



# Bi-monthly Family Support Hubs Newsletter

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This edition of the newsletter provides advice , resources and project updates as of 20<sup>th</sup> March 2020.

**The Family Support Hubs continue to be open for referrals during the current situation. They will try to access Family Support agencies during this time but this will be subject to individual projects ability to respond.**

If you want to advise us of any changes to service provision or have particular needs you want to source during the current situation please contact [Helen.dunn@hscni.net](mailto:Helen.dunn@hscni.net) and we will try to connect with the appropriate information.

There are 29 family support hubs across Northern Ireland supporting families. [www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23](http://www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23)

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)

**Employers  
For Childcare**



**Family Benefits  
Advice Service**

**Freephone helpline:  
0800 028 3008**

Lines open Monday-Friday 10am-4pm  
Email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)  
[www.employersforchildcare.org](http://www.employersforchildcare.org)

**Employers  
For Childcare**

Providing free, impartial and confidential advice to parents, employers and childcare providers on a wide range of childcare and work-related issues.



# Women's Aid is OPEN

If you are experiencing domestic abuse and need support and information you can contact your local Women's Aid group Mon-Fri, 9am-5pm

You can also contact the 24 hr Domestic and Sexual Abuse Helpline (managed by NEXUS) on 0808 802 1414

If you are in an emergency situation you can contact the police on 999

**#WeAreWomensAid**



Women's Aid is the lead voluntary organisation challenging and addressing domestic violence and abuse in Northern Ireland. WAFNI is the umbrella body of nine Women's Aid groups across NI. Women's Aid groups throughout NI provide refuge and a range of emotional and practical support services, including outreach and aftercare to women and children suffering from domestic violence and abuse.



1. Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid	<a href="mailto:reception@womensaidabcln.org">reception@womensaidabcln.org</a>	028 2563 2136
2. Armaghdown Women's Aid	<a href="mailto:admin@womensaidarmaghdown.org">admin@womensaidarmaghdown.org</a>	028 3025 0765
3. Belfast & Lisburn Women's Aid	<a href="mailto:admin@belfastwomensaid.org.uk">admin@belfastwomensaid.org.uk</a>	028 9066 6049
4. Causeway Women's Aid	<a href="mailto:womensaidcoleraine@btinternet.com">womensaidcoleraine@btinternet.com</a>	028 7035 6573
5. Fermanagh Women's Aid	<a href="mailto:womensaidfermanagh@btopenworld.com">womensaidfermanagh@btopenworld.com</a>	028 6632 8898
6. Foyle Women's Aid	<a href="mailto:info@foylewomensaid.org">info@foylewomensaid.org</a>	028 7141 6800
7. Mid-Ulster Women's Aid	<a href="mailto:admin@midulsterwomensaid.org.uk">admin@midulsterwomensaid.org.uk</a>	028 8676 9300
8. North Down & Ards Women's Aid	<a href="mailto:info@ndawomensaid.org">info@ndawomensaid.org</a>	028 9127 3196
9. Omagh Women's Aid	<a href="mailto:info@omaghwomensaid.org">info@omaghwomensaid.org</a>	028 8224 1414
10. Women's Aid Federation Northern Ireland	<a href="mailto:info@womensaidni.org">info@womensaidni.org</a>	028 9024 9041

Open Monday - Friday 09:00 - 17:00



## Coronavirus and your money

- [Things you can do right now](#)
- [Step 1 Do an emergency budget](#)
- [Step 2 Check your insurance policies](#)
- [Step 3 Use your savings](#)
- [Step 4 Talk to your creditors if you think you're going to miss payments](#)
- [Problems paying your rent or mortgage](#)
- [If you think you might not be able to pay gas or electricity bills](#)
- [What to do if you're getting behind on car finance payments](#)
- [If you are worried about debt](#)
- [If you think you might have to borrow money](#)
- [Other types of borrowing](#)
- [High cost credit – things to think about](#)
- [Avoid loan sharks](#)
- [If you might need to claim Universal Credit](#)
- [If you're worried about your pension](#)
- [If you're worried about redundancy](#)
- [Talk to us](#) [www.moneyadvice.service.org.uk](http://www.moneyadvice.service.org.uk)

## include YOUTH

## CORONAVIRUS ARRANGEMENTS

As a result of the Coronavirus outbreak, Include Youth, as a precautionary measure aimed towards protecting the young people we work with along with our staff have taken the decision to cease face to face work until the 30th of March.

