



Weekly COVID-19 Family Support Hubs Newsletter

This edition includes:

- NHSCT Health Visiting Helpline
- Women's Aid
- Safety Planning When Self Isolating
- Make Yourself Heard
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- Victim Support NI
- NEXUS NI
- Domestic Sexual Abuse Helpline
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- Connect Fermanagh
- PIPS
- Men's Action Network
- Wellbeing Tips for Parents with Teenagers at Home
- Wellread
- Arts Care
- Mae Murray – Virtual Sessions
- Centre for Autism - Webinars
- Disability Sport NI
- MENCAP
- Cedar Foundation – Short Breaks Service
- Guide Dogs
- National Autistic Society
- RNIB
- Brain Injury Matters
- Health & Social Care Board
- Larne Community Care Centre
- Crumlin Community Hub
- Volunteer Now
- Greater Shankill Community Support Helpline
- Department for Communities
- British Red Cross – Refugee Support
- Belfast Central Mission
- Community Rural Network
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- National Cyber Security Centre – Stay Safe Online: Top Tips for staff
- The Rainbow Project
- Tesco Community Grants
- CYPSP – Daily Updates
- Family Support NI

This edition of the newsletter provides advice , resources and project updates as of 7th April 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 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

If you would like a service to be included in the next edition of the newsletter please send details to: cypsp@hscni.net



COVID-19

NHSCT Health Visiting Helpline

30/03/20

	Camickfergus Team 028 93 379707	Newtownabbey Team 028 90 831450	Larne/Ballyclare Team 028 28 261 988	Antrim Team 028 94 413965
	Ballymena Team 028 25 635694	Magherafelt Team 028 79 365 012	Cookstown Team 028 86 723890	Ballymoney Team 028 27 660311
Breastfeeding Helpline 028 90 831408		Email Helpline HV.helpline@northerntrust.hscni.net		



women's aid

Antrim • Ballymena • Carrickfergus
Larne and Newtownabbey

We Are Women's Aid
Call Us on **028 25 632136**
In an Emergency call 999
Domestic & Sexual Violence Helpline
0808 802 1414 (Evenings & Weekends)



Women's Aid ABCLN is providing essential services and support for **women** and **children** affected by **domestic abuse** who are living in **refuge**, at this time.



Our staff are continuing to provide vital **information, support** and **guidance** by telephone across Antrim, Ballymena, Carrickfergus, Larne and Newtownabbey.



Our **Family First** and **Make It Better** teams are providing **online resources** and **support by phone** for mums and children, and our **Voices Groups** are active on **social media** supporting young people in your local area.



You have the **RIGHT** to be **SAFE**. You have **OPTIONS**.

We have developed a **Safety Plan** for anyone who feels isolated and at risk - available womens-aid.org.uk



YOU CAN call us on **028 25 632136**
Monday to Friday, 9am– 5pm



#WeAreWomensAid #WorkingToEndDomesticAbuse

Registered with The Charity Commission for Northern Ireland NIC100905 and a Company limited by guarantee N054484.

women's aid

Belfast and Lisburn

Working to End Domestic Violence

Providing confidential support, information & emergency accommodation for women & children affected by domestic violence.

028 9066 6049

GET IN TOUCH

Mens Advisory Project (MAP),
Glendinning House, 6 Murray Street,
Belfast, BT1 6DN Northern Ireland

T: 028 9024 1929 **E:** info@mapni.co.uk
www.mapni.co.uk

Registered Charity No. XR35454.
Company No. NI38175

EMERGENCY CONTACTS

If you require urgent help outside of office hours contact

The Rowan Sexual Assault Referral Centre for Northern Ireland **0800 389 4424** for all ages who have been sexually abused, assaulted or raped

Childline 0800 1111

24 Hour Domestic & Sexual Violence Helpline 0808 802 1414

Lifeline Suicide Prevention 24/7 0808 808 8000

NSPCC Helpline 0808 800 5000

domestic and sexual abuse helpline

0808 802 1414

Freephone confidential 24/7 helpline

Call now.

dsa-helpline.org

Women's Aid Armaghdown

028 302 58704

Newry, Mourne and Down Area

We continue to provide crucial support services to women affected by domestic violence.



