

Fortnightly News

March 2020

Issue 12

Welcome to this 12th edition of Fortnightly News, the E-newsletter which promotes, services, programmes and events to improve the outcomes for Children and Young People in your Locality. We have another packed edition of information, funding opportunities, events and programmes for you to share.

Nuala McArdle
& Noelle Hollywood



Fortnightly News

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

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

For more information on' Fortnightly News ' contact
noelle.hollywood@setrust.hscni.net or 07872422101



https://stateofchildhealth.rcpch.ac.uk/wp-content/uploads/sites/2/2020/03/RCPCH_SOCH-NORTHERN-IRELAND-2-04.03.20.pdf

Special Educational Needs Helpline



028 9598 5960

Open Monday - Friday
from 9am - 5pm



make the  call

to ensure you're getting all the money
and supports you're entitled to

0800 232 1271



St Vincent
de Paul Society

England and Wales

Turning Concern into Action



Information Coffee Morning

Stakeholder
Engagement Event

Tuesday 24th March 2020, 10am-11am
SERC Newcastle Campus
Castlewellan Road, BT33 0UR

Please RSVP by Monday 16 March 2020

Please inform us of any dietary requirements or restrictions

We would love to see you there!



www.serc.ac.uk

Thanks
FIONA NEELY FNeely@serc.ac.uk
Community Development Officer

direct dial: 028 92 626757
tel: 028 9267 7225 Ext 1808

COVID-19 (coronavirus)

IF YOU HAVE a cough, **OR** fever, **OR** shortness of breath
AND have been to any of these places in the last 14 days:

- China
- Republic of Korea (South Korea)
- Singapore
- Thailand
- Malaysia
- Japan
- Hong Kong
- Macau
- Taiwan

Or any of these places since 19 February 2020:

- Parts of Northern Italy (north of Pisa)
- Laos
- Cambodia
- Myanmar
- Vietnam

Please make your way to your residence, contact your GP by phone, stay indoors and visit pha.site/coronavirus for advice. If you **DO NOT** have any symptoms you do not need to take any action.

If you have been to:

- Hubei province (including Wuhan), China in the past 14 days;
- or any of these specific areas since 19 February 2020:
- Iran
- Specified towns in the Lombardy and Veneto regions in Northern Italy
- Daegu or Cheongdo in South Korea

or

- Have visited the H10 Costa Adeje Palace hotel, Tenerife since 17 February 2020

Please make your way to your residence, stay indoors and call the NHS helpline on 111 for advice, **EVEN IF YOU DO NOT HAVE SYMPTOMS**. Visit pha.site/coronavirus for further information.

Public Health Agency, 12-22 Linenhall Street, Belfast BT2 8BS.
www.publichealth.hscni.net
Adapted from material produced by Public Health England.

Find us on:



V11 General Advice 020320 PHA1.0.3

Advice for travellers

The Public Health Agency (PHA) does not issue travel advice. If you're concerned about the impact of the COVID-19 outbreak on your existing travel plans, check with your airline, tour operator, cruise line or other transport and accommodation providers as applicable. People who plan to travel should check the travel advice at

www.gov.uk/guidance/travel-advice-novel-coronavirus



Public Health
Agency



CATCH IT.



BIN IT.



KILL IT.

Health & Wellbeing

Fair

with Kilcooley
Women's Centre



Friday 13th March 2020
11am-2pm

Bangor Elim Complex

Join us for our **Spring Health Fair** with
lots of information stands and
wellbeing boosting activities such as...

- Puppy Petting
- Health Checks
- Mini Manicures
- Urban Community Chef
- Storytelling Workshops
- Arts & Crafts
- Aromatherapy Oil Blending & Hand Massage
- Indian Head & Shoulder Massages
- Makeup Master Classes and much more!

We will also be
celebrating

**International
Women's Day**

so make sure you wear
something purple & bring your
best smiles for our photo wall!

Tea/Coffee & Sweet Treats
also available with all
donations supporting
The Ulster Hospital
Stroke Unit.



THIS EVENT IS FREE FOR ALL!