We will continue to provide a service through a small number of staff in our Belfast office in line with social distancing guidelines. **The office is contactable on 02890 311007.**

The majority of our staff will continue to work remotely and will be contactable by phone or social media. We will move to remote working and online tutorials.

We would encourage our young people to stay in touch and utilise the resources that we will seek to provide over the coming days. By doing so we can have an impact on any negative effects of isolation.

We would also advise young people to follow the guidance of the Public Health Agency in terms of COVID 19.



### COVID-19 STATEMENT

In light of COVID-19, Autism NI have adopted a work from home policy for the majority of staff. This means key staff and their teams are available by telephone and email. We have taken the decision to postpone all direct face to face services including Support Group meetings, Youth Clubs, Training and home visits. Autism NI remains open and all other services (including Helpline/support queries) will remain open. Our Helpline number is 028 9040 1729 option 1.

We will continue to keep you informed. Thank you for your continued support.





# Social Distancing:



## What does it mean?

It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.<sup>1</sup> Together we can help to slow the infection from spreading away.

## Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation



## Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

## Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home



➡ Wash your hands frequently with soaps and water, or alcohol-based hand rub.  
➡ Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

1. " World Health Organisation, March 2020."



Family Fund  
helping disabled children

## Coronavirus and Family Fund's work

We want to assure families that we are putting measures in place to ensure we can continue to provide essential grant support to families. [www.familyfund.org.uk](http://www.familyfund.org.uk)

Coronavirus  
COVID-19

What Should I Do?



## COVID 19 RESPONSE

Everyone is being told to limit their social interaction, to carry out SOCIAL DISTANCING. This may seem severe, but it is necessary to keep everyone as safe as possible, and to help the NHS cope with the cases that do happen.

It can feel like we have no control during this time, but there are things we can do to make it easier and help ourselves to cope better. We understand that many people will be worried about the risk to their health, and about the prospect of being isolated in their home for so long.

## The YOUTH SERVICE is here to HELP you STAY CONNECTED.

If you need help then please use the STAY CONNECTED form below. Where possible, we aim to respond within 2 hours.

[Back to LTVC Main Website](#)

STAY CONNECTED

STAFF

CLUB REGISTRATION

🐾 Stay Connected – Young People Register For Support 🐾

🐾 Staff – Register to Support Young People 🐾

🐾 Club Registration – Register To Be Part Of The Coordinated Response 🐾



## Helping children cope with stress during the 2019-nCoV outbreak



Children may respond to stress in different ways such as being more clingy, anxious, withdrawing, angry or agitated, bedwetting etc.

Respond to your child's reactions in a supportive way, listen to their concerns and give them extra love and attention.

Children need adults' love and attention during difficult times. Give them extra time and attention.

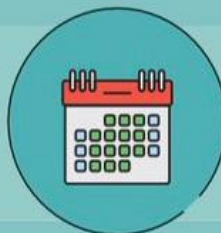
Remember to listen to your children, speak kindly and reassure them.

If possible, make opportunities for the child to play and relax.



Try and keep children close to their parents and family and avoid separating children and their caregivers to the extent possible. If separation occurs (e.g. hospitalization) ensure regular contact (e.g. via phone) and re-assurance.

Keep to regular routines and schedules as much as possible, or help create new ones in a new environment, including school/learning as well as time for safely playing and relaxing.



Provide facts about what has happened, explain what is going on now and give them clear information about how to reduce their risk of being infected by the disease in words that they can understand depending on their age.