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

Stay safe everyone and know that you are not alone.

women's aid
armaghdown
the opportunity to make a difference

Belfast & Lisburn Women's Aid Support Services

We continue to provide crucial support services to women affected by domestic violence.



Our staff continue to provide essential services to women and children living in refuge. Measures have been implemented to safeguard them along with our staff



Telephone support can be accessed by calling 02890666049



Our Outreach Workers can support women using Skype, Facetime or Zoom and via email admin@belfastwomensaid.org.uk



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



The Domestic & Sexual Abuse Helpline, managed by Nexus, can be accessed any time of day or night by calling 0808 802 1414

We have developed a **safety plan** for women and their children who are self-isolating and may be at risk. This can be found on our Facebook and Twitter pages.

Stay safe everyone and know that you are not alone.

women's aid
Belfast and Lisburn



Safety Planning when Self Isolating

Always keep your mobile phone **charged** and **with you**.

If it is a pay as you go phone, make sure you have always have enough credit to call for help if you need it.

Have a **CODE word** with your family and/or friends

Talk about what to do if you use it. Do they come and get you? Do they call the police?

Have a **CODE word** with your children.

Tell them where to go if you use it, run to a specific neighbor, go to the end of the street, etc.

Have an escape plan. Think about where you might go in an emergency.

Are there neighbours you could trust? Keep your car keys and bank card in a place that you can grab them easily.

Think about the **safest routes in and out of your house**.

Keep with you any important and **emergency telephone numbers**

Try to keep a small amount of **money on you** at all times.

Enough change for a taxi or bus fare.

If you suspect that your partner is about to attack you, try to go to a **lower risk area of the house**.

An area where there is a *way out* and access to a phone. Avoid the kitchen or garage where there are likely to be knives or other weapons. If you have to lock yourself in a room try to push a wedge under the door.

Be prepared to leave the house in an emergency.

Know where your car keys are. If you can, bring your passport or other important documents with you when you leave.

Covid-19 or the Coronavirus is creating a lot of fear and uncertainty across the world. Being stuck in the house with your abuser whilst having to isolate due to the virus is creating a potentially dangerous situation. A safety plan can lower your risk of harm and abuse – you can't control your partner but you can take action to reduce risk or avoid risky situations.

• **If you are in danger dial 999**

• **Belfast & Lisburn Women's Aid—**
02890 666049

• **24 Hour Domestic and Sexual Violence Helpline—**
0808 802 1414

Women's Aid can provide support over the phone, on Skype, FaceTime, Zoom or by email.

You have the RIGHT to be SAFE

YOU have OPTIONS

women's aid

Belfast and Lisburn

Phone: 02890 666049
Email: admin@belfastwomensaid.org.uk
Website: www.belfastwomensaid.org.uk

COVID-19 & DOMESTIC ABUSE

women's aid
armaghdown
the opportunity to make a difference

TEMPORARY CONTACT NUMBERS

ABC AREA 028 3839 7974
NMD AREA 028 3025 8704

SAFETY TIP



- 1 Try and keep a **mobile phone with you** at all times if possible.
- 2 Ensure that you keep your phone **charged**.

The police are a key service when in immediate danger. Do not be afraid to call 999 in an emergency.

Make Yourself Heard

In danger, need the police, but can't speak?

- 1 **Dial 999**
- 2 **Listen** to the questions from the 999 operator
- 3 **Respond** by coughing or tapping the handset if you can
- 4 If prompted, **press 55**
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.



