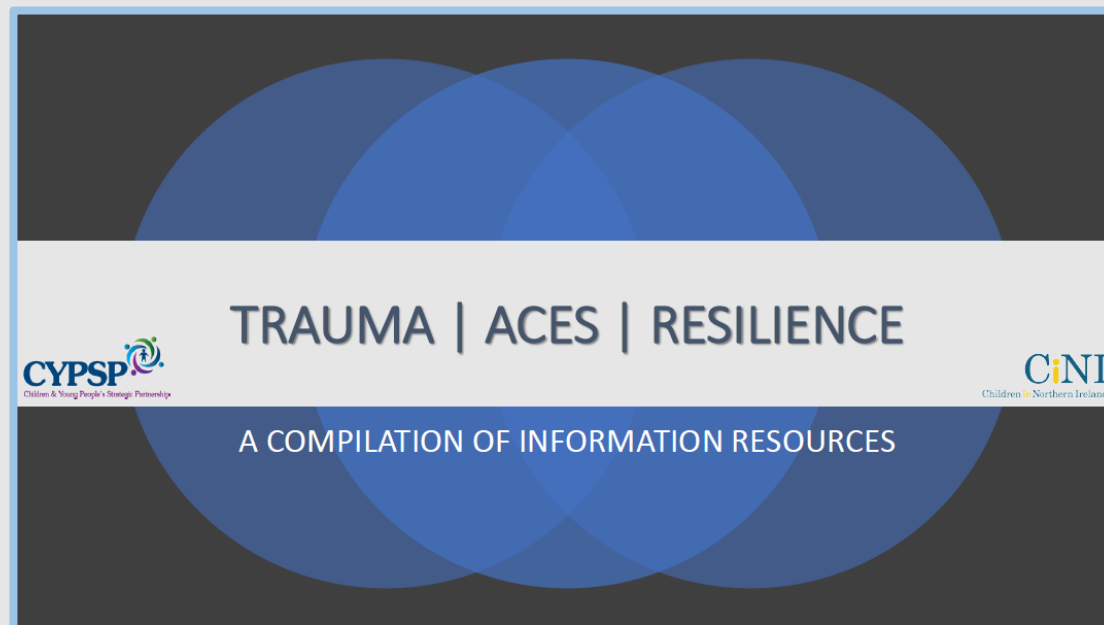


For Your Information



www.cypsp.hscni.net

The CYPSP Southern Trust Area Locality Development Team, in collaboration with Una Casey of CYPSP, have recently produced a resource, which includes research, multi-media information and links to work carried out with regards to Adverse Childhood Experiences, Resilience and Trauma Informed Practice.



All information collated is in the public domain and is only a sample of the plethora of information and research available.

The aim of this resource is simply to help raise awareness of existing information and to keep us informed of important work in this area.

To request your electronic copy, please contact: localityplanning@ci-ni.org.uk

Now that 'FYI' is into its second year, we would like to get your feedback on our fortnightly newsletter and how it is making an impact to its direct recipients and to those with whom the e-bulletin is subsequently shared.

Therefore, 'FYI' (For Your Information), for a brief time, has also become:



A **short feedback survey** is available, as an attachment and upon request, from localityplanning@ci-ni.org.uk, and the extended deadline for survey returns is **Friday 28th February 2020.**

Thank you for your continued support of this information sharing service, and, in advance, for giving us your feedback on 'FYI'.

SEUPB FUNDING SURVEY. CHANGING PERSPECTIVES CONSULTING

Changing Perspectives Consulting (CPC) has been commissioned by SEUPB to conduct research which will identify and better understand how community groups and organisations engage with PEACE & INTERREG VA Programme funding. Specifically the research brief is:

The Special EU Programmes Body: EU Programme for Peace and Reconciliation (PEACE IV) and the INTERREG VA Programme (Northern Ireland, Ireland and Western Scotland) seek to identify and understand the quantum of organisations who have not yet engaged or who were unsuccessful in applying for current/previous PEACE Programmes through a detailed desk research intervention.

The research will identify groups and projects within the geographical remit who have not benefited from funding from SEUPB. CPC is conducting this research in order to ensure that all groups and organisations have the access and opportunity to develop good relations outcomes within the region. The research will help inform how SEUPB shape the design the future of the PEACEPLUS Programme.

This survey should take you no more than 10 minutes to complete. There are 25 short and often tick box questions in this questionnaire.

We kindly appreciate your time and contribution to this work!

Complete the survey [HERE](#)



Food is a Right Conference
24th March 2020, Parliament Buildings

Keynote speaker: Les Allamby, Chief Commissioner, Human Rights Commission

Join us to learn about international obligations in relation to food poverty, research from University of Ulster, and what is happening in the rest of the UK.