This also includes providing information about what could happen in a re-assuring way (e.g. a family member and/or the child may start not feeling well and may have to go to the hospital for some time so doctors can help them feel better).



We are here to help - contact the Legal and Investigations team

Contact us

About Us Children and Young People Professionals, Practitioners & Policymakers Parents and Carers Publications

## Coronavirus Update

You are here: [Coronavirus Update](#)

In these very difficult and uncertain times our thoughts are with children and young people and their families, and we hope you keep safe and well.

### NICCY working and contact details

The work of the office is continuing, and in light of the Government's advice, NICCY staff are now mainly working from home. They are contactable at [info@niccy.org](mailto:info@niccy.org) and via their individual work emails.

### Media

The NICCY Communications Team are available (9.00-5.00) at [communications@niccy.org](mailto:communications@niccy.org) or 07917 544 177.

[Youth Panel](#)

[Who We Are](#)

[What We Do](#)

[The Commissioner](#)

[Our Current Work](#)

[News](#)



**Change4Life** @Change4Life · 27 Feb

Fill in the blanks!

Our interactive English lesson plans are available to download today.

Can your pupils fill in the blanks?



Encourage healthy habits

[campaignresources.phe.gov.uk](https://campaignresources.phe.gov.uk)





## HERE TO HELP

The NDCN Community Hub will be open  
**9am – 5pm Monday – Friday**  
(23rd March – 10th April 2020)

for people to come in to receive information, food  
and referrals on to other services.

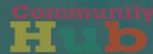
**Please wash hands immediately.**

To help protect you and slow the spread of Covid-19, no  
indoor classes will be delivered during this time, but  
there will be a walking group at 10am – 11am Monday,  
Wednesday and Friday meeting outside the hub.

Please **DO NOT** come in or join the walk if you have  
a high temperature or have a new cough – instead  
please go home and call 111 for advice, please also  
contact us on 02891 461386 for help, advice or  
guidance to meet your basic needs.

**Please stay safe, be wise and kind as always.**

To share and receive information  
please contact us on:  
**admin@ndcn.co.uk**  
**call: 02891 461386**



## 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control,  
such as your thoughts and behaviors.



Control how often you  
check the latest news.



Keep the big picture in mind.  
Humankind will survive this.



Model peaceful behavior  
for those around you.



Remember that the size of  
news coverage may not equal  
the size of a threat.



Evaluate your own health  
behaviors and be a model for  
others, including children.



Let wisdom and logic guide you.



Feeling too isolated?  
Maintain digital connections  
with people.



Turn to reputable  
sources for your news.



Don't let fear influence  
your decisions, such as  
hoarding supplies.

# SOMEONE IN THIS HOUSE HAS A WEAK IMMUNE SYSTEM

People with weak immune systems  
are more likely to catch coronavirus  
(COVID-19), and more likely to  
suffer life-threatening complications  
if they become ill with it.

Because of this we are self-isolating  
and/or practicing social distancing  
as a preventative measure.



IF YOU FEEL AT ALL UNWELL OR  
WE DON'T ANSWER THE DOOR,

# PLEASE LEAVE DELIVERIES IN THE GARAGE



Looking after your  
mental health during  
the coming days and weeks

Try to relax - take a break from  
reading about what's going on  
and do something fun or  
relaxing



Unplug - turn off the news for a while.  
Netflix binge, watch a film  
or read a book instead

If you're feeling overwhelmed or your  
thoughts are racing, take deep  
breaths - in for 7 seconds, out for 11



Go for a walk or do a workout -  
exercise is one of the best things for  
your mental health, and your immune  
system.

Connect with others -  
especially if you are housebound.  
Make use of phone calls and  
FaceTime.



EUROSPAR **Kelly's** SPAR

Gallagh Hatfield Strathfoyle Rath Mor

Kelly's Eurospar in partnership with  
Creggan Enterprises, Glassagh Taxis &  
Creggan Neighbourhood Partnership  
Are providing a **Free Home Delivery Service**  
to help the elderly and most vulnerable  
in our communities.