Kilcooley
WOMEN'S CENTRE

HSC Public Health
Agency
Project supported by the PHA

For more information contact:

Kirsty - Tel: 028 9147 8292
kirsty@kilcooleywomenscentre.co.uk

Follow us:  

Bangor Support Group



- Parents, Carers (pre & post diagnosis) & Professionals sharing experiences and information
- Invaluable peer support
- Develop strategies and learn new skills
- Facilitation by parent Volunteers

Join us at our monthly
Support Group Meeting;

Date: Friday 27th March 2020

Time: 10:30am to 12:00pm

Venue: Peninsula Healthy Living
Centre, 4 Church Grove,
Kircubbin, BT22 2SU

FOR MORE INFORMATION:

t. 028 9040 1729
(option 1)



Facebook:
/AutismNI



Twitter:
@AutismNIPAPA



Instagram:
autism_ni

e. info@autismni.org

WWW.AUTISMNI.ORG

Autism NI is a company limited by guarantee (Company Number NI 058548).
Registered with The Charity Commission for Northern Ireland NIC100240.



**of brisk walking
every day
can reduce
stress**



**Even a short walk can help reduce stress and improve your mood.
Give your mental health a boost by hopping off the bus or train a
couple of stops early and walking the rest of the way to work.**



Peninsula Healthy Living Partnership are launching a **Wellbeing Social Group**

starting Wednesday 18th March 10--12

Kircubbin Community Centre

You are warmly invited to join us weekly for a bit of craic and to moan about our aches, pains, ailments and more!

The Wellbeing Social Group is open to all ages and welcomes anyone wanting to **connect** with new people.

Each week we will have general topics to discuss, these will be led by the group.

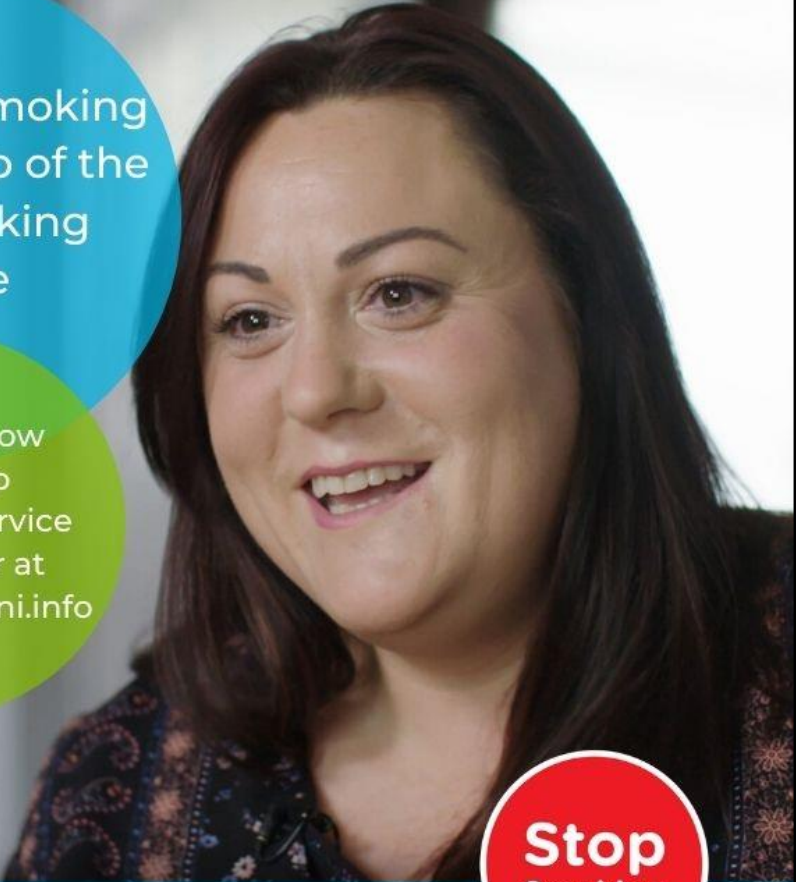
Using the **Take 5** concept we'll learn new skills and gather information about wellbeing;

- **Take notice** of the people and the world around us
- **Keep learning** don't be afraid to try something new.
- We may even get a little **active**, working on the poly tunnels, some games and exercise.
- **Giving** our time and attention to all that is on offer.

We will aim to improve wellbeing and generally **have a laugh** along the way.