CiNI Children in Northern Ireland

Register [HERE](#)



Adverse
Childhood
Experiences
Be the Change



INVITATION

Creating a Trauma Informed Care Environment Seminar

A place of physical and psychological safety

4 March 2020

9.30am-13.00pm

Stormont Hotel, Belfast

(Includes refreshments at registration and lunch)

Keynote speakers include:

- Mandy Davis, Director of Trauma Informed Oregon
- Suzanne Mooney, Systemic Practice and Family Therapy Programme Director, Queens University Belfast

Registration

If you would like to attend this seminar please register the following details; name, job title, organisation, contact details & special requirements by email to Lia.Mckenzie@hscni.net no later than 21 February 2020.

e: Lia.Mckenzie@hscni.net



We at the Children's Law Centre and Youth@CLC would like to thank our contacts for all their recent engagement with



our new online legal chatbot

We are delighted by the response we have had and the number of organisations and schools requesting workshops with their young people - there is still some space, if you or someone you know might be interested in carrying out a workshop within your organisation.

We would be grateful if you could continue to raise awareness of **REE Rights Responder** with your contacts and young people.

Please let us know if you have any events or meetings coming up where we could **demo REE with young people**, raise awareness of their legal rights and get their views on making REE better for all children and young people in NI.

You can find REE at www.reerights.com

Click [HERE](#) to watch our video



e: sinead@childrenslawcentre.org / t: 02890245704 or 07713084724



EARLY YEARS TRAINING PROGRAMME



Over the last few years the Child Brain Injury Trust has been dedicating more and more focus to brain injury in children under five. The reason for this is unfortunately very clear to us. A 2016 study [1] showed that of 5,700 UK children with head injuries, aged 0-15, over half were in the 0-5 age group.

When you think about this it isn't surprising, at this age children are determined explorers, with little awareness of risk. We know that the most common cause of injury in this age group is falls.

So what does this mean for you, working with this age group?

The same study showed that while just over half the incidents took place at home, a further 15% took place at nursery or school.

(You can read our full article "Are Your Team Head Injury Aware?" [HERE](#))

To help address this need, the Child Brain Injury Trust launched a CPD approved* training programme, to all early years staff right across the UK.

Working through this programme will result in your nursery or day care unit being recognised as **"Head Injury Aware"**.

While progressing through the course you will also learn about brain injury through serious illnesses like stroke, encephalitis and hydrocephalus to name a few.

This special status will give you access to a unique pack of materials, which help you move beyond the accident book, and take the information you provide to parents and carers to the next level.

All the training is done online, you can work through it at a time and pace that suits you and your team. Spaces are limited to keep the "class" small, with online support available from our team. (Currently limited to the first 20 places - Further places will be released later in the year.)

Thanks to support from the HSCB NI we are able to offer this course, free of charge, to people working with children under 5 in Northern Ireland.

¹ Epidemiology of children with head injury: a national overview. *L Trethan et al 2016*

*The course qualifies for 9 hours CPD

To find out more and/or register your interest, click [HERE](#)



Are you working within your local community?

Why not attend a Take 5 Ambassador Briefing Session to enable you to promote positive wellbeing?



Take 5 is a set of simple steps to help maintain and improve wellbeing

This briefing will equip you to deliver a short Take 5 session for your local groups.

Aims of Take 5 Ambassador Briefing Session

- To raise awareness and understanding of the Take 5 message
- To provide the resources necessary to promote the Take 5 message in your local community
- To create a network of Take 5 Ambassadors working to promote positive wellbeing.

Briefing Session Dates

Armagh

Date: Thursday 26 March 2020

Venue: Armagh City Hotel, 2 Friary Road, Armagh BT60 4FR

Time: 10.00am – 11.30am

Craigavon

Date: Thursday 26 March 2020

Venue: Conference Room, Portadown Health Centre, Tavanagh Avenue, Portadown BT62 3BU

Time: 10.00am – 11.30am

Newry

Date: Thursday 26 March 2020

Venue: PIPS Newry, 50 Mill Street, Newry, BT34 1AG

Time: 09.30am- 11.00am

To book a place on any of the above sessions please complete and return the attached booking form to: Take.5@southerntrust.hscni.net



e: Take.5@southerntrust.hscni.net

Domestic Violence & Abuse What About Men?

Awareness Session

Tuesday 24th March (1.30pm – 3pm)

Training Room 2, Downshire Hospital,

Ardglass Road Downpatrick

Find out more about:

- The nature and extent of domestic abuse perpetrated against men
- The types, indicators and impact of abuse
- The barriers to seeking help
- Services available to male victims

This event is free and open to anyone working in the statutory, voluntary or community sectors.