#MakeYourselfHeard
#SilentSolution
www.policeconduct.gov.uk

IOPC women's aid NPCC



Haven: Belfast

Download on the App Store

DOWNLOAD NOW Google play

Victim Support NI

NORTHERN IRELAND CHARITY NUMBER: NIC103651

ISVA

INDEPENDENT SEXUAL VIOLENCE ADVOCATES

SUPPORTING VICTIMS OF SEXUAL VIOLENCE

IF YOU HAVE BEEN A VICTIM OR ARE A SURVIVOR OF **SEXUAL VIOLENCE**, WE HAVE SPECIALLY TRAINED ISVAs (INDEPENDENT SEXUAL VIOLENCE ADVOCATES) BASED IN OUR BELFAST AND FOYLE HUBS.

ISVAs ARE **VICTIM FOCUSED** ADVOCATES AND ARE HERE TO PROVIDE YOU WITH INFORMATION AND **SUPPORT**.

FIND OUT MORE AT:

WWW.VICTIMSUPPORTNI.CO.UK

f VICTIM SUPPORT NORTHERN IRELAND

tw @VICTIMSUPPORTNI

info@nexusni.org

ADMIN

https://nexusni.org

SERVICE UPDATE - COVID-19

Even though all our team are now working remotely, we're still able to take your calls / emails

E: info@nexusni.org
W: https://nexusni.org
T: 028 9032 6803

DOMESTIC ABUSE IS A CRIME

Police are here to listen and to work with our partners to protect you.



WEBSITE

HELP@DSAHHELPLINE.ORG

DOMESTIC AND SEXUAL ABUSE HELPLINE

https://dsahelpline.org

0808 802 1414

IF you are unable to speak on the phone, you can contact us through our webchat feature on our website

https://dsahelpline.org

LIVE CHAT OPEN



Lifeline

0808 808 8000

(Textphone: 18001 0808 808 8000)

DON'T FEEL ALONE, WE ARE HERE TO TALK!

CONNECT FERMANAGH



028 66 320 230

7 days a week 9:30am-2pm



PIPS

0800 088 6024

Public Initiative for Prevention of Suicide
and Self Harm. We're here to help. Contact
us or call into our offices today!



**victim
information
schemes**

KEEPING VICTIMS INFORMED
Victim Information Unit

Telephone
03001233269

Email
victiminfo@probation-ni.gov.uk



Men's Action Network

Supporting and Promoting Male Health and Wellbeing

PHYSICAL ABUSE

Punched, kicked, choked, bitten, scalded, injured by thrown objects or weapons.

VERBAL ABUSE

Constantly shouted or yelled at, humiliated in private or public.

ISOLATING BEHAVIOUR

Denied or restricted access to family, friends, work colleagues or activities.

FINANCIAL CONTROL

Totally controlling your income, always making your account for every penny, stopping you spending unless give permission, running up or defaulting on debts in your name.

Men's Action Network's Male Domestic and Sexual Abuse/Violence Helpline is live Mondays 9.00am 4.00pm manned by senior counsellors with expertise in domestic and sexual abuse who work to BACP's protocols and ethical framework.

Outside of advertised hours, anyone leaving contact details on answer machine will be contacted within M.A.N.'s next working day.



THREATENING BEHAVIOUR

The use of violence against you your family, false accusations of a crime or using children as a weapon against you.

EMOTIONAL OR PSYCHOLOGICAL ABUSE

Using intimidation, withdrawing affection /intimacy, turning your children family or friends against you, constantly attacking your self-esteem/worth/gender, depriving you of your sleep, using third parties or social media to attack degrade or demean you

SEXUAL ABUSE

M.A.N defines this as:

Any unwanted or non-consensual sexual act carried out against you at any time in your life.

And often leads to feeling of: Emotional Shock, Disbelief, Denial, Shame, Guilt, Embarrassment, Disorientation, Powerlessness, Fear, Anger, Anxiety, Physical Stress and Flashbacks.