We will have guest speakers and workshops throughout,
starting with

The British Heart Foundation on 18th March



Lorna quit smoking
with the help of the
Stop Smoking
Service

Find out how
the Stop
Smoking Service
helped her at
stopsmokingni.info

**Stop
Smoking**

helping you to quit



Public Health
Agency

Parent & Children's Workshops

Children with ASD: Special Topics

(You must live within the South Eastern Trust area and your child must have a confirmed diagnosis of an Autism Spectrum Disorder)

Sensory Strategies Workshop

Warren Children's Centre, Lisburn
12th March 2020 at 10:00am

Link will go live at 7.30pm tonight

Link: <https://www.eventbrite.co.uk/e/95348266231>

How to book a place:

Follow the link to Eventbrite and fill in your details and answer the asked questions.

Bookings will not be taken via email or phone.



VOLUNTEERS NEEDED

What does a volunteer do?

Some volunteers volunteer directly with families. Others volunteer in our charity shops, family groups, in our office helping with admin and by offering specific skills such as PR, technical support and fundraising. If you could spare 2-3 hours a week give us a call.

Volunteer Course starting soon.

Contact us today to find out more

Facebook - Home Start Down District

02844 615727

Charity No. 1051105
14-15 Innovation House, Down Business Park, 46 Belfast Road, DOWNPATRICK, BT30 9UP

**HOME
START**
Down District



Children in Northern Ireland and Relate NI have been commissioned by the Health and Social Care Board to deliver a regional parenting helpline. The helpline is called Parentline NI, it is for parents, carers and family members.

ParentLine NI is here for all parents, offering support, guidance or advice, wherever you are on the parenting journey.

Parentline NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday. Our Service is available through a range of different channels including telephone, face to face and online.

Call us for FREE on: 0808 8020 400

Chat online at www.ci-ni.org.uk/parentline-ni

Flyers and posters are available on request, email parentline@ci-ni.org.uk



**WE ARE LOOKING FOR
SATURDAY CLUB LEADERS
FOR OUR
SAINTFIELD AND
DOWNPATRICK CLUBS**

The clubs are for disabled and non-disabled children who are between the age of 5-12 years. This is a 10hr a month post. The club runs twice a month for 2 hrs and 6hrs prep time is given. The aim of the club is for the children to have fun through play .

Job and personal profile can be found on;
barnardos.org.uk/jobs

For further information
contact;
Siobhan Stratton
02890658105
email: siobhan.stratton@barnardos.org.uk

TRIB FEST

IN AID OF



Wednesday 25th March 2020

Bangor Elim Complex

Doors open 7:00. Show starts 7:30



COMPERE
JOE MAC
ACTS INCLUDE
**KENNY
ROGERS**



CONSPIRACY NASHVILLE

FLASHBACK TO THE 80'S

LIVE CHARITY AUCTION

TICKETS
ONLY

£10

Tickets Available Online Now at www.ticketsource.co.uk/bfcsevents (small booking fee applies) or from Top Spot Newtownards, McMullans Brunswick Road Bangor, Pickie Fun Park Café and Bangor Elim Church.

Staywell Guide to Colds & Flu

Rest up
and stay at home



Drink plenty of
fluids



Blow your nose
Catch it, Bin it, Kill it



Wash hands
regularly



Talk to your
Pharmacist



Flu Vaccine

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



Public Health
Agency

**STAYWELL
THISWINTER**



Stay warm and well during cold spell

- wear multiple layers of clothing
- eat well - food is a source of energy which helps to keep your body warm
- heat your main living room to around 18-21°C
- make sure your heating is safe and beware of carbon monoxide poisoning
- when you go outside wear a coat, hat, scarf and gloves
- check on older or vulnerable neighbours

pha.site/badweather



Public Health
Agency


**STAY WELL
THIS WINTER**



**YOUTH
CAN
DO IT**

PROGRAMMES JAN - MAR '20

Security

8th Jan, Belfast 
19th Feb, Ballymena, ages 18-30
Two week course / SIA License

Enterprise

15th Jan & 20th Feb, Belfast
4th March, Newtownabbey and Lurgan,
ages 16-30
Business idea? Free ongoing support /
mentoring / low interest loans


Fairbridge +

21st Jan, Belfast, ages 16-25
Boost confidence / learn new skills / one
to one support

Make-up

22nd Jan, Belfast
12th Feb, Antrim, ages 16-30
Meet new people / learn new skills

Ready to work

23rd Jan, Belfast, 16-30 
Two day employability programme / job
opportunities

Wellbeing

5th Feb, Lurgan, ages 16-30
Wellbeing and nutrition workshop


We also offer one to one support to help young people live, learn and earn.
For more info, call 0800 842 842 or email outreachni@princes-trust.org.uk.