To book a place please contact:

Patricia.mcmurray@setrust.hscni.net



The Southern Area Men's Health Steering Group invite
you to join us at our
Annual Men's Seminar

Title: DeMENTia - Men in the Middle

Date: Friday, 6th March 2020

Time: 9.30 am – 2.00 pm

Location: Tandragee Recreation Centre

Lunch will be provided

Anyone interested in attending please register using the contact details below:

(detailed seminar programme to follow)

Email: donna@youthaction.org

Telephone: 028 37511624



e: Patricia.mcmurray@setrust.hscni.net

e: donna@youthaction.org



Good Beginnings

An Infant Mental Health Strategy for the Southern Area: 2020 to 2025

What?
This Strategy is a commitment by statutory, voluntary and community organisations to promote positive infant mental health from before birth through to children aged three years of age.

Why?
"At least one loving, sensitive, responsive relationship with an adult caregiver teaches the baby to believe that the world is a good place and reduces the risk of them facing disruptive issues in later life."
(The 100: Critical Days, 2013)

How?
This Strategy is about:
Evidence and Policy: Everything we do will be based on up to date research.
Workforce Development: Those who work with children and families will have knowledge of the importance of infant mental health and how best to support families.
Service Development: Appropriate services will be available for families at the right time.

Vision
That all children have the best start in life by prioritising and supporting the development of positive, social and emotional wellbeing.

Aims

- Children will have the best start in life and the wellbeing of their parents/carers is central to this.
- Parents and those who work with families in the Southern area recognise the importance of infant mental health and how to best respond to the young child's needs.
- Parents are informed, feel able to ask questions and can put the parenting advice they are given in place to support the development of their child.
- Future parents and other family members know the importance of baby brain development and responsive nurturing care.



For further information Email:
Corporate.HQ@southerntrust.hscni.net

Find the full Strategy:
www.southerntrust.hscni.net/services/4302.htm
Published November 2018

'Infant mental health is everybody's business'

View leaflet (available in various languages) [HERE](#)



Mental Health March

CiNI
Children in Northern Ireland

SafeTalk (½ Day)
Fri 20th March
CiNI, Belfast

Therapeutic Crisis Intervention (3 Day)
Mon 9th - Wed 11th March
@ Extern, Newtownabbey
Fee: £18

Mental Health First Aid (2 day)
Mon 23rd & Fri 27th March @ CiNI, Belfast
Fee: £22

Our funding restrictions are such that our training is only available to those who work/volunteer for a voluntary, charitable, faith or community-based organisation. www.ci-ni.org.uk/training

Click [HERE](#) to book



CONSULTATION DOCUMENT

Draft Update to Nutritional Standards for School Food

January 2020



Food in Schools Team 02891 279852 nutritional.standards@education-ni.gov.uk

The Department of Education is seeking views on proposals to update the nutritional standards of food provided in grant-aided schools. In 2007, the Nutritional Standards for School Lunches and Other Food and Drinks in Schools were developed in keeping with government guidance on healthy eating at that time.

Education Minister, Peter Weir, said: **“Since the standards were introduced 12 years ago, evidence and research has shown that we should eat more fruit, vegetables and dietary fibre whilst reducing the amount of sugar, salt, fat and processed meats. It is important that we update the existing Nutritional Standards to ensure that all food provided in schools is in keeping with up-to-date government guidance on healthy eating.”**

“The benefits of a healthy diet are well known and can not only help maintain a healthy weight but can reduce the risk of ill-health including diseases such as Type 2 diabetes. A healthy diet can have a critical role in cognitive development and can help improve the mental wellbeing of children and young people by increasing self-esteem and improving mood.”

The consultation will run until **Friday 27 March**. It is planned, subject to the outcome of this consultation and the availability of funding, that these changes will be implemented with effect from September 2020.

Access the consultation [HERE](#)


Substance Misuse and
Child Welfare
Special Interest Group

Seminar Invitation

Guest Speakers:

Professor Catherine Comiskey
and Karen Galligan
School of Nursing and Midwifery
Trinity College Dublin

 Public Health
Agency
Project supported by the PHA

 Health and Social
Care Board



Wednesday 26th February 2020

2.00 – 4.00pm

Room 02/018
Peter Froggatt Centre
Queen's University Belfast
(see attached map)

Prevalence, Hidden Harms and
the Voices of Children and of
Parents Who Use Substances

This seminar is free of charge
but places must be booked in advance
by registering at:

[https://www.eventbrite.co.uk/
e/prevalence-hidden-harms-
and-the-voices-of-children-and-
of-parents-who-use-substances-
tickets-87947145279](https://www.eventbrite.co.uk/e/prevalence-hidden-harms-and-the-voices-of-children-and-of-parents-who-use-substances-tickets-87947145279)



**QUEEN'S
UNIVERSITY
BELFAST**

Click [HERE](#) to book



Strengthening Families Service Closure

It is with regret that we have to announce that the Strengthening Families Service facilitated by Ascert will end on 31st March 2020 and therefore is now closed for referrals. Strengthening Families has been providing support to families across the Southern Trust and Belfast Trust since 2013. This initiative has only been possible because of funding secured through the Public Health Agency and we are very grateful for the support it has afforded to families in the respective Trust areas. Unfortunately funding is no longer available so the service will cease as per date referenced above.