The experience can also lead to:

Abuse of alcohol or drugs, sexual addiction or compulsion, rage and anger problems, relationship or intimacy difficulties, questioning ones' sexuality, eating disorders, depression or suicide ideation.

helpline 028 7122 6530

www.man-ni.org

Well-being tips for parents with teenagers at home during the Covid-19 outbreak



DON'T PUT TOO MUCH PRESSURE ON YOURSELF - You don't have to take on the teacher's role and enforce a rigid timetable. Encourage some structure and agree on this. You are there to help and support them with the work set by their teachers.



TRY NOT TO WORRY - about things you cannot control or change. Rather, focus on what you **CAN** do. Look to the future and set some goals together.



DON'T BE TOO HARD ON THEM - It is normal for your teenagers to feel upset, angry and unmotivated at this time. Try to be understanding of this encourage them to focus on the positives.



GIVE THEM A PURPOSE - Use this time to learn to live together as adults and prepare your teenager for the next stage of their life. Teach them a recipe and challenge them to cook for the family. Encourage them to get creative and stay active.



BE HONEST & HAVE FUN - You don't have all the answers. Face things together as a family. Stay up-to-date with what is happening but don't let it take over your thoughts. Make time for family fun!

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

wellread

For all parents a small act of kindness from us to you to help you and your children during these challenging times.

Mywellread.com is a free website with great stories and conversations for 8-11 year olds that'll help you look after their emotional health & wellbeing.

www.mywellread.com

We are working on getting more stories on the website everyday for older and younger children and will let you know by email and on our Facebook and Twitter pages



STAY AT HOME

PROTECT THE NHS

save lives

Find Us OnLine

Arts Care

info@artscare.co.uk
artscare.co.uk



Arts Care Announces the Launch of their new Arts, Health and Well-being Online Workshop YouTube Channel, 'Arts Care 4U,' Wed 1st April 2020.

**You
Tube**



The Arts Care 4U channel has been inspired by Service Users and Healthcare Staff across Northern Ireland in response to the impact of COVID-19 Virus.

Our Artists and Clowndoctors at this time are unable to carry out their weekly arts delivery on wards and healthcare facilities so we are providing a new online series of Arts Workshops and Clowndoctor Visits for everyone to access and participate in.

Connect with Arts Care from your home, ward or healthcare facility and join us in our free online series of Visual Art, Dance, Music, Storytelling, Creative Writing and Photography Workshops.

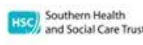
Things to Do:

- Participate in our arts workshops
- Learn new skills such as printing and felting with some of Ireland's leading artists
- Keep physically fit by participating in our 'dance for health' workshops
- Engage in music-making
- Listen to our storytellers
- Children enjoy meeting our clowndoctors
- Visit our online Art Gallery and look out for special guest appearances

Look forward to you joining us.

@ArtsCareNI @ArtsCareNI @artscareni

Stay Positive and Support your Mental Health & Well-being through the Arts



VIRTUAL SESSIONS



Date	Time	What's on
Mon 6 Apr	2pm	Jo Jingles - live
	3pm	Teenage Chatty Sessions (R)*
	4.15pm	The Overs Chatty Sessions (R)*
Tues 7 Apr	11.30am	Get Active - live
	2pm	Laughter Yoga - live
	7pm	Meet Bambi, the miniature horse
Wed 8 Apr	2pm	Bee Mee Kidz - live
	3pm	Teenage Chatty Sessions (R)*
	4.15pm	The Overs Chatty Sessions (R)*
	9pm	Music Night - live
Thurs 9 Apr	11.30am	Get Active - live
	2pm	The Music Yard - live
	7pm	Bedtime story with Tale Time - live
Fri 10 Apr	2.30pm	The Gathering Drum - live
	3pm	Teenage Chatty Sessions (R)*
	4.15pm	The Overs Chatty Sessions (R)*
Sat 11 Apr	11.30am	Get Active - live
	2pm	Fun with Drums - live
	7pm	Meet Benny, the miniature horse
Sun 12 Apr	2pm	The Music Yard - live
	7pm	Story Massage/Bee Mee Kidz - live
	9pm	Music Night - live

During live sessions, join www.facebook.com/maemurrayfoundation to say hello!
All other sessions are pre-recorded and will not have live interaction from facilitator.

Most sessions can be re-watched on our Facebook page or our YouTube channel:
<https://www.youtube.com/channel/UCtdG7cy8GIE1xZeJlDKKp7A>

* These sessions are private and pre-registration paperwork is essential. Subject to space, email info@maemurrayfoundation.org to find out more.

Registered charity No: NIC100842



CENTRE FOR AUTISM
MIDDLETOWN

MCA PRESENTS A SERIES OF WEBINARS

JED BAKER
HANDLING THE NEW NORMAL!
THURSDAY 2ND APRIL 2020 - 19:00

BRENDA MYLES
WELLBEING AND BEING WELL
TUESDAY 7TH APRIL 2020 - 19:00

JILL MCCANNEY
PERSONAL CARE
THURSDAY 9TH APRIL 2020 - 19:00

LORRAINE SCOTT
PLAY AND LEISURE SKILLS
TUESDAY 21ST APRIL 2020 - 19:00

PETER VERMEULEN
PROMOTING LEISURE, FUN AND HAPPINESS
THURSDAY 23RD APRIL 2020 - 19:00

GINA DAVIES
ATTENTION AUTISM
TUESDAY 28 APRIL 2020 - 19.00

SUZANNE MCCANNEY
ATTENTION AUTISM IN POST PRIMARY
THURSDAY 30 APRIL 2020 - 19.00

[Register Here](#)

Stay Active. Stay at Home.



Disability Sport NI Moves Online

The team at Disability Sport NI has been working hard to develop a range of **online activity sessions, videos, podcasts and exercise guides** that we will be starting to share on all of our social media channels from Monday 30th March.

We encourage everyone to continue engaging with our social media content to stay active at home and if you have any particular requests or would like to arrange a call to discuss specific exercise and activity needs please contact us on email@dsni.co.uk.

#SportSafeStrong
#StayAtHomeNI



 Disability Sport NI
Be active. Be the best.



Contact us now

The Mencap NI Learning Disability Helpline is available to support people with a learning disability, their families and carers in NI.

☎ 0808 808 1111
Monday to Friday

<https://northernireland.mencap.org.uk/>



Staff from the Shortbreaks service have been working hard on ensuring that the young people they support are kept engaged with Cedar while face-to-face contact is not possible. A fun activity resource pack full of games, quizzes and activities that young people can take part in via video call has been developed.



www.cedar-foundation.org

R N I B

Bookshare

Accessible learning from home for learners during Coronavirus restrictions

[Find Out More](#)



Guide Dogs NI advising service users, volunteers, supporters, professionals and the general public, to visit

<https://www.guidedogs.org.uk>

where all the latest and updated information on their service will be shared.



This unprecedented period of change and disruption is very difficult for many autistic people and families. The National Autistic Society have put together some tips and links to online resources to help families deal with this difficult time.

[Download Here](#)



SERVICE UPDATE

Our Family First and Wellbeing Teams will be providing services/sessions via telephone calls/video calls.

Our counsellor will continue to provide counselling via telephone counselling. Our Marketing Team will engage with service users via social media and our organisational website.

We will also continue to monitor and update everyone over the coming days and weeks but equally encourage anyone to contact us with any additional queries they may have.

<https://www.braininjurymatters.org.uk/>

ALLOW EXTRA TIME FOR REPEAT PRESCRIPTIONS

1 ORDER PRESCRIPTIONS 7 DAYS IN ADVANCE

Order any **repeat** prescriptions 7 days in advance from your GP and provide **your phone number** and a **nominated pharmacy** to collect prescription.



2 ALLOW 48 HOURS

Due to exceptional demand, please allow GPs 48 hours to process prescriptions for pharmacies

3 PHARMACIES WILL PICK PRESCRIPTIONS UP FROM GP



4 ALLOW ANOTHER 72 HOURS FOR MEDICINE TO BE READY

Due to increasing demand, it may take your pharmacy longer to have your prescription ready.

5 WAIT FOR THE CALL

The pharmacy will call you when your prescription is ready for collection



Urgent prescriptions will still be available for collection at surgery to bring to your pharmacy



Don't take risks with a sick child



- If your child is unwell and you are worried contact your GP.
- If you think your child is seriously ill you should take them to the nearest Emergency Department. Ring ahead if they have a respiratory condition.

Our GPs and most Emergency Departments are still open for business and are ready to care for sick children.



COVID-19 (coronavirus)

Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres (6 feet) away from other people

The latest information and advice on coronavirus is available at www.pha.site/coronavirus



COVID-19 Support Available from LCCC

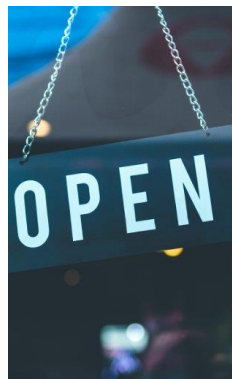
At this difficult time it's great to see our community pulling together to look after one another.

Here at Larne Community Care Centre we regularly work in partnership with various support services and we can help our local residents with:

- Advice on how to claim benefits
- Signposting to various support services
- Foodbank referrals

If you require advice or support please contact us on

07809904505



Business: Crumlin Community Hub

Location: Crumlin

Providing: Support for Crumlin & Glenavy primarily but requests for support outside this area will be considered on a case by case basis.

- Prescription collection
- Foodbank
- Shopping
- Free lunches

COVID-19

**we need
you, you & you**

Lets #HelpEachOther

Sign up to volunteer at www.volunteernow.co.uk

COVID-19

**Does your
group need
volunteers to
help?**

Upload your Covid-19 related opportunities for volunteers in Northern Ireland to www.volunteernow.co.uk

More info at: <http://bit.ly/2Uh0u72>

Lets #HelpEachOther

**Greater Shankill
Community Support Helpline**

Greater Shankill Community Groups, Politicians, Local Businesses and Churches are working together in the fight against COVID-19.

Should you need to access help with any aspect of life, phone or text this number

079 2561 2870

*Please note we cannot give medical advice

Available Monday - Friday 9am - 5pm

If you have an elderly or vulnerable neighbour, we would ask your write this information down and post a note through their door.

Shankill
SINCE ORIGINAL BELFAST 455AD

Communities NI
@CommunitiesNI

The freephone COVID-19 Community Helpline is designed to ensure the most vulnerable in society and those most at risk of COVID-19 have access to support services such as food, medication and practical or emotional support. For more information go to nidirect.gov.uk/articles/coron...

CORONAVIRUS (COVID-19)

**COVID-19 COMMUNITY HELPLINE
FREEPHONE 0808 802 0020
7 DAYS A WEEK 9AM TO 5PM**

DfC

TESCO
TESCO COMMUNITY GRANTS

**Tesco Bags of Help COVID-19
Communities Fund**

Tesco Bags of Help is responding to the current COVID-19 crisis by setting up a new short-term fund to support local communities. If your application is successful, the fund will provide a single payment award of £500 or organisations who are supporting vulnerable people.

[Find Out More](#)



Refugee Support NI

Following new government advice on Coronavirus we are developing ways to continue working online and over the phone over the coming weeks.

To find out more visit our website:
<https://www.redcross.org.uk>

Please be assured that we are working hard to continue supporting people through this time, whilst managing the need to keep everyone safe.

We are still here to help



Drop in / Advice line

Our drop-in service is now available by telephone.