Support for travel and childcare is also available.


Retail M&S

10th Feb, Belfast, Lisburn and
Derry/Londonderry, ages 16-25
Four weeks in store work experience /
placements available in various
locations

Fire Service

12th Feb, Belfast 
26th Feb, Derry/Londonderry,
ages 16 - 30
Meet new people / learn new skills

Retail

3rd March, Belfast 
4th March, Newry, ages 18-30
Four weeks in store work experience /
placements available in various
locations

Team programme

Ongoing, across NI, ages 16-25
12 week personal development
programme

Development Awards

Ongoing, across NI, ages 16-30
Grants to help young people into
education, training or employment



www.princes-trust.org.uk



This project is part funded through the Northern Ireland European Social Fund 2014 - 2020 and
the Department for the Economy

Health Development Training Courses South Eastern Trust Area

April 2020 to March 2021

For all details please search;

<http://myteams/sites/PromotingHealth/Lists/Shared%20Documents/Training/Training%20Directory/2020%202021/Health%20Development%20Training%20Directory%20Apr%202020%20to%20March%202021.pdf>



Southern Health
and Social Care Trust

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



Roots of Empathy is an evidence-based classroom programme that has been shown to reduce levels of aggression among school children, while also improving social and emotional competence and increasing empathy. At the heart of the programme are a baby and parent from the local community, who visit the classroom on a monthly basis throughout the year. A trained instructor coaches students to observe the baby's development and label the baby's feelings. This 'emotional literacy' lays the foundations for more safe and caring classrooms.

Children become more competent in understanding their own feelings and the feelings of others (empathy) and are therefore less likely to physically, psychologically and emotionally hurt each other through bullying.

There are 30 Primary School Programmes funded by the Public Health Agency across the South Eastern Health & Social Care Trust Area.

If you are a Parent, Primary School Principal, Teacher, or Classroom Assistant and would like more information please contact;

Noelle.hollywood@setrust.hscni.net

Let's talk...CONSENT!

Before taking part in any sexual activity always get consent.



Yes



Consent can be withdrawn at any time – it's always okay to change your mind.



No

Be aware of how alcohol and drugs can lower inhibitions and affect decision making.

Know the law!

#LetsTalkSEX



I'm not ready...

Sex

Let's talk...'The Talk'

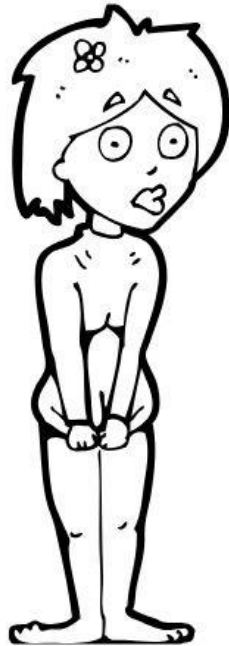
Struggling to talk to your child about all things relationships and sex? Check out these tips:

- **Make sure it's a conversation** – ensure that you take time to listen to what they are saying and their point of view.
- **Take advantage of opportunities** – everyday things such as their favourite show, celebrity or music can provide openings for discussion – make yourself aware of what's going on in their life.
- **Show respect for their opinions** – you might not agree but it important to help them think things through rather than tell them what to do.
- **Don't make judgements** – conversations starting with 'that was stupid' are unlikely to go well.
- **Be there to help** – ask them what you can do to help.



#LetsTalkSEX

Having unprotected sex increases your chances of getting an STI - don't take the risk!



Having your skirt tucked into your knickers is embarrassing... asking them to wear a condom isn't!

#Choosetoprotectyourself

#Alwaysuseacondom

#LetsTalkSEX

The Pathway Fund 2020/21

The outcomes of the Pathway Fund are:

- Improved development of children who are at risk of not reaching their full potential within the school system;
- An enhanced, more sustainable early years sector.

Please note only applications received by post will be accepted.

Please ensure correct postage is paid prior to sending documents and proof of postage is retained.

Application forms and guidance notes will be available to download at www.early-years.org/pathway-fund

1. This will be assessed using the most disadvantaged (Super Output) areas, as defined by the NI Multiple Deprivation Measure 2017 and the Education Skills and Training Deprivation ranking 2017.

To check your postcodes in Super Output Areas please visit www.ninis2.nisra.gov.uk/public/AreaProfile.aspx?Menu=True

2 The principles of the Code of Practice for Reducing Bureaucracy in Grant Funding to the Voluntary and Community Sector 2015 are available from www.early-years.org/pathway-fund

For further information please contact The Pathway Fund office
on **028 9066 2825** (option 2) or email thepathwayfund@earlyyears.org



Barnardo's **Fostering Week**

Become a foster carer and change a child's life today.

Barnardo's Northern Ireland Fostering Service team

Barnardo's Northern Ireland Fostering Service

230b Belmont Road
Belfast
BT4 2AW

Telephone: 028 9065 2288

Office hours are Monday to Friday, 9am to 5pm

By choosing to become a foster carer you can make a huge difference to a child's life – and yours.

DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory, we do not accept any responsibility or liability for any errors that have occurred. It is recommended that you always check directly with providers that their service or organisation meets your requirements.

This publication can also be downloaded from www.drugsandalcoholni.info



Services for Adults

MARC Project

Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.

The Link

☎ Tel: 028 9182 1124

South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

Open Access/Self Referrals Accepted

Simon Community

☎ Tel: 074 3575 4307
☎ Tel: 074 3575 4302
☎ Tel: 074 3575 4301

Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Dunlewey Addictions Service

☎ Tel: 028 9039 2547
☎ Tel: 077 0817 6225

Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

GP & Mental Health Professional Referrals

SEHST

☎ Tel: 028 9151 2159 (Newtownards)
☎ Tel: 028 9266 8607 (Lisburn)
☎ Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

Addiction Service Referrals

Ward 15, Downshire
☎ Tel: 028 4451 3922

Young People/Family

Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

Open Access

Extern (based in Bangor YMCA)

☎ Tel: 028 9145 4290

Strengthening Families Programme

Parents and children participate in the programme, both separately in teen and parent sessions, and then together in family sessions (7 week programme).

Targeted at At-Risk/Vulnerable Families

SEHST

☎ Tel: 028 9250 1357

Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.

LYMCA

☎ Tel: 028 9267 0918

Steps 2 Cope

Online support and self help resources for young people, aged 11-18, affected by a parent's use of alcohol.

ASCERT & Barnardos

☎ www.stepstocope.co.uk

DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

Open Access/Self Referrals Accepted

Start 360 & ASCERT

☎ Tel: 028 9043 5815

Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

Social Services/Addiction Services Referrals

Barnardos

☎ Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

GP/CAMHS Referrals

BHSCT DAMHS

☎ Tel: 028 9063 8000

Specific Groups

Needle and Syringe Exchange Sites

Clear Pharmacy

☎ 5 Church Street, Bangor
☎ Tel: 028 9127 1820

Gordon's Pharmacy

☎ 35-37 Market Street, Downpatrick
☎ Tel: 028 4461 2014
☎ 56 Bow Street, Lisburn
☎ Tel: 028 9267 4747
☎ 2a Regent Street, Newtownards
☎ Tel: 028 9181 3217

Group Support

Call or go online to find a meeting near you.

Alcoholics Anonymous

12 Step Programme/Group Meetings
☎ www.alcoholicsanonymous.ie

AlAnon

Group Support for Family Members
☎ Tel: 028 9068 2368
☎ www.al-anonuk.org.uk

Alateen

Group Support for Teenagers
☎ Tel: 028 9068 2368
☎ www.al-anonuk.org.uk/alateen

Narcotics Anonymous

12 Step Programme/Group Meetings
☎ Tel: 078 1017 2991
☎ www.na-ireland.org

Community/Stakeholder Support

South Eastern Drug and Alcohol Coordination Team/Connections Service (SEDACT Connections)

The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

☎ Tel: 0800 254 5123 (ASCERT)
☎ www.drugsandalcoholni.info
☎ connections@sedact.info

Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

ASCERT

☎ Tel: 0800 254 5123

Drink, Work and Me

Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.