The Strengthening Families' management and staff wish to thank all of the community, practitioners and organisations that have utilised the service over the past 7 years and we are very proud and privileged to have been able to serve their needs during that time.

The service has run 26 programmes in total, helping more than 250 families across the Southern and Belfast Trust areas. It has provided help, support and knowledge in times when families needed guidance in how to strengthen their family, and has helped families achieve tremendous positive outcomes in their lives. In fact, LUTRA the body that evaluates the Strengthening Families Programme internationally found that the ASCERT programme delivered the best outcomes for families out of all its programmes in Ireland.

It provided a safe and supportive environment for families to reconnect not only with their families, but also with themselves and help build their trust, knowledge, boundaries and love for themselves and others. The Strengthening Families Programme staff feel very privileged that the families trusted them, and let us be a chapter in this part of their lives.

e: info@ascert.biz

Employers For Childcare

**SURVEY
NOW
OPEN!**

What is your experience of childcare in Northern Ireland, and what do you think is needed to support and enhance our vital childcare infrastructure here?

Employers For Childcare has launched the 2020 Northern Ireland Childcare Survey for parents and childcare providers, giving you an opportunity to share your views.

We are calling on all parents and childcare providers from across Northern Ireland to complete a short, online survey.

At a time when the newly restored Executive has identified childcare as a key priority, and has committed to publishing a Childcare Strategy, this survey provides an important platform for parents and childcare providers to share their views and have their voices heard.

It marks a real opportunity to inform the next steps for our elected representatives and policy makers to deliver greater investment in our childcare infrastructure.

Last year's [report](#), marking a decade of this valuable research, revealed many of the challenges faced by parents in accessing and paying for the childcare they need, as well as by childcare providers in delivering a high quality service, that is sustainable.

Complete the [Parent Survey](#) &/or the [Childcare Provider Survey](#)

vibe
Community hub



PRE-LOVED STORE 
MON-FRI (9.30 TO 1PM)

COMMUNITY LUNCH 
MON & FRI (12 TO 2PM)

AFTER SCHOOL HANGOUT
THU & FRI (3 TO 5PM)

PARENTS & TOTS 
MON (10 TO 12PM)

COFFEE HOUSE

OPEN DAILY 9.30 - 2PM - DONATION BASED

1 LITTLE BARRACK ST, ARMAGH BT6 1 9AH

vibe Community Hub
1 Little Barrack Street, Armagh
info@vibeni.com
Open Mon - Fri 9.30am to 1pm



vibe
Community hub
Emergency Support
(Clothes - Food - Furniture)

CLOTHES ☐ FOOD ☐ FURNITURE ☐

VOUCHER

One voucher can be redeemed 6 times within the space of 6 months.

AGENCY & REFERRED DETAILS

Referral Agency: Please ensure all white boxes are completed for client

Full Name:

Authorized
Signature / Stamp:

Organisation:

Tel No:

Email:

Date of Issue:

CLIENTS DETAILS

First Name:

Single ☐ Couple ☐ Family ☐

Surname:

No of Adults:

Address:

No of Children (under 16):

Ages of any babies in the household: (we have a limited store of nappies and will provide if we can)

Email Address:

Phone Number:

Nature of Need: Waiting for Benefit to Start ☐ Benefits Changed ☐ Unemployed ☐

Asylum / Immigration ☐ Street Homeless ☐ Family Crisis ☐ Short Term Crisis ☐

Debt ☐ Sickness ☐ Other (please specify)

I confirm that I authorise the referring agency to share these details with **vibe**

Clients Signature:..... Date:.....

CONTACT VIBE
DIRECTLY FOR
PDF VOUCHER
VERSION

e: info@vibeni.com



Volunteer Wellbeing Buddies Wanted

Women's Aid ArmaghDown Wellbeing Buddy Project

Would you like to support a woman on her recovery from domestic abuse to living life fully in the community?

Women's Aid ArmaghDown is currently looking for volunteer Wellbeing Buddies in the Newry and Portadown areas to help women to achieve their goals, increase their confidence, and establish links in their local community.

Role of Wellbeing Buddy

After being matched to a woman with similar interests, the Wellbeing Buddy and the woman will usually meet each week to take part in an activity. There may be particular activities that the woman would like to take part in, but we also encourage Wellbeing Buddies to introduce ideas for new activities when appropriate.

The Wellbeing Buddy and the woman can meet weekly for up to six months.

The difference a Wellbeing Buddy can make

By volunteering as a Wellbeing Buddy you can help a woman to continue to make positive changes to her life by supporting her to make connections within the community and widen her social and wellbeing network.

