



Parent Talk

Down-to-earth parenting
advice you can trust



Down-to-earth parenting advice you can trust.

We're on hand to support parents, when you need us. Browse our articles on the most common parenting questions from our experts. Or talk one-to-one with a qualified parenting coach about anything that's worrying you. It's all free, and no topic is too big, small, or embarrassing.

Parent Talk offers free, down-to-earth advice for parents of children aged 0-19. All our content is written or curated by Action for Children's parenting coaches. It's based on their experiences working with children, young people and their families.

Browse [our articles](#) for answers to the most common parenting questions.

Or use our confidential one-to-one [online chat service](#).



Action for Children

The Choices Family Support Service aims to support families with young people aged between 10 and 17 who are

- ★ Experiencing problems with mental health and emotional wellbeing
- ★ Living in situations which give rise to concerns about their care
- ★ Are at risk of offending
- ★ At risk of becoming homeless.

Clooney Family Centre



We provide a range of family support services for children aged 0-12 and their parents targeted at specific areas of need in the Waterside area. This large geographical area stretches from Claudy to New Buildings with a mix of rural and urban locations in between. We target children and families who live in the most deprived areas of the Waterside and priorities children who are referred by the WHSCT as children in need and who require a service.

Action for Children's Young Carers Service NI

Young carers are children and young people who may help to look after a relative with a disability, illness, mental health condition or drug and alcohol related problem. They carry out lots of extra jobs in and around the house such as cooking, cleaning or helping a family member get dressed and move around their home.

<http://www.hscboard.hscni.net/hscb-supporting-young-carers/>





Action for Children [Ballymote](#) have been providing an incredible service for children and their families for the past 15 years.

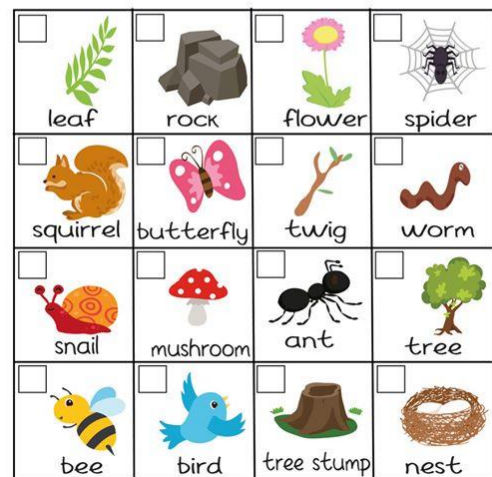
We deliver a wide range of services including family support, parenting programmes, mindfulness groups and a fantastic children's centre.

At Action for Children we play a key role in providing children and families the early support they need.

Here is an example of one of the activities we encourage our families participate in:

Why not take the family out on a nature scavenger hunt. This is one that would be great fun for all the little ones and make your daily exercise that little bit more exciting. Just print this picture and bring it along with you, or if your feeling really creative you can make your own.

NATURE SCAVENGER HUNT



GLAMAMOM.COM

Action for Children



Ballymena & Little Steps Antrim SureStart

May 21 · 🌐

Howdy everybody! It's that time again for our story. Here is Lesley reading "Cowboy Baby!" 😊 🌵



**Floating Support
Service**



Safe as houses



Supporting young people living in Omagh
and Fermanagh aged 16 – 25 that are
homeless, at risk of homelessness or leaving
care.

We listen to you
Meet when and where it suits you
Make Plans with you
Work with people that are important to you

Floating Support Service
2A Holmview Terrace
Omagh
County Tyrone
BT79 0AH

Telephone: 028 8225 9495
Instagram: [sperrinandlakelandfss](#)
Twitter: [@actnforchildren](#)

Action for Children Waterside Surestart

☀️ Top Tips for Parents ☀️

♥️ Look after yourself ♥️

When we are busy it can be hard to find a moment for ourselves, and it's all too easy to put our own needs at the end of the list.

If we neglect ourselves we become exhausted and stressed and then it's much harder to enjoy family life.

We owe it to ourselves to recharge our batteries and our families will benefit too.

☀️☀️ A recharged battery means a family full of energy ☀️☀️





The Blues Programme helps young people with their mental health.



Over six weeks in schools, the Blues Programme gives students the support they need to understand how they're feeling. It helps them to build resilience and reduces low mood, depression and anxiety. Really importantly, it gets teenagers talking.

Action for Children | Loughshore House | 10 Heron Road | Belfast | BT3 9LE

www.actionforchildren.org.uk



Roof over our head
Onsite Staff who care
Support 24/7
Sound advice
Opportunities to learn, grow & develop
Resourceful staff
Ready for independent living
Youth friendly

Group activities
Reaching potential
Obstacles that can be overcome
Voices for Young People
Everyone made feel welcome

13 Letters for **13** Flats



Northern Area Family Support Hubs Newsletter July 2020



This month we have been busy trying to raise awareness of the Family Support Hubs! We want to reassure everyone that despite the strange times we are all currently living through, during the Coronavirus pandemic, we the Hubs are very much still up and running and providing support to all families that need it.

The Family Support Hubs have been in place since 2011, despite this fact, one of the questions we are often asked is-

"What is a Family Support Hub?"

'Family Support Hubs bring organisations together to make it easier for families to get help.

The Hubs help families to find support early before problems get worse. They give advice about the services on offer in the local area, and match families' needs to what is available'.



Your value
doesn't decrease
based on someone's
inability to see
your worth



ACTION FOR CHILDREN
Family Support Hubs
4a Steeple Road, Antrim, BT41 1AF
T: 028 9446 7345
028 2827 6044

E: familysupporthubs@actionforchildren.org.uk
www.familysupporthubs.com

Please click on the link below if you would like to make a referral to the Family Support Hubs

[Northern FS Hub Referral Form](#)




Room for more



Start your fostering
journey with us



Contact our friendly fostering team today:

028 9046 0500 fostercareni@actionforchildren.org.uk
actionforchildren.org.uk/fostering  @AFCNIFostercare

Registered charity nos. 1097940/SC038092. Company no. 4764232.
© Action for Children 2019. AFC 1172

Sadly, there are children who are unable to live with their families, even with substantial support. Action for Children's fostering service operates across Northern Ireland with a strong track record in providing stable, long term homes for children and young people. The number of children in care has increased over the years and we anticipate an even greater need as a result of the pandemic. We are always on the lookout for people who would like to start their fostering journey with Action for Children, whether it's providing a long or short term placement, or supporting a parent and child together. We also have opportunities for volunteers to provide additional support children and fostering families.

What is Boycott your Bed?

Ditch the duvet. Banish the blanket. And pack away the pillow.

On Friday 21 August 2020, we're asking you to join forces with family, friends or colleagues to raise money and spend the night in the most unusual place in your home.

You could rough it in the garden, pitch a tent under your table, or bunk down in the bathroom. There'll be virtual entertainment and fundraising fun on the night, too, bringing homes together across the UK.

Wherever you sleep, you'll help vulnerable children and families who are in desperate need.

SIGN UP



**This August, I'm
boycotting my bed
to support vulnerable
children and families.**

**Join me:
boycottyourbed.co.uk**