Niamh: 07921406728
 Abdelaziz: 07843 344601

Getting in touch:

You can **call**, **text** or **WhatsApp** us.

If you need an interpreter please send us your language and we will call you back.

Orientation

If you are newly arrived in Northern Ireland- contact our Orientation team to learn about our support for Asylum Seekers.

Rashed: 07925637240
 Louise: 0790798374

Remember please call **Migrant Help** on 0808 8010 503 for any issues with your accommodation, asylum payments (Aspen Card) or asylum support queries.

ARE YOU A SMALL RURAL COMMUNITY GROUP? IF SO, JOIN OUR FACEBOOK FUNDRAISING & COVID-19 GROUP & NEVER MISS AN IMPORTANT UPDATE AGAIN

To find out more, contact Conor on 028 8676 6670 or email conor@ruralcommunitynetwork.org

[WWW.FACEBOOK.COM/RURALCOMMUNITYNETWORKNI/](https://www.facebook.com/ruralcommunitynetworkni/)



You can still help.



While there is so much uncertainty about the future, society, jobs, health and livelihoods, it is important to remember that there are still many out there helping those in your region, community, neighbourhood and family that need help.

Our colleagues in BCM's Parents' Support Project are working – today – with families that are struggling to cope with bills, housing issues, ill health both physical and mental, domestic abuse, poverty and unemployment.

HOW CAN YOU HELP?
 You can call Joanne at the Parents' Support project in Armagh/Dungannon directly on 07789518785 or donate via www.belfastcentralmission.org

We are working relentlessly to ensure these families have heat, light and food to feed their children. With ours being an essential service we also need PPE to keep our workers and these families safe from infection.



We know these are uncertain times for everyone, but if you are in self-isolation, you can still help. You can donate essential healthcare or sanitary items for the families or you can donate financially that we can ensure they have what they need to get through this. **Thank you.**



Many of these families have parents that will have been laid off as a result of this pandemic, who will have to wait up to six weeks for money and are in extreme financial difficulty.



Meals in Monkstown

Finding it difficult during these challenging times?

You may have lost your job, waiting for benefits to process, on a low income, in debt, unwell or isolated.

If so, the groups below have come together to provide 2 hot meals a week (Tue & Fri) to households in difficulty:

Abbey Presbyterian Church
 Church of the Good Shepherd
 Good Morning Newtownabbey (co-ordinating)
 Monkstown Community Association (Jubilee Centre)
 Monkstown Community Forum (Monkstown Village Centre)
 Monkstown Village Initiatives (MVI)

Please contact using PM on **Facebook** or use the telephone numbers below, leaving your details for a call back:

Carol Briggs (MCA 07557330180)
 Rev Alan Carson (Abbey Pres 07917690131)
 Mark Cooper (MCA 07771332108)
 Alan Johnston (MCF 07703102040)
 Norma Johnston (Family Support Hollybank PS 07972253335)
 Rev Ruth Patterson (COGS 02895917285)

Call Norma if you need a one-off Foodbank voucher



TinyLife is committed to providing a range of support services that meet the growing needs of families of premature and ill babies in Northern Ireland. TinyLife continues to support vital research to ensure that every pregnancy has the best chance of a healthy outcome and a healthy baby.

[View Service Update Here](#)

www.tinylife.org.uk



Stay Safe Online

Top tips for staff

Regardless of the size or type of organisation you work for, it's important to understand **why** you might be vulnerable to cyber attack, and **how** to defend yourself. The advice summarised below is applicable to your working life and your home life. You should also familiarise yourself with any cyber security policies and practices that your organisation has already put in place.

Who is behind cyber attacks?

Online criminals

Are really good at identifying what can be monetised, for example stealing and selling sensitive data, or holding systems and information to ransom.



Foreign governments

Generally interested in accessing really sensitive or valuable information that may give them a strategic or political advantage.

Hackers

Individuals with varying degrees of expertise, often acting in an untargeted way – perhaps to test their own skills or cause disruption for the sake of it.



Political activists

Out to prove a point for political or ideological reasons, perhaps to expose or discredit your organisation's activities.

Terrorists

Interested in spreading propaganda and disruption activities, they generally have less technical capabilities.



Malicious insiders

Use their access to an organisation's data or networks to conduct malicious activity, such as stealing sensitive information to share with competitors.

Honest mistakes

Sometimes staff, with the best of intentions just make a mistake, for example by emailing something sensitive to the wrong email address.



© Crown Copyright 2018

Defend against phishing attacks

Phishing emails appear genuine, but are actually fake. They might try and trick you into revealing sensitive information, or contain links to a malicious website or an infected attachment.



Phishers use publicly available information about you to make their emails appear convincing. **Review your privacy settings**, and think about what you post.



Know the techniques that phishers use in emails. This can include urgency or authority cues that pressure you to act.



Phishers often seek to exploit 'normal' business communications and processes. **Make sure you know your organisation's policies and processes** to make it easier to spot unusual activity.



Anybody might click on a phishing email at some point. If you do, **tell someone immediately** to reduce the potential harm caused.

Secure your devices

The smartphones, tablets, laptops or desktop computers that you use can be exploited both remotely and physically, but you can protect them from many common attacks.



Don't ignore software updates - they contain patches that keep your device secure. Your organisation may manage updates, but if you're prompted to install any, make sure you do.



Always lock your device when you're not using it. Use a PIN, password, or fingerprint/face id. This will make it harder for an attacker to exploit a device if it is left unlocked, lost or stolen.



Avoid downloading dodgy apps. Only use official app stores (like Google Play or the Apple App Store), which provide some protection from viruses. Don't download apps from unknown vendors and sources.

Use strong passwords

Attackers will try the most common passwords (e.g. password1), or use publicly available information to try and access your accounts. If successful, they can use this same password to access your other accounts.



Create a strong and memorable password for important accounts, such as by using three random words. Avoid using predictable passwords, such as dates, family and pet names.



Use a separate password for your work account. If an online account gets compromised, you don't want the attacker to also know your work password.



If you write your passwords down, **store them securely away from your device.** Never reveal your password to anyone; your IT team or other provider will be able to reset it if necessary.



Use two factor authentication (2FA) for important websites like banking and email, if you're given the option. 2FA provides a way of 'double checking' that you really are the person you are claiming to be when you're using online services.

If in doubt, call it out

Reporting incidents promptly - usually to your IT team or line manager - can massively reduce the potential harm caused by cyber incidents.



Cyber attacks can be difficult to spot, so don't hesitate to **ask for further guidance or support** when something feels suspicious or unusual.



Report attacks as soon as possible - don't assume that someone else will do it. Even if you've done something (such as clicked on a bad link), always report what's happened.



Don't be afraid to challenge policies or processes that make your job difficult. Security that gets in the way of people doing their jobs, doesn't work.

www.ncsc.gov.uk [@ncsc](https://twitter.com/ncsc) [National Cyber Security Centre](https://www.facebook.com/ncsc)

www.ncsc.gov.uk



WE'RE HERE TO SUPPORT YOU THROUGH THIS

OUR SEXUAL HEALTH SERVICES ARE STILL AVAILABLE



You can DM us on social media for confidential sexual health advice or email Leo@rainbow-project.org

You can request a safer sex pack online:

<https://www.rainbow-project.org/get-a-safer-sex-pack>

Or leave a message on 028 90 31 90 30 and we'll get back to you asap



Daily Updates

[Click here to stay informed](#)

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



Bank Holiday Benefit Payment Dates

Important Information

If your normal payment date falls on a Bank Holiday, you will be paid earlier



Easter Bank Holiday

For people with benefit payments due on Friday 10th April, Monday 13th April and Tuesday 14th April 2020 their payments will be made on Thursday 9th April 2020

For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net