Many of the women Women's Aid Armaghdown work with have been affected by various health and wellbeing issues and have completed a core programme of support within the service.

The social support you provide as a Wellbeing Buddy can help a woman feel more comfortable and confident during the transition from core support services to community support and activities. By supporting a woman to achieve personal goals and make connections in her local community, a Wellbeing Buddy can help a woman continue towards a fulfilling life in the long-term.

How we will support you

We will provide quality training before you are matched with a woman, so you feel completely ready for your new role.

During the match, the Wellbeing Project Coordinator will be available to provide you and the woman you are working with ongoing support.

Expenses will also be provided, so you're not out-of-pocket for any activities, etc.

Contact

If you're interested in becoming a Wellbeing Buddy with Women's Aid Armaghdown please see the details below:

- Email: margarita@womensaidarmaghdown.org
- Phone: 0283 0250 765 (Newry Resource Centre)

e: margarita@womensaidarmaghdown.org



THE[®]
DIANA
AWARD

HOW DO I NOMINATE?

Nominations must be made before the **12 March 2020 deadline** at

www.diana-award.org.uk/nomination-centre/ where further information about the nomination process and our programmes can also be found. We would also welcome your support in helping us spread the word even further, encouraging others to nominate for The Diana Award so that we can celebrate the amazing things that your young people are doing!

WHAT IS THE DIANA AWARD?

The Diana Award is the most prestigious accolade a young person can receive for their social action or humanitarian work. The Award is the longest running award for young people that is given to individuals and groups through a retrospective nomination process only. We believe this is special. Young people do not work towards the award, rather they demonstrate their suitability through their actions, without any expectation of reward.

WHO CAN RECEIVE THE DIANA AWARD?

We are excited to invite you to shine a spotlight on an unsung hero by nominating a young person from your organisation. The Award is open to young people aged 9 - 25 who have been engaged in at least 12 months of activities, who are selflessly transforming the lives of others, often in the face of adversity. We know that there are many young people in Northern Ireland who fit this criteria and we believe that they deserve recognition on a global platform.

WHAT ARE THE BENEFITS?

Young people who receive The Diana Award are presented with a personalised certificate and invited to attend a sparkling award ceremony, if located in the UK. Diana Award Holders are also presented with an invitation to Althorp House, Princess Diana's childhood home. These invitations are gifted to Diana Award Holders in kind by Princess Diana's, brother Earl Spencer, in recognition of their continuation of Diana's legacy.

Organisations who make a successful nomination also gain the opportunity to raise their profile by being featured in The Diana Award Roll of Honour released to the media by The Diana Award in July every year.

The Award is also a vehicle for inspiring many more young people to engage in social action, mobilising new generations to make a positive change in the world, as Princess Diana believed they could. Click [HERE](#) for a full list of the 2019 Diana Award Holders.



Parents, carers, family members...

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



**FREE LOCAL HELPLINE
0808 8020 400**

Chat online: www.ci-ni.org.uk

Email: parentline@ci-ni.org.uk

OPEN 6 DAYS A WEEK:

Mon-Thurs 9am-9pm

Fri 9am-5pm

Sat 9am-1pm



Parentline Podcast

#8 - Maternal Mental Health Matters with Lindsay Robinson

Click [HERE](#), to watch our most recent podcast



FREE Local Helpline: 0808 8020 400 / w: www.ci-ni.org.uk / e: 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 | + New | WP-Filebase Pro | Smart Slider | Events | Howdy, Valerie |