Addiction NI

☎ 028 9066 4434
☎ www.drinkworkandme.com

For more detailed information on services available in your HSC area visit:
www.drugsandalcoholni.info



In Crisis? Call **Lifeline** FREE 24/7 HELPLINE
0808 808 8000

Community Information Events



FREE
HEALTH
CHECKS

TEA &
COFFEE

HEALTH AND
WELLBEING

NEWCASTLE CENTRE
20th February 2020
11am-2pm

SAINTFIELD
COMMUNITY CENTRE
26th February 2020
11am-3pm

SERC DOWNPATRICK
13th March 2020
11am-2pm

*Please come along to meet with the new
multi-disciplinary teams in your local GP practices
and learn more about services available in your
local community.*



#MDT #DeliveringTogether

HSC South Eastern Health
and Social Care Trust



<https://www.mindingyourhead.info>



Directory of services to help improve mental health and emotional wellbeing, for the latest edition please search;

www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern_area_card_2020.pdf

Focus on alcohol

A guide to drinking and health

**REDUCE THE RISK
KNOW YOUR LIMITS**

GOOD NIGHT OUT

GET HOME SAFELY

SOCIAL DRINKING

CUTTING DOWN

MOUTH CANCER

DEHYDRATION

ROAD DEATHS

HEAD INJURIES

HANGOVER

ALCOHOL

ACCIDENTAL

FIRE DEATHS

LIVER DISEASE

TAKE CARE

OF YOURSELF

WEEKLY GUIDELINES

WHAT'S IN A DRINK?

HOW MUCH IS TOO MUCH?

PLANNING A PREGNANCY

HEART HEALTH

DRINKING AT HOME

PLANNING AHEAD

BLOOD PRESSURE

CALORIES

HARMFUL TO YOUR BABY

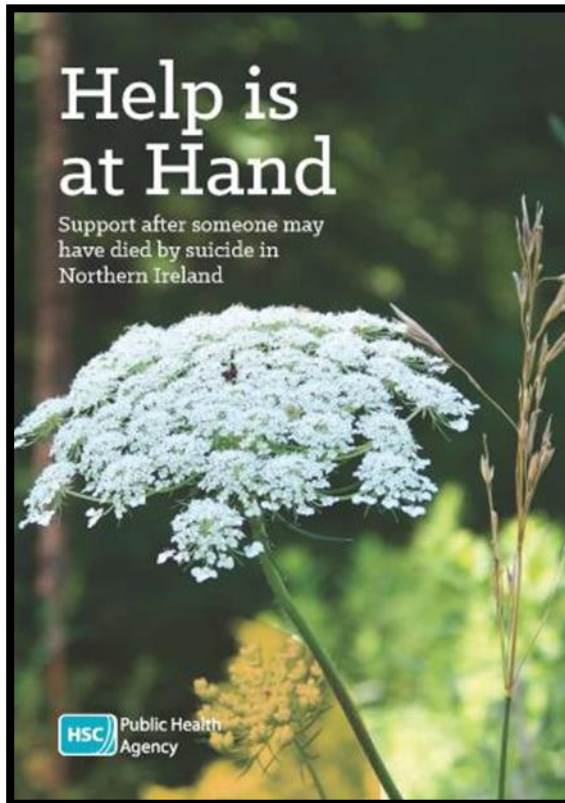
COUNTING UNITS



Public Health
Agency

Help is at Hand

The purpose of this new booklet from the Public Health Agency is to provide practical guidance and emotional support following a possible death by suicide.



[https://www.publichealth.hscni.net/sites/default/files/2020-01/Help is at hand B5 Booklet 01 20.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-01/Help%20is%20at%20hand%20B5%20Booklet%2001%2020.pdf)

•
Save the Date

•
Global Health Conference

Titanic Conference Centre
Belfast

•
SDGs+5: Healthy People on a Healthy Planet

24/25 September 2020

.....
Queen's University Belfast, the Irish Global Health Network and partners will host a two day conference in Belfast. More details to follow.....

TAKE CARE



OF YOURSELF