**Call: 07437 442 904**  
**10am-3pm Mon-Sat**

Cash or Card Payment Acceptable

**Groceries / Utility Top ups &  
Essential Supplies Only**



## Barnardo's Child Bereavement Service

Supporting children and young people and their families/  
carers who have been bereaved including those who have  
experienced traumatic and sudden death

02890668333

Address:

23 Windsor Avenue

BELFAST

BT9 6EE

Advice Line for children ,parents and carers

Monday /Tuesday and Friday

Tel. 07867372711









- Rate bills for 2020/2021 will now automatically be issued in June 2020.
- You can pay your bill in monthly instalments between June 2020 and March 2021.
- Monthly Direct Debit payment plans will be automatically updated.
- You can also pay your rate bill in full to avail of the early payment discount.



Land &  
Property  
Services  
Seirbhísí  
Talún &  
Maoin



Department of  
Finance  
Airgeadais  
www.finance.gov.uk

## Latest From YoungMinds

All the latest news and views from YoungMinds



Blog

### What to do if you're anxious about coronavirus

If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.



Blog

### Looking after your mental health while self-isolating

If you are self-isolating or social distancing because of coronavirus (COVID-19), it is important to look after your mental health. Here are some tips that may help.



Blog

### Talking to your child about coronavirus

If your child is worried or anxious about coronavirus, here's our Parents Helpline experts' advice on what you can do.

Read Our Blog >



## CORONAVIRUS COMMUNITY SUPPORT

Are you, your community group or local business planning on providing any services to help support our older people through the Coronavirus crisis?

Grocery & Prescription Pick-ups? Meal Delivery? Dog Walking? Befriending Telephone Calls?

**If so, MEAAP needs to hear from you!**

We are co-ordinating help and support for the older people who need it most.

Let us know what help you can offer and where you are based.

Call **028 2565 8604**

Monday - Sunday

9:00am-9:00pm

(Temporary extended business hours)

Email [admin@meaap.co.uk](mailto:admin@meaap.co.uk)

[www.facebook.com/meaapni](https://www.facebook.com/meaapni) | [www.twitter.com/meaapni](https://www.twitter.com/meaapni)





## Enniskillen Foodbank

In light of the Covid-19 pandemic @EnniskillenFoo1 & @LakesVineyard are putting together emergency isolation bags. At this time we're working with our partner agencies to ensure we get to those in most need at this time. Deliveries begin this Friday & will be by referral only. <https://t.co/BrgF18ZqMQ> (<https://twitter.com/EnniskillenFoo1/status/1240224061348864000?s=03>)

### ITEMS THAT YOUR LOCAL FOODBANK MAY BE PARTICULARLY INTERESTED IN



### Carrickfergus Foodbank

In these times of uncertainty, one thing is certain; we are endeavouring to keep our services available to support the most vulnerable in our community. As we respond to the ever-changing circumstances on a day to day basis, we are preparing the centre to ensure that our volunteers and service users' safety is our first priority. We are implementing some new procedures to help with social distancing and would like to emphasise that these are only temporary but absolutely necessary to ensure our services remain open. At present our opening hours will remain the same:

**Wednesdays 10:00am-12:00noon**

**Fridays 10:00am-12:00noon**

Please keep your vital donations coming – we are so grateful for all of the support people in the community have shown so far.

**Thank you so much to everyone who has been able to help.**

Items currently needed

Tinned Tomatoes & Tinned Veg

Tinned Potatoes

UHT Milk

Dry Rice







**AWARE also offers an online support group service. The group provides an opportunity to connect with others with similar experiences, to provide support and share information.**

Our peer-led online support group is for anyone over 18 with an experience of depression, anxiety or bipolar disorder. We offer this service for people who are unable or who don't feel ready or able to access our face-to-face support groups.



The online group will run weekly and group members will be asked to agree to be punctual, to treat the meeting as confidential and to be respectful and non-judgemental to other group members. The group meeting lasts an hour and will be facilitated by members of AWARE staff.

The purpose of our online support group is that you will come together, online, with others who are experiencing similar problems to your own. Through peer support you will find out more about depression, anxiety and bipolar disorder and the treatments and services available. The online support group takes place on a **Tuesday afternoon from 2.30pm - 3.30pm**. You need to have Skype installed on your device, phone, tablet, laptop or PC and be logged in 10 to 15 minutes before the start of the call.

If you would like to register please email [cherry@aware-ni.org](mailto:cherry@aware-ni.org)

Join Our  
**Ashton  
Facebook  
Group**

To be kept informed  
of all our services

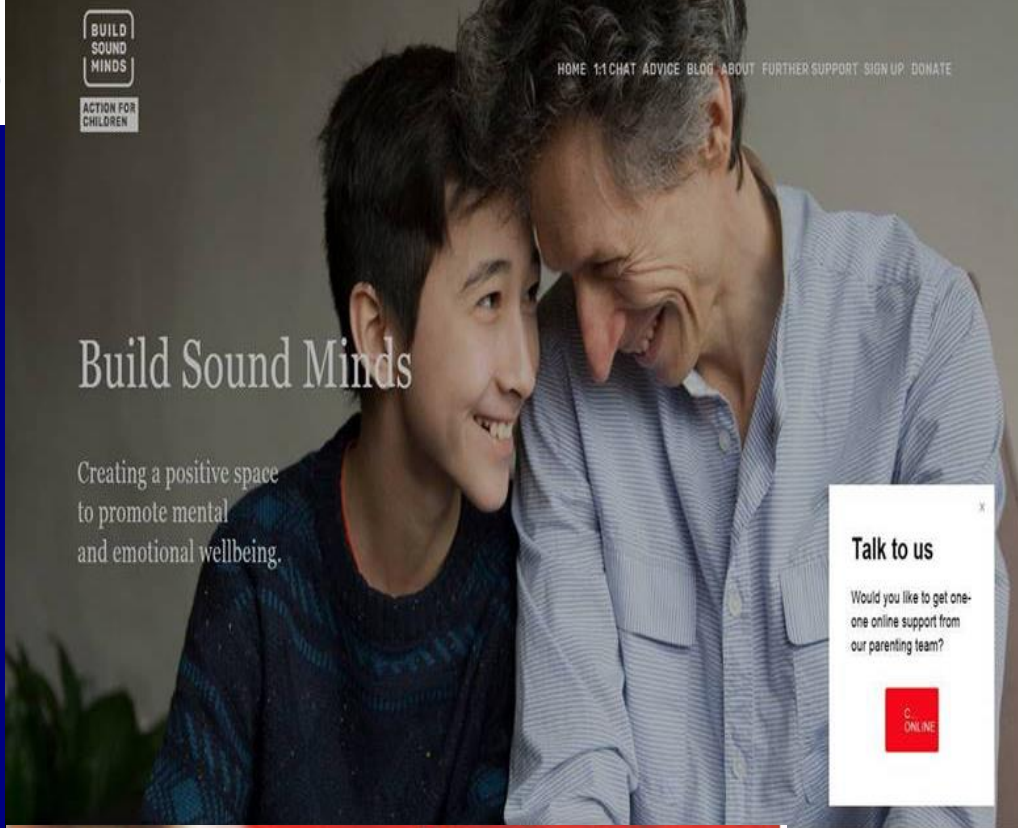
DETAILS AT:  
[facebook.com/groups/Ashton/](https://facebook.com/groups/Ashton/)

**ashton**  
Supporting  
North Belfast

### Where can I find emotional support right now?



Samaritans	116 123 24 hours a day	Elefriends	Online support for over 18s <a href="http://elefriends.org.uk">elefriends.org.uk</a>
Lifeline	0808 808 8000 24 hours a day	The Mix	Support for under 25s <a href="http://themix.org.uk">themix.org.uk</a>
Campaign Against Living Miserably (CALM)	0800 58 58 58 5pm-midnight	Sane	Online peer support <a href="http://sane.org.uk">sane.org.uk</a>
Switchboard LGBT+	0300 330 0630 10am-10pm	Kooth	Free counselling for young people <a href="http://www.kooth.com">www.kooth.com</a>



## Build Sound Minds

Creating a positive space to promote mental and emotional wellbeing.

**Talk to us**

Would you like to get one-one online support from our parenting team?

**They might think I'm just making a fuss**

But I've just got a feeling that something's not right

Early intervention is better than waiting until it becomes a bigger problem. Find out more as soon as you're worried, rather than hoping it'll just 'go away'

**YOUNG MINDS**

Contact YoungMinds Parents Helpline  
0808 802 5544  
[www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents)

voice of young people in care

## REMEMBER- WE ARE STILL HERE TO HELP

We will continue to provide advocacy support to care experienced children and young people, so you can still get help, support and advice.

Just email us or call your local office:

- Belfast / South Eastern - 028 9024 4888
- Northern - 028 2563 2641
- Southern - 028 3831 3380
- Western - 028 7137 8980

[info@voypic.org](mailto:info@voypic.org)

[WWW.VOYPIC.ORG](http://WWW.VOYPIC.ORG)



**YOUNG** Minds Parents Helpline 0808 802 5544 (also for professionals) can be contacted if a family member is concerned re: Child, Young Person Mental Health. Parents and Professionals receive 1 free consultation with Mental Health Professional over the phone. This is available throughout Northern Ireland and for parents to call if they are worried about their child. It is particularly useful for families who may be waiting on waiting lists for a service. They also have a text service for teenagers.

**Please note: This is not to replace signposting families to GP's or CAMHS**

There are many more different Mindfulness & Meditation Apps online to view [www.youngminds.org.uk/parents](http://www.youngminds.org.uk/parents)





## COMMUNITY CRISIS INTERVENTION SERVICE (CCIS)

If you feel in crisis and need support or if you have observed someone who is in distress and may come to significant harm through self-harm and suicidal behaviour please call:  
**028 7126 2300**

This service operates between 8pm on Thursday through to 8am on Sunday.

[www.extern.org/community-crisis-intervention-service-ccis](http://www.extern.org/community-crisis-intervention-service-ccis)



### EU Settlement Scheme Advice **Freephone 0800 138 6545**

Text EUSS to 6664 or email [euss@adviceni.net](mailto:euss@adviceni.net)  
Monday to Friday 10am-4pm

### Debt Advice Service **Freephone 0800 028 1881**

Monday to Friday 8am-6pm  
Text ACTION to 81025 or email: [debt@adviceni.net](mailto:debt@adviceni.net)

### Independent Welfare Changes Helpline **Freephone 0808 802 0020**

Monday to Friday 9am-5pm or email: [welfarechanges@adviceni.net](mailto:welfarechanges@adviceni.net)

### Tax and Benefits Advice **Freephone 0800 988 2377**

Monday to Friday 9am-5pm or email: [tax@adviceni.net](mailto:tax@adviceni.net)

### Business Debt Service **Freephone 0800 083 8018**

Monday to Friday 9am-5pm or email: [bds@adviceni.net](mailto:bds@adviceni.net)

### Historical Institutional Abuse advice and support

Call **028 9064 5919** and ask for a HIA advisor  
Monday to Friday 9am-5pm or email: [hia@adviceni.net](mailto:hia@adviceni.net)

### Advice NI Training

Advice NI is the leading provider of nationally accredited Advice and Guidance, Legal Advice and Independent Advocacy Qualifications in Northern Ireland. For a list of courses, please visit our website.

#### Contact Us

Tel: 028 9064 5919 [www.adviceni.net](http://www.adviceni.net), [info@adviceni.net](mailto:info@adviceni.net) @AdviceNI

NI Charity No. NIC100008

Parents, carers, family members...

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

Call Parentline NI today for advice, support or guidance.

**FREEPHONE**

**0808 8020 400**



Parentline NI is a service operated by Children in Northern Ireland & Belfast NI. Funded by the Health and Social Care Board.



**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



Freephone 116 123  
24/7 listening ear to those in distress

**Childline is there  
24 hours a day, 7  
days a week.**

**0800 1111**  
[www.childline.org.uk](http://www.childline.org.uk)



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.



Delivered in partnership with Departments of Communities, Health and Justice

Nexus DCC Health Justice



**family support NI**  
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)

**Sudanese Community Association NI**

**What your organisation does**

Promotes knowledge and mutual understanding among people of Sudanese descent and the wider community within Northern Ireland through organisation of community social, cultural and sports events.

**The charity's classifications**

- The prevention or relief of poverty
- The advancement of education
- The advancement of citizenship or community development

**Who the charity helps**

- Adult training
- Asylum seekers/refugees
- Children (5-13 year olds)
- Community safety/crime prevention
- Ethnic minorities
- Interface communities
- Language community
- Parents
- Preschool (0-5 year olds)
- Voluntary and community sector
- Youth (14-25 year olds)

**How the charity works**

- Advice/advocacy/information
- Community development
- Community transport
- Counselling/support
- Cross-border/cross-community
- Cultural
- Education/training
- General charitable purposes
- Grant making
- Playgroup/after schools
- Sports/recreation

**CONTACT DETAILS**

Website:  
<http://www.scani.co.uk>  
Email:  
[scanisudan@gmail.com](mailto:scanisudan@gmail.com)  
Tel: 07438860254  
Address: Flat 29 Elgin Court  
30 Elgin Street  
BELFAST BT7 3AG





### **YOU ARE NOT ALONE**

Start360 continues to put YOU at the centre.



If you have concerns or need to talk to us - use social media or telephone: 028 9043 5810



Stay Active



Stay connected

Stay safe and remember to look after your well-being:



Keep learning



Keep giving



Practice mindfulness

#EveryPersonStronger #ChangeStartsHere #WeDeliver

To make sure you're getting all the benefits, services and supports you're entitled to:-



## **make the call**

**0800 232 1271\***

**text 'CHECK' to 67300\***

**[nidirect.gov.uk/makethecall](https://nidirect.gov.uk/makethecall)**

Northern Ireland only

\*network charges may apply



**addiction ni**  
reducing harm, promoting recovery

## **we are still here to support you**



028 9066 4434



[enquiries@addictionni.com](mailto:enquiries@addictionni.com)



[www.addictionni.com](http://www.addictionni.com)



**End of Life Care**

If you are living with cancer...

It may also help to talk through your concerns with someone.

You could speak to a family member or friend. You can also talk to nurses or trained staff on our free Support Line Call 0800 090 2309, email [support@mariecurie.org.uk](mailto:support@mariecurie.org.uk) or contact us on web chat.



# YouthAction

NORTHERN IRELAND

**THE RAINBOW FACTORY**  
School of Performing Arts

## Star Outbreak Programme

Supported by  
**BBC Children in Need**

- youth arts workshops
- bespoke partnerships
- regional opportunities

for young people with mixed abilities

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**YouthAction**<sup>75</sup>  
NORTHERN IRELAND

[helen@youthaction.org](mailto:helen@youthaction.org)



**Vision:** Everyone in our community working together to help kids talk.



Act Early

Support Parents

Achieve More

**WANT TO KNOW MORE?**

Early Intervention Lisburn

Unit 2, Laganview Enterprise Centre, 69 Drumbeg Drive, Lisburn BT28 1NY

Help Kids Talk Coordinator contact details:

**028 9267 0755 / 07715801635**



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)