Events for October 2019

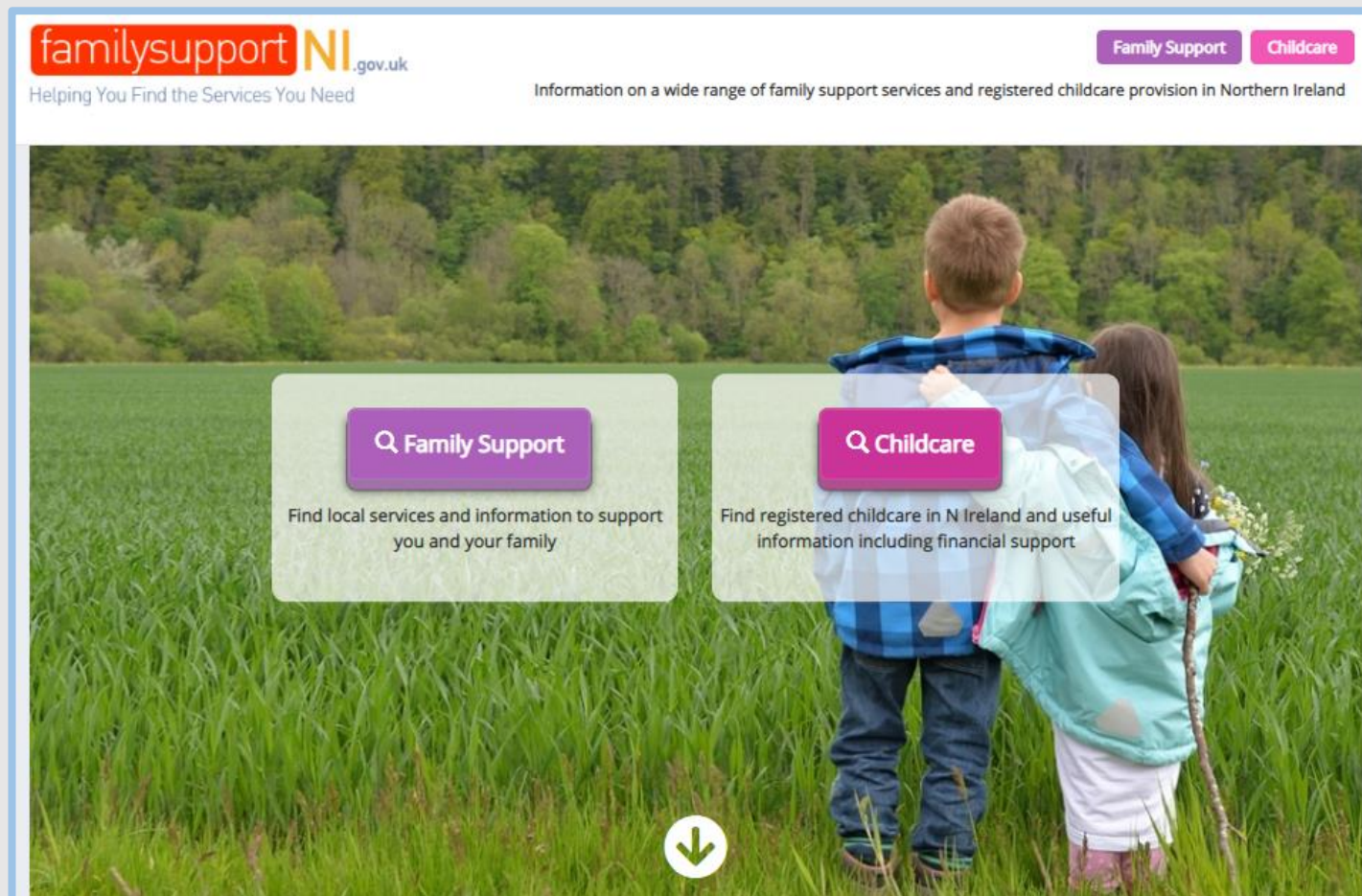
See Parenting Support Links Below

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

Parent Line NI
FREE LOCAL HELPLINE
0808 8020 400

Check out CYPSP's Parent Support 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 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 or tel. 0845 600 6483.

Services Available Through The Hub May Include...



There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB

Pat McGeough
Young People's Partnership Barnardos
39A Abbey Street, Armagh
BT61 7DY
T: 028 37522380
E: familysupporthub@barnardos.org.uk

CRAIGAVON & BANBRIDGE HUB

Lisa Grant
NIACRO
26 Carleton Street, Portadown Co. Armagh
BT62 3EP
T: 028 38331168
E: familysupporthub@niacro.co.uk

NEWRY & MOURNE HUB

Allison Slater
SPACE
24 Monaghan Street, Newry
BT35 6AA
T: 028 30835764
E: familysupporthub@space-ni.com

Believe in
children
Barnardo's



Southern Area **FAMILY SUPPORT HUB**

*Many families need a little extra
help sometimes*



Information for Families



MSG Southern Health
and Social Care Trust



Download a Family Support Hub **Referral Form**, [HERE](#)

What is the Family Support Hub?

- The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in your area.
- Each Family Support Hub has a lead body who co-ordinates the meeting and receives the referrals.
- The members of the Family Support Hub are from a range of statutory and community/voluntary agencies who offer services in your area. These agencies include; Education Welfare, Health Visiting, Womens Aid, Homestart, Social Services Surestart and Child and Adolescent Mental Health Services.
- Referrals will not be accepted without your consent. If the young person you are seeking support for is over 16, they must also sign the referral form.
- For more information follow this link <https://vimeo.com/216493917>

Your Family Support Hub Will

- Meet once a month to discuss referrals to identify and connect you and your family to the service you need at a time when you need it.
- Work in partnership with you and your family.
- Act professionally ensuring all information is treated in a confidential manner.

How The Hub Works

A referral form is submitted to your local hub-coordinator.

The Hub Co-ordinator may contact you for more information prior to the Hub meeting.

Hub Co-ordinator will present all referrals received to the monthly meeting. The Hub members will then discuss your referral and aim to match your family to the best service for you.

Only core Hub Members attend the meeting, you will not need to attend.

You will receive a letter from the Hub Co-ordinator to let you know what service was identified as most appropriate to meet your needs.

The service that was identified as most appropriate will then contact you directly.

You can choose whether or not you wish to accept the support that has been offered. You are in control.

What Are The Criteria For Making A Referral To The Hub?

- Your family would like support - this is a voluntary process and you can withdraw your referral at any time.
- You are a family with children aged 0 -17 years.
- No social worker currently involved with your family.

Some of the challenges the Hub can help with



Who Can Refer To The Hub?

- You can make a self-referral to the family support hub or a referral can be made by anyone working on your behalf i.e. teacher, doctor, health visitor or community group.
- You can download a referral form from <http://www.cypsp.hscni.net/family-support-hubs/> or just pick up the phone and call your local family support hub co-ordinator. Details can be found on the back of this leaflet.



Watch the Family Support Hub Promotional Video [HERE](#)

WIN £500

**Triangle Housing Association
Community FUNd for Armagh**

**YOUR IDEAS, YOUR BUDGET,
YOUR DECISION**

Supported by Department for
Communities, NI Housing Executive,
Sport NI, Armagh Banbridge
Craigavon Council and REACT NI.

Triangle Housing Association is offering
£500 each to the most popular projects
in the **ARMAGH area** that will enable
local people to come together to benefit
good relations, health and well-being
and community engagement between
people from different ages, abilities and
cultures.

For an **Application Form** please contact
Marion Graham on **07894 621807** or
E: marion.graham@trianglehousing.org.uk








KEY DATES 2020

Advice Workshop 1 26th FEB	Advice Workshop 2 27th FEB	Closing date for applications 25th MAR	Community FUNd Voting Awards 3rd APR
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You are invited to hear about a new
Community FUNd programme of £500
per project for the Armagh area at our
**OPEN EVENING at 7pm on
Wednesday 19th February 2020**
at the Ardmore Recreation Centre, Armagh.















e: marion.graham@trianglehousing.org.uk



BME INCLUSION programme

**TUESDAYS
3.30pm - 6.00pm
Epicentre Armagh**

INFORMATION SESSION FOR PARENTS
Tuesday 25th February 3.30pm

Epicentre, 59 Lisanelly Lane, Armagh, BT61 7HF
T: 028 3751 1400

e: rachel.mcparland@eani.org.uk



LIFEMAPS – Train the Trainer

Friday 28th February

YouthAction NI, Armagh Training Room

10.00am – 1.00pm

Based on our LIFEMAPS model - a youth work approach to building mental health, youth work staff are available to deliver workshops to staff and volunteers on building mental health.

Note: - Offered to YouthAction NI Members / potential new members



e: michael@youthaction.org

connecting armagh



INFORMATION EVENT

tuesday
3rd march

1.00pm - TIME FOR AGENCIES AND INVITED
3.00pm GUEST TO CONNECT AND SHARE

3.00pm - OPEN TO
4.30pm PUBLIC

Event held at:
Armagh City Hotel

✉ info@armaghfoodbank.org.uk

Local agencies will be attending such as:

Woman's Aid , Community Advice Armagh,
Belfast Central Mission, Parenting N.I., Homecare Support Services, Start 360, Family
Support Hub, Armagh Rural Transport, Arke Surestart, Links Counselling Service,
Storehouse Armagh, P.I.P.S, Cook It Team Dietitian, Policing and Community Safety
Partnership, Promotion and Wellbeing Team and other's.

PLEASE NOTE
CHANGE OF
VENUE

e: info@armaghfoodbank.org.uk



ParentingNI

Children's Emotional Health

Children who have positive emotional health and wellbeing tend to have better outcomes in life. This workshop encourages parents of children to recognise the importance of their children's mental health, exploring how parents can provide opportunities for children's emotional development.

Thursday 12th March 2020
Armagh Business Centre,
2 Loughgall Road, Armagh
7pm - 9pm

Register now at parentingni.org/programme-calendar

Supported by the Public Health Agency
Through the CLEAR Project

CLEAR
EMOTIONAL WELL-BEING
MENTAL HEALTH

HSC Public Health Agency
Project supported by the PHA

Register [HERE](https://parentingni.org/programme-calendar)



Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

MUDC Grants – Now Open!

Applications can be made for grants in the Sports Representative (club and individual), Community Festivals and Good Relations categories on a rolling basis throughout the year.

There are also funding programmes that operate on an open/close basis throughout the year.

Prior to completing an online grant aid application, it is essential that you read and familiarise yourself with the [Grant Aid Guidance Document 2020](#).

Full list of grants available [HERE](#) / t: 03000 132 132 / e: info@midulstercouncil.org

FREE YOGA CLASSES FOR CARERS!!

This 6 week programme will consist of gentle Yoga to promote de-stressing and will include soft gentle range of movements for the whole body. The classes are suitable for all abilities and complete beginners.

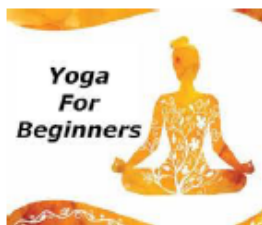
SPACES ARE LIMITED!

Dates: Thursday 20th Feb – Thursday 26th March 2020

Time: 11am – 12pm

Venue: Newry Leisure Centre
60 Cecil street
Newry, BT35 6AU

There is normally a charge for these classes. On arrival if you mention you are registered with the Carers Trust you will get in free of charge!!



PLACES ARE LIMITED

How do I register?
Please contact: Lorraine Murphy
Carers Trust Northern Ireland
Email: lmurphy@carers.org
Mobile: 07702 819109



Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7897170. Registered office: 32-36 Loman Street, London SE1 0EH

e: lmurphy@carers.org



Yaftas
Youth and Future Talent Awards

YOUTH AND FUTURE TALENT AWARDS

Nomination Form
2019 / 20

Logos at the bottom: NTS, GAA, ea Education Authority, The Executive Office, and a logo for the Department of Education.

**DEADLINE FOR NOMINATIONS:
WEDNESDAY
26TH FEBRUARY
2020**

To request a nomination form, e-mail Lynsey or Katrina



REGENER8

Commencing
Mid Feb,
Early March
2020

Living in
Newry City
or South
Armagh?

Aged
16-25?

FREE PROGRAMME

Not in employment, education or training?
Personal Youth Development Programme
Running March 2020 - December 2020 providing:

- Fun Activities / Trips
- Community Development Level 1
- Diversity Level 1
- Personal Development Level 1
- Work Experience
- Volunteering
- Employability Level 2
- Vocational Qualifications Level 2

Free Driving Lessons, Provisional Licence and Driving Test
Assistance with Childcare, Travel and Lunches provided

Contact Sarah Hillen on 028 3089 8119
or email sarah.hillen@clanryegroup.com

INTERNATIONAL FUND FOR IRELAND

rural ACTION MAKING IT HAPPEN

Visit us at www.clanryegroup.com

e: sarah.hillen@clanryegroup.com



Everybody Active 2020

Getting people more active more often through sport and physical activity in NI

Free sports and activities for:

- Women and girls (specifically aged 14-25 years)
- Older people aged >65 years
- People with a disability
- People living in areas of greatest social need

If you would like further information on the EBA 2020 programme, contact us our Coaches on 028 3089 8119 or email Leah on leah.stuttard@clanryegroup.com

#eba2020

sport Northern Ireland

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin Newry, Mourne and Down District Council

e: leah.stuttard@clanryegroup.com



**Free Universal Credit Information Session by
Advice NI (formerly CAB)**

25 February @ 7PM

In

Newtownhamilton Community Centre

Information On:

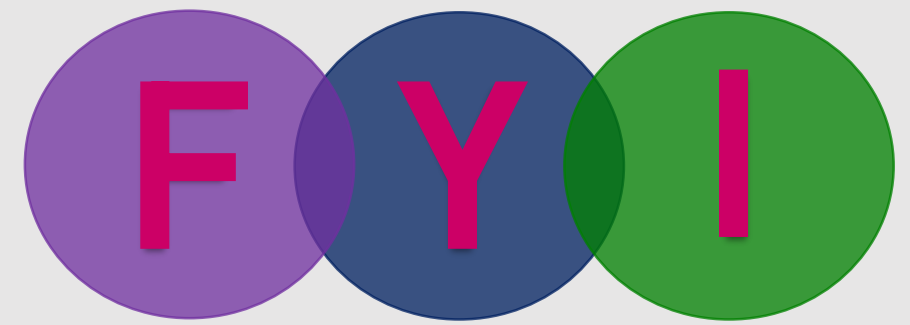
- *What is Universal Credit?*
- *Are you Eligible?*
- *How to Start a Claim*
- *Advice on Pending Claims*
- *And Much More*



e: nthcc@hotmail.co.uk

SOUTHERN AREA LOCALITY PLANNING GROUPS

ISSUE 26 | 20TH FEBRUARY 2020



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.

Upcoming LPG Meetings

Dungannon:	Thur 27 th Feb @ Gardener's Hall
Armagh:	Thur 5 th Mar @ Epicentre
Newry:	Wed 11 th March @ Newry Youth Resource Centre
Banbridge:	Tue 24 th Mar @ Banbridge Youth Resource Centre
South Armagh:	Tue 31 st Mar @ Newtownhamilton Community Centre
Craigavon:	Tue 7 th Apr @ Brownlow Community Hub
All LPG meetings start at 10am Everyone welcome!	

For general newsletter information, contact:

Tel: Darren Curtis (028 9536 3966) / Joanne Patterson (028 9536 3216)

E-mail: localityplanning@ci-ni.org.uk

CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR