



Family Support Hubs Newsletter



This edition includes:

PARENTS/CARERS

- Youth Wellness Web
- COVID-19 Support & Resources
- Family Support NI
- Resource pack for C&Y People
- Parent Support Programmes
- EA Free School Meals/Free Uniform
- Healthy Recipes/Twinkl Parents Hub
- Results – What Next?
- Tips for Preparing for Transition
- Dads Project Support Booklet
- Sink or Swim
- NSPCC Letting the Future In
- Parenting NI Starting Primary School
- 5 Ways to prepare children for the return to school
- Carers UK Looking after Someone
- Daily routines to build language skills
- Family Mediation NI
- Help Kids Talk/Nutrition Sessions

EARLY YEARS

- Free Online Antenatal Classes
- Aware NI Parent and Baby Programme
- Childcare Partnership/SureStarts
- Employers for Childcare

KIDS ACTIVITIES

- EA My Strengths Toolkit
- Libraries NI – Borrow Box
- Book Trust – Bookshop Cat and Storytime
- EA High Five/Angel Eye NI

CHILDREN/YOUNG PEOPLE

- How to Create a Healthy Routine
- Eve's Self-soothe box/VOYPIC
- Regener8/Careers Webchat/YEP
- Covid-19 jab for Age 16 & 17/Text A Nurse/Secondary School Transition

CHILDREN/YOUNG PEOPLE WITH A DISABILITY

- Bolster Community
- Our Journey through Disability
- Family Voice Hub - Autonomie
- Autism – Guidance for Parents/Carers
- Autism Awareness Card/Signs of Autism

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Self-Care September 2021
- Friendship Café/Crisis Drop in Café Newry
- The Red Balloon to Release Stress
- Young Persons Mental Health Guide
- Tips for Coping with Social Anxiety
- Are you Jumping to the Worst Conclusions
- Developing Mind-craft/Encouraging Mind-space/What is Mental Health?
- Start Small/Young Minds Crisis Messenger

MENTAL HEALTH & WELLBEING

- Action for Happiness/Child Anxiety
- 8 Things to say to an Anxious Child
- Mental Health Advice for Children
- Suicide Prevention Awareness
- Mental Health & Wellbeing Resources
- Those who share a roof share emotions
- Don't Compare/Covid Wellbeing Helplines
- Online Mindfulness course for adults
- Dealing with Worry and Self-care
- Aware NI Online Support Groups
- Victims Support – Volunteers Needed
- Self-help Toolkits/Helplines NI

BEREAVEMENT

- CRUSE Helpline
- Macmillan Cancer Support
- Barnardos – 7 things you need to know

BAME

- Queens – Teaching English
- CYPSP Translation Hub/Browsealoud
- Registration with a GP
- Barnardos 'Bolo' Helpline
- Eu Settlement Scheme

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- Victim Support NI
- Daisy Helpline/ RAPID Bins
- PBNI/Addiction NI

COMMUNITY

- GamCare/The Trussell Trust/Foodbanks
- Community Helplines/Phone First
- Tesco Community Grants/Cyber Scams

GOOD NEWS STORIES

COVID ADVICE/GUIDANCE

Welcome to Edition 4/2021 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 24 August 2021.

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

Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013.

Hubs co-ordinate existing statutory/community and voluntary services:-

- To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
- To improve awareness of early intervention family support services.
- To assess the level of unmet need for early intervention family support services and inform the Trust's CYPSP Outcomes Groups.

For More information or to make a referral visit

<http://www.cypsp.hscni.net/family-support-hubs>

Where are the hubs?

Click on map:-





WELCOME TO THE YOUTH WELLNESS WEB

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



www.cypsp.hscni.net/youth-wellness-web



YOUTH WELLNESS WEB

"Young people being the solution... Not just changing lives, but also saving lives."
Robbie Butler, MLA.

Fantastic Resource

"What a great and truly accessible resource you have created".
CAMHS

Inspirational

"What useful and beneficial resources for all children, young people, parents and teachers"
SHSCT

"Fabulous resource co-created with young people"
CiNI

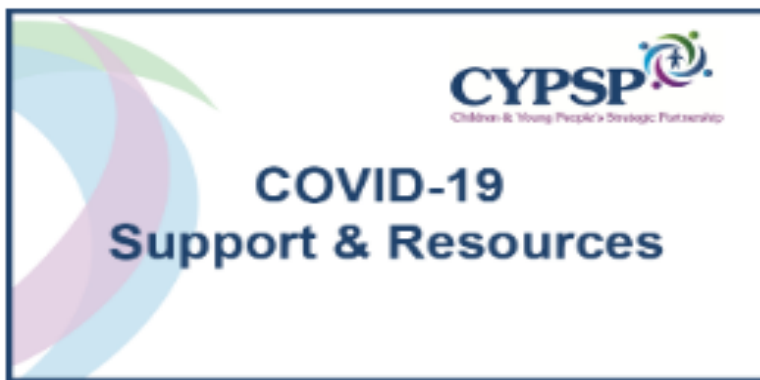
OVER 1,000 VIEWS IN 1 WEEK

"Really looking forward to seeing the difference it will make in the lives of young people and their families"
NICCY

"Congrats from Parentline"



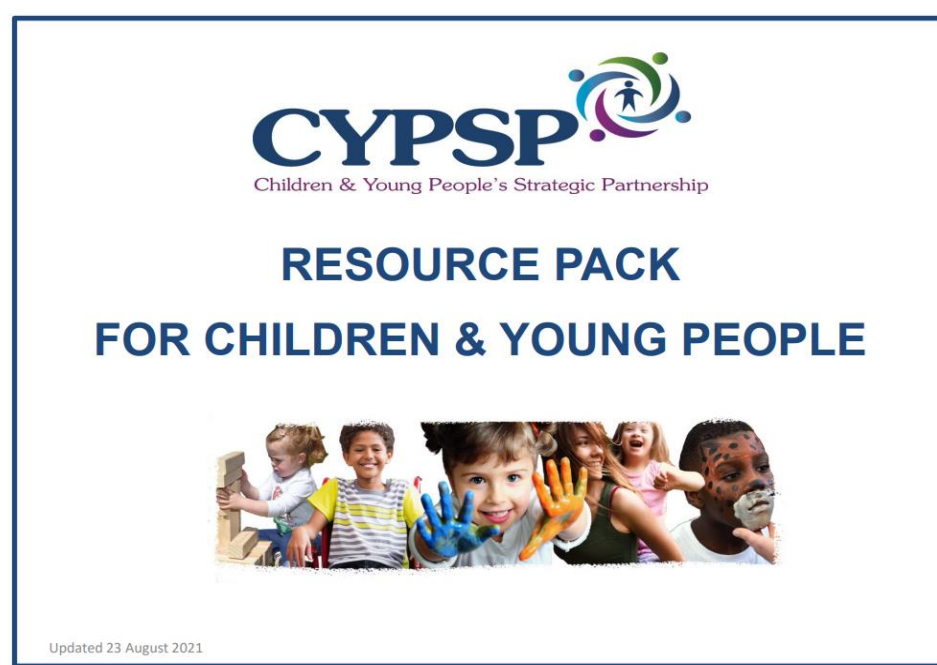
www.cypsp.hscni.net/youth-wellness-web



For lots of information and support to help **YOU**, visit the CYPSP Covid-19 Support and Resources webpage [HERE](#) and click on each filter button.



If you need to find a local FAMILY SUPPORT services or childcare, visit the [Family Support NI Website](#) which holds information on a wide range of family support services and registered childcare provision across NI.



CYPSP's Resource Pack for Children and Young People has been updated and refreshed to include more resources on disability, mental health, education and much more. Also included are some useful hints, tips and resources for preparing for the return to school and can be downloaded [HERE](#)

We will continue to update the resources periodically, so keep an eye out on our website and social media platforms.



[Upcoming Parenting Programmes](#)



**FREE SCHOOL MEAL AND UNIFORM GRANT
APPLICATIONS WILL BE MADE ONLINE THIS YEAR**



Please make sure you keep
following our social media
accounts for more updates



EA FREE SCHOOL MEALS/UNIFORM GRANT MOVING ONLINE

Applications for Free School Meals/School Uniform/Physical Education Clothing Allowance will be moving online for School Year 2021/22. All parents and guardians, including new applicants will need to apply online.

Please continue to check in on our social media channels for more details of when the online portal will open and also information on what you need to fill in your online application form.

FOODSTOCK

WEST BELFAST COMMUNITY RESPONSE

FREE PRE-LOVED SCHOOL UNIFORMS



**WE RECYCLE OUTGROWN SCHOOL UNIFORMS AND PASS THEM ON
FREE TO FAMILIES WHO NEED HELP IN WEST BELFAST**

FOODSTOCK - 150F ANDERSONSTOWN ROAD, BT11 9BY

Contact: Paul Doherty 07794304259 / Paul.Doherty@FoodstockCharity.com



Healthy recipes

www.choosetolivebetter.com



twinkl

**Parents
Hub**

Northern Ireland



Got your results and unsure what to do next?

For info on options available and careers advice visit:

[NIDIRECT.GOV.UK/CAMPAIGNS/RESULTS](https://www.nidirect.gov.uk/campaigns/results)

#CelebrateNIstudents2021



Starting secondary or high school can feel like a huge leap for children and their families. Check out our advice on how to help your child, and family, manage the transition from primary to secondary school.

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>



Tips for Preparing for Transition

Every child will be different in their approach to transition from primary to secondary school. Some will cope and adapt automatically, some will need a little bit of help and some will need more help. These are some things which could be done in order to prepare children for the transition. This list is not exhaustive - there are more things you could do and every child will be different in what they need to help them.

Visit the new school	Drive past new school on a few occasions	Get a map of new school to familiarize with hallways etc	Make a list of what is needed in schoolbag everyday
Give timetable in advance - display in house	Books to introduce new subjects	Special needs communicated to new school	List special equipment needed for subjects
Pack schoolbag night before	Drive the school route to familiarise	Ask for class list for any people known from previous school/class	Keep a diary of homework towards end of primary school
Organize new uniform early	Lay out uniform night before	Any problems with new uniform - able to tie/tie/wear new shoes?	Aware of times - start of day/assembly/break/lunch/home time



Dads project

Support Booklet



ParentingNI



COMMUNITY FUND



ParentingNI



SINK OR SWIM

FREE Online 6 Week Programme for Parents & Carers

Do you sometimes struggle with parenting? Are some days better than others? Many parents feel exactly the same way!

Sink or Swim explores the realities of parenting, while sharing tips & tools on how to look after your own mental health. Programme welcomes those parenting 0-3 years and 11-13 years specifically.

Open to all areas within the
Southern Health & Social Care Trust

Thursday 30th September -

4th November 2021

(6 Weeks)

7.30pm - 9.00pm

To register call us freephone
0808 8010 722

Interreg 
Northern Ireland - Ireland - Scotland

 Health and
Social Care



NSPCC 
Cruelty to children must stop. FULL STOP.

Letting the Future In Information for parents/carers

Leaflet for parents/carers

[NSPCC LTFI Parents leaflet.pdf](#)



The NSPCC Helpline

When you're worried about a child, talk to us.

Whatever your concern, the **NSPCC Helpline** offers advice and support. You don't have to say who you are. You could help us to protect a child.

Call 0808 800 5000, text 88858, email help@nspcc.org.uk
or visit nspcc.org.uk/helpline



Starting Primary School



Is your child starting
school this year?

At Parentline we have
put together a guide for
parents to support you
support your child with
this big step!

Call us today to get your
FREE copy or chat with
us.

We are here
for you;
Mon-Thurs
9am-9pm
Fri 9am-5pm
Sat 9am-1pm



Waiting...waiting...waiting



Are you or your child on a waiting
list to access support?
Perhaps this is for mental health support,
ASD assessment, counselling,
play therapy or a specialised health
service like speech & language therapy or
occupational therapy.



We at Parentline know that waiting is hard
and it can be a really worrying time for
parents. Don't wait alone, Parentline are
here at the end of the phone to listen and
support you whatever your circumstances.



0808 8020 400



Supporting Children's Relationships

5 Ways To Prepare Children For The Return To School

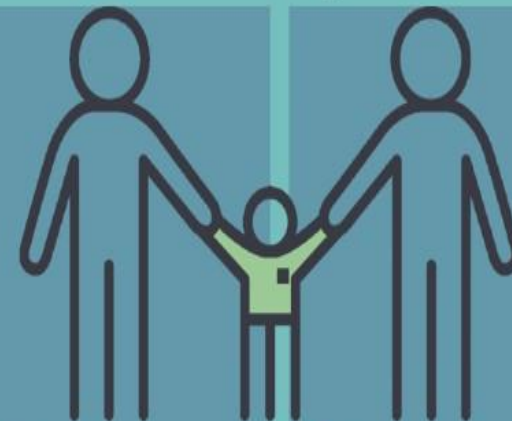
1. Talk to children about what to expect from returning to school in the current environment and what to expect this school year.



Don't forget to look after yourself! Make sure to tune into your own feelings, including any worries and concerns, and have someone you can talk to openly.

2. Walk, cycle or drive past school a few days before it starts to familiarize children with the school building and the route there.

3. Meet up with peers in advance of school starting. A play date or even a video call may help children reconnect and break the ice before seeing each other in person.



4. Ask your children how they are feeling about returning to school and assure them its normal to feel a mix of emotions.

5. Keep talking to your children after they have returned to school, ask them what they liked about their day or found difficult.



*Looking after someone
updated for 2021*



Our updated 2021-22 Looking after someone guide is now available to download on our website. The guide outlines your rights as a #carer & gives an overview of the practical & financial support available. **Download the guide here:**

<http://carersuk.org/LAS>

Some lovely advice from a Speech and Language Therapist about how to use daily routines to build language skills.



Top tips from a speech and language therapist: 18-24 months
Easy ways to boost your child's language skills through everyday activities.

 bbc.co.uk



WE'RE OPEN!

Family Mediation NI
continues to offer
mediation sessions
via online platforms

to those separated parents who
wish to engage in child
focussed mediation

FMNI now provides online mediation*
Call us to avail of HSCB funded service
for separated parents

Sessions offered to parents wishing to avail of
mediation during COVID-19 and beyond*

*subject to suitability

For more information, please contact **02890 243265**
or enquiry@familymediationni.org.uk
or administration@familymediationni.org.uk
visit www.familymediationni.org.uk



Welcome to Help Kids Talk



Vision:

Everyone in our community working together to help kids talk.

Help Kids Talk is a community-wide initiative based within Lisburn.

We are passionate about raising awareness of speech, language and communication development.

[Click here for more information](#)

Speech and language delay is the most common difficulty experienced by preschool children.

This impacts their:

- communication
- education
- relationships with peers
- emotional wellbeing and,
- life chances.

Language Problem

in Foundation Stage (4-6yrs)

Literacy Problem

in Key Stage 1 (6-8yrs)

Behaviour Problem

in Key Stage 2 (8-11yrs)

Follow us on social media for helpful tips and advice for supporting children's speech, language and communication. Click on icons below to be re-directed to our Facebook, Instagram or Twitter sites.



[Turn to next page to register for free Basic Awareness training.](#)

[Sign up below to our free Basic Awareness webinar!](#)

As part of the Help Kids Talk project, we run **free** Basic Awareness training webinars which last approximately 1 hour.

These are available to anyone and everyone across Northern Ireland including; parents, grandparents, childminders or volunteers or staff working in an organisation that provides services for children.

In the webinar we discuss:

- > infant mental health
- > brain development
- > top tips for supporting speech, language and communication development

We currently have no webinars running during July and August however we will be running them on a monthly-basis from September 2021.

Basic Awareness webinar dates and times.

Monday 20th September 3.30pm-4.30pm

[Sign up](#)

Wednesday 13th October 7.30pm-8.30pm

[Sign up](#)

Monday 15th November 3.30pm-4.30pm

[Sign up](#)

Wednesday 8th December 7.30pm-8.30pm

[Sign up](#)

Contact details: Sarah Ratcliffe (Help Kids Talk co-ordinator)

028 9267 5172 / helpkidstalk@resurgamtrust.co.uk



Regional Nutrition Information Sessions for the public -September

**Simply scan the session QR code with a mobile device to register.
Zoom details will be sent upon registration.**

All sessions are delivered by the Public Health Dietitians Group NI. You will have the chance to ask a Registered Dietitian your questions.

Healthy Lunchboxes & Snacks

This webinar will give you inspiration for healthy packed lunch and snack ideas for the return to school!



**Wed 1st
Sept
@ 10.30am**

**Thurs
9th Sept
@ 10am**



Introduction to Solids

Perfect for anyone thinking about or who have recently started introducing solids to their baby.



How to Save Money on Your Food Shop

Most people would like to spend less on their food shop - find out how with some top tips during this session!



**Tues 21st
Sept
@ 1pm**

**Wed 29th
Sept
@ 3.30pm**



Healthy Diet, Healthier You

Find out more about healthy eating through the Eatwell Guide and top tips on how to make healthy changes to your diet.



Please note: This session takes place on Microsoft Teams and does not require registration. Join the session using the QR code.

Pre-recorded sessions are available to access on demand at <https://vimeo.com/showcase/8198914>

HSC Public Health
Agency
Project supported by the PHA

HSC Health and
Social Care



FREE Online Antenatal Classes across NI

Following the success of the online antenatal classes the PHA are now offering parents the opportunity to take part in further online courses free of charge. Go to <http://inourplace.co.uk> to join.

#gettingreadyforbaby #pregnancy #newbaby #children #parents



Online courses available for parents FREE (prepaid) for residents of Northern Ireland

1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

3a. Understanding your child (0-19 yrs) (main course) or

3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

For technical support contact:
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

www.inourplace.co.uk
www.solihullapproachparenting.com



Go to:

www.inourplace.co.uk

and enter the 'access code'

NIBABIES

To return to the course(s) go to
inourplace.co.uk and sign in!



FREE COURSES AVAILABLE

LOOKING AFTER YOUR MENTAL HEALTH DURING PREGNANCY AND PARENTHOOD



AWARE'S Mood Matters Parent and Baby Programme

- A 2-hour mental health awareness session for expectant parents and parents of young babies (0-3 years old).
- Learn skills and techniques to look after your mental health, manage your feelings when you are stressed, anxious or depressed and help you cope with challenges during and after pregnancy.

Tuesday 7th September, 7-9pm

Wednesday 27th October, 7-9pm

Thursday 9th December, 7-9pm

AWARE'S Living Life to the Full Programme

- A programme for expectant parents and parents of young babies (0-3 years old).
- The programme consists of six 2-hour weekly sessions and uses Cognitive Behavioural Therapy (CBT) concepts.
- Exploring with participants how we think, how we feel, how we behave and how it affects us physically.

6 weekly sessions, starting
Thursday 23rd September
until Thursday 28th October

To register, scan
this QR code to be
brought to AWARE's
website.



aware-ni.org



Registered charity NIC100561

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

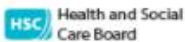


SureStart



Partnership working
is at the root of
what makes Sure Start work

#SureStartWorks



About CCPS Training & Quality Sure Starts For Childcare Providers Parent Resources



ANTENATAL



EARLY
DAYS



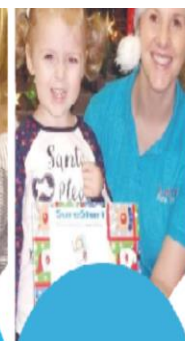
UNDER
ONE



ONE TO
TWO



TWO TO
THREE



THREE TO
FOUR

EARLY YEARS



Supporting parents of twins

Our Family Benefits Advice Service recently helped a married mum of three, returning to work from maternity leave after having twins. Due to the family having savings set aside to build a new home, they weren't eligible for support through Universal Credit but were entitled to over £3,500 per year through Tax-Free Childcare. This will rise to Universal Credit of over £10,000 per year once they have used up their savings over £6,000.

Freephone 0800 028 3008 for your free personalised 'better off' calculation.

**Employers
For Childcare**

www.employersforchildcare.org





My Strengths Toolkit

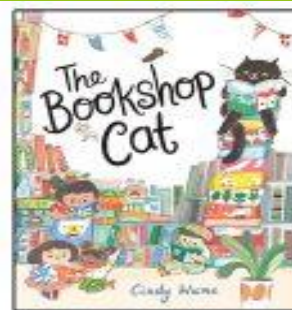


KIDS ACTIVITIES

Just Arrived

◀ We've added BorrowBox to our eBook and eAudiobook service.

Find out more.



'this utterly delightful story is a perfect cosy read'



If you love cats and books, you do NOT want to miss our gorgeous [#BookOfTheDay!](#) [#TheBookshopCat](#) by [@cindywume](#) is a really sweet tale about following your passions and supporting your friends and family (as well as the joy of reading!) [The Bookshop Cat | BookTrust](#)



Start your adventure now

BookTrust Storytime is launching in libraries in Autumn 2021. In the meantime, why not find out about the brilliant new books which have been shortlisted for the BookTrust Storytime Prize for you to enjoy in the library? You can watch the author readings and download the book activity sheets now. Later in the year, we'll be inviting families to vote on the six books in their local library.



1-1 Intune Intensive Sessions – will remain online with the next sessions taking place on 1-2 4th September at 11am and then 9th October. With @OPENARTSNI funded by @PudseyNI



How to Create a Healthy Routine

Did you know that having a regular routine is good for your well-being and can help with low mood? Here's how to add structure to your day and develop a routine that will help you get ready for going [#BackToSchool Keeping Busy & Creating Routine | The Children's Society](#) (childrenssociety.org.uk)



If you often find yourself struggling with feelings of anxiety or panic, try Eve's 'self-soothe box'. It's a great way to help you manage those feelings – and feel more relaxed and grounded.

<https://www.youngminds.org.uk/young-person/blog/how-to-make-a-self-soothe-box>



Almost 100 young people with lived experience of [#care](#) have now joined MyVOYPIC. If you are care experienced, are 25 years old or under, and come from or live in Northern Ireland, MyVOYPIC is for you! Join now at <http://myvoypic.org!>



REGENER8

PERSONAL YOUTH DEVELOPMENT PROGRAMME

Focusing on re-engaging young people into the community

Running May 2021 - March 2022 providing:

- Fun Activities & Trips
- Employability Support
- Level 1 & 2 Qualifications (GCSE Equivalent)
- Diversity Level 1
- Cross-Community Projects
- Work Experience
- Workshops (including Mental Health & Addiction)

Travel and Lunch provided

Running 3 Days per Week

Free Driving Lessons, Provisional Licence and Driving Test

ESSENTIAL CRITERIA

- Age 16 - 25
- Not in Education, Employment or Training
- Involved in anti-social behaviour
- At risk of Criminal/Paramilitary Involvement

To apply or for more information contact Leah King on 028 3089 8119 or email leah.king@clanryegroup.com



INTERNATIONAL FUND FOR IRELAND



Visit us at www.clanryegroup.com

CHAT TO A CAREERS ADVISER

CAREERS WEBCHAT

oasis

YEP

youth employability programme

Level 2 OCN Award
Job skills workshops
Interview & CV workshops
Money management
Job fair social action
Trips & Residential

Message FB Page or Laura on 07802335728 for link

Mondays @ Oasis | 6.30-9pm | 15-18 year olds

ea Education and Autism
Communities
Pobal
Communities
HSC Southern Health and Social Care Trust



Aged 16 or 17?

You can now get a first dose COVID-19 jab



Available over **SUMMER**

Text-a-Nurse is a new confidential text messaging service for young people aged 11-19



South Eastern Trust - 07507 327263

Northern Trust - 07480 635982

Western Trust - 07480 635984

Belfast Trust - 07507 328290

Southern Trust - 07507 328057



Starting secondary school is such an exciting time - but we know there might be a few nerves involved too!

We've put together a list of books that could help young readers prepare for their big day - all perfect summer reading:

<https://booktrust.org.uk/booklist/s/s/secondary-school-transition/>



FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.



Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust



OUR JOURNEY THROUGH DISABILITY

Have you had experience as a parent or carer of having a child with a disability and/or additional need?

Do you want an opportunity to meet with services to improve support for families around disability?

Do you want to meet with other parents/carers with similar experiences?

Do you want to have your voice heard and make a change?

You are invited to join the

Our Journey Through Disability Group

which consists of key services and parents/carers who are working together to improve support for families in the Southern Trust area

To find out more, please contact Darren Curtis
at darren@ci-ni.org.uk or call 07703210445





Family Voice Hub

Supporting Families with Children
& Young People with Disabilities



FIND OUT MORE
www.autonomie.org.uk

Family Voice Hub
Lilac House
(Linked Independent
Living and Advice Centre)
4 Sandhurst Road
Belfast BT7 1PW

T. 028 95918051/078 7251 9900
E. sharon.autonomie@gmail.com

KEEP IN TOUCH



Patron: **Oliver Jeffers**

Charity Reg. No. **NIC100421**

Family Voice Hub is
supported by The National
Lottery Community Fund NI



AutismNI

Guidance
for Parents/
Carers with
a Recent
Diagnosis

To support carers, we have a range of useful factsheets on our website including our factsheet on 'Guidance for Parent/Carers with a Recent Diagnosis'. For more information visit <https://www.autismni.org/factsheets>



Autism Awareness Card

Telephone:

028 9040 1729 (Option 1)



I am Autistic

Important information on reverse



NORTHERN IRELAND
PRISON SERVICE



www.autismni.org

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations.

To find out more information visit

<https://www.autismni.org/autism-awareness-card> or
email info@autismni.org



Family Fund

Helping disabled children

Family Fund – Apply for a Grant

If you are living in England, Scotland or Northern Ireland and raising a disabled or seriously ill child and have not had a grant yet in 2021, you can apply again today. Find out more: <https://bit.ly/3rqwftu>

What should I do if I think my child has Autism?


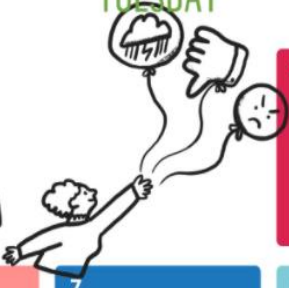
If you think your child is displaying signs of autism, there is a process you can follow to get a diagnosis.


A diagnosis means you can access more specialised support for you and your child.

<https://tinyurl.com/37ac8cbc>






Self-Care September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>6 Focus on the basics: eat well, exercise and go to bed on time</p>	 <p>7 Give yourself permission to say 'no'</p>	<p>1 Find time for self-care. It's not selfish, it's essential</p>	<p>2 Notice the things you do well, however small</p>	<p>3 Let go of self-criticism and speak to yourself kindly</p>	<p>4 Plan a fun or relaxing activity and make time for it</p>	<p>5 Forgive yourself when things go wrong. Everyone makes mistakes</p>
<p>13 Be as kind to yourself as you would to a loved one</p>	<p>14 If you're busy, allow yourself to pause and take a break</p>	<p>8 Be willing to share how you feel and ask for help when needed</p>	<p>9 Aim to be good enough, rather than perfect</p>	<p>10 When you find things hard, remember it's ok not to be ok</p>	<p>11 Make time to do something you really enjoy</p>	<p>12 Get active outside and give your mind and body a natural boost</p>
<p>20 Enjoy photos from a time with happy memories</p>	<p>21 Don't compare how you feel inside to how others appear outside</p>	<p>15 Find a caring, calming phrase to use when you feel low</p>	<p>16 Leave positive messages for yourself to see regularly</p>	<p>17 Notice what you are feeling, without any judgment</p>	<p>18 Ask a trusted friend to tell you what strengths they see in you</p>	<p>19 No plans day. Make time to slow down and be kind to yourself</p>
<p>27 Free up time by cancelling any unnecessary plans</p>	<p>28 Choose to see your mistakes as steps to help you learn</p>	<p>22 Take your time. Make space to just breathe and be still</p>	<p>23 Let go of other people's expectations of you</p>	<p>24 Accept yourself and remember that you are worthy of love</p>	<p>25 Find a new way to use one of your strengths or talents</p>	<p>26 Avoid saying 'I should' and make time to do nothing</p>



ACTION FOR HAPPINESS

Happier · Kinder · Together



**FRIENDSHIP
CAFE
NEWRY**

AGED 14-18?

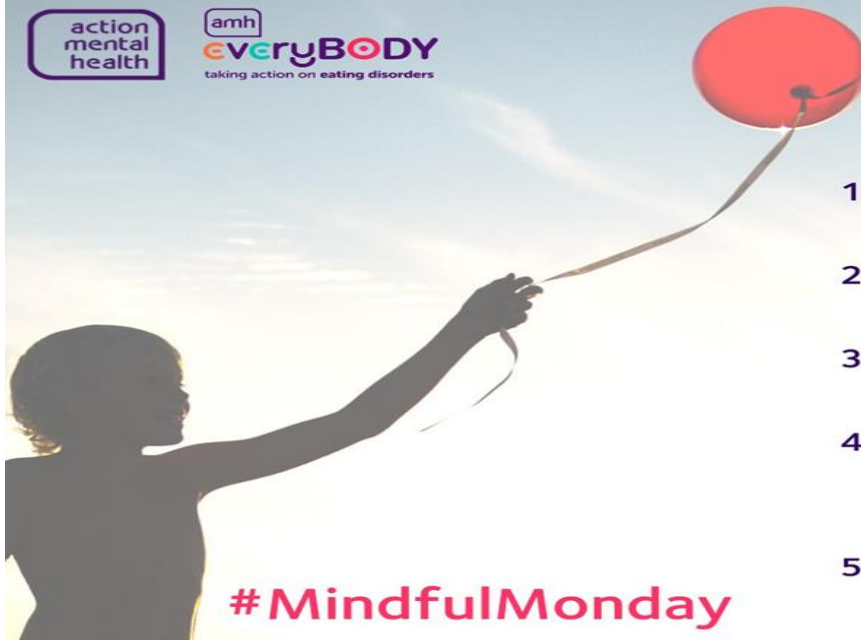
**COME ALONG AND CONNECT WITH OTHER
YOUNG PEOPLE.**



**CRISIS DROP IN
CAFE
NEWRY**

AGED 12-18?

**IF YOU NEED SUPPORT WITH YOUR MENTAL
HEALTH OR FIND THAT YOU ARE IN CRISIS
WE ARE HERE TO LISTEN AND SUPPORT YOU.
CALL IN FOR A CHAT.**



#MindfulMonday

The Red Balloon to Release Stress

1. Find a quiet space, sit comfortably and imagine a red balloon.
2. Slowly inhale, allowing each breath to relax and rejuvenate you.
3. Slowly exhale, visualise filling the balloon with any thoughts of stress and worries.
4. Tie the balloon, hold it up to the sky and let it go, as you watch it rise, feel your worries float away.
5. Repeat for several minutes, until you feel calm and centred.



A new resource has been issued by the Public Health Agency for young people, their parents and carers to support mental wellbeing. Contents include healthy lifestyle tips to support your wellbeing, practical ways to manage your thoughts and emotions and useful websites and apps.

[Download Young Persons Mental Health Guide](#)



Tips for coping with social anxiety

Guest blogger Molly gives her top tips for how you can cope with social anxiety.

youngminds.org.uk

**ARE YOU
JUMPING TO
THE WORST
CONCLUSIONS?**


AWARE
OVERCOMING DEPRESSION.
OVERCOMING LIFE.

Sometimes when you feel overwhelmed, it is easy to jump to the worst conclusions. Take your time to STOP, PAUSE and take a BREATH. These messages are from our Living Life to the Full course. To apply, visit www.aware-ni.org/be-aware

DRY ARCH CHILDREN'S CENTRES PRESENTS...

Developing Mind-craft!

Equipping little minds for their big world!



THE DRY ARCH
CHILDREN'S CENTRES


WWW.DRYARCHCENTRE.ORG

Contact Donna.OKane@dryarchcentre.co.uk for more info

DRY ARCH CHILDREN'S CENTRES PRESENTS...

Encouraging Mind-space!

Equipping teenage brains to navigate their expanding world



THE DRY ARCH
CHILDREN'S CENTRES

WWW.DRYARCHCENTRE.ORG

Contact Donna.OKane@dryarchcentre.co.uk for more info

The Dry Arch Children's Centre have launched a number of new programmes to positively support the emotional wellbeing of children and young people we are working with through the Family Support Hub.



Contact details for the Dry Arch FS Hub

T: 028777 42904

E: Jill.Graham@dryarchcentre.co.uk

W: www.dryarchcentre.org



WHAT IS MENTAL HEALTH? AN INFO SHEET FOR KIDS!

Did you know that you can get illnesses in your mind as well as your body?

Just like a cold or a sore head, sometimes we can develop a problem with

our mental health! You may feel sad or worried a lot of the time, or have trouble managing your feelings. We all feel sad or feel out of sorts sometimes. This is a normal part of growing up & talking can help! Some people will need extra help with their mental health & this is ok too.

Here are some ideas for people to talk to if you're not feeling like yourself!

A family member
you trust

An adult at school
like your teacher

A friend you
trust



You can call
Childline for free:
0800 1111

A youthworker
(maybe you know
one from your
local youth
centre!)

A counsellor
(perhaps there is
one at your
school!)

Find out more about the Family Wellness Project
at: parentingni.org/family-wellness-project



 ParentingNI

**Talking about Mental
Health with your Child
Top Tip**



#1 Start small

You don't need to set hours aside to chat, just opening up conversation can make a difference.

Support Line: 0808 8010 722
parentingni.org

Young Minds Crisis Messenger

The Crisis Messenger provides free, 24/7 crisis support across the UK. If you're a young person and need urgent support with your mental health, please text YM to 85258.

<https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/>



YoungMinds Crisis Messenger

If you are a young person experiencing a mental health crisis, you can text the YoungMinds Crisis Messenger for free, 24/7 support.

youngminds.org.uk



If someone annoys you, be kind. Imagine how they may be feeling



ACTION FOR HAPPINESS



ALL FEELINGS ARE VALID FEELINGS

@laurajaneillustrations

Child Anxiety

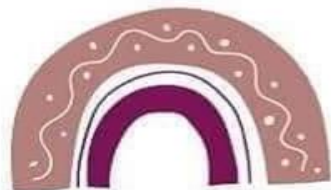


Just like adults, it is natural for them to feel afraid or anxious at times. However, if your child's anxiety is starting to affect their wellbeing and causing a lot of distress, they may need help with managing it. This page will give you information about anxiety and resources you can use with your children to explore these feelings.



8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists



You are
safe with
me



It's ok to feel
nervous,
I do too
sometimes



Let's go
for a walk



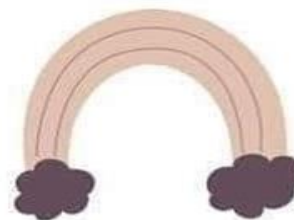
Let's draw the
worry, how
big is it?



Let's talk back
to this worry



I am here
for you



Let's sit
together until
the thought
passes



Let's take a
few deep
breaths
together



Mental Health daily check in

How am I feeling today?

What's taking up most of my headspace?

When did I last eat a whole meal?

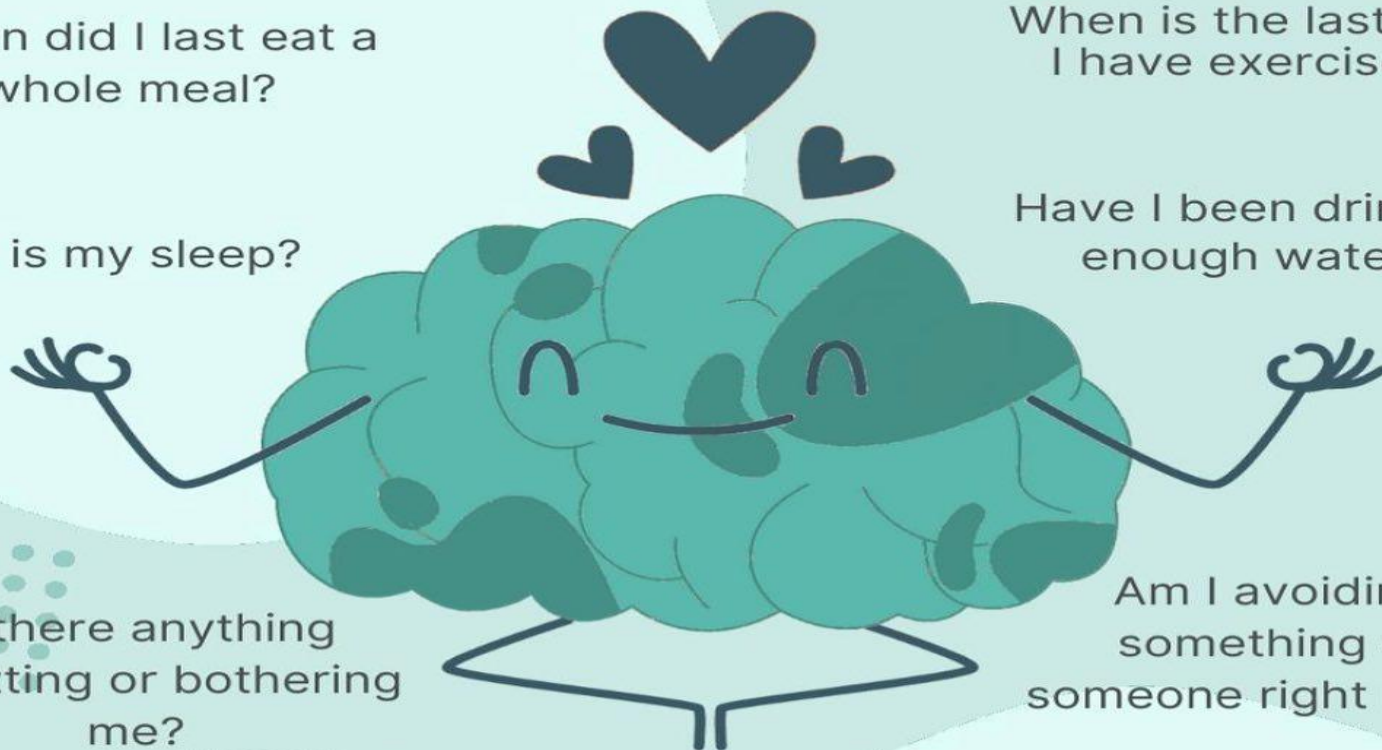
When is the last time I have exercised?

How is my sleep?

Have I been drinking enough water?

Is there anything upsetting or bothering me?

Am I avoiding something or someone right now?



BAC
Beechholme Adult Care



Mental Health Advice for Children

If your child tells you they're struggling with their mental health, here is some advice on what you can do next.

Thank them for sharing

Be encouraging about the way they've opened up and acknowledge how they're feeling.

Let them know that you love them

And that you're there for them, they can talk to you whenever they need to, and you can help them get support if they need it.

Spend time together thinking about what's making them feel this way

Discuss whether there are any changes that could be made to help make things easier.

Call our Parents Helpline for more advice

Speak to one of our advisors on 0808 802 5544 for free information, advice and support. We're open Monday to Friday from 9.30am-4pm. Email and webchat services are also available.



PAPYRUS – Prevention of Young Suicide, is a UK wide charity which operates in 5 major cities across the UK, including Belfast. PAPYRUS was established 24 years ago by a group of parents who had each lost a child to suicide. Our aim is to prevent suicide in young people under the age of 35.

Did you know that suicide is the biggest killer of young people under 35 years across the UK? Male and female.

What do PAPYRUS do?

- We run a helpline called HOPELINEUK, a confidential, anonymous support and advice service for young people with thoughts of suicide or those concerned about a young person. HOPELINEUK is staffed by professionals trained in suicide prevention skills.
- We engage volunteers and communities in our mission to save young lives
- We offer a range of suicide prevention training, advice and support
- We campaign for change, and influence national and regional policy
- We raise awareness and challenge the stigma surrounding suicide

Helpline – HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice by:

Calling: 0800 068 4141
Texting: 07860039967
Email: pat@papyrus-uk.org

Useful Information

Our webpages have lots of advice and information too <https://papyrus-uk.org/>.

Our site also includes free downloadable resources [here](#)

Last year we produced a [guide for parents/caregivers](#) who are supporting a young person who is feeling suicidal

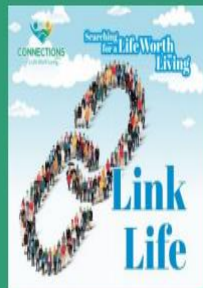


Connections Link Life Suicide Prevention Awareness

HSC Public Health
Agency
Project supported by the PHA



We are delighted to be able to offer Suicide Prevention Awareness training to all adults (over 18) living or working in Northern Ireland in 2021.



This is suitable for those seeking:

- a greater understanding of mental health and suicide
- The confidence to intervene with people experiencing emotional distress suicide
- To cultivate resilience through emotional health practices and self-care.

Book your free place by clicking the links below

*Visit our web site here for more information on the course
or to find links to support services*



Social & Health
Care Professionals



Community &
Voluntary Sector



Sport Clubs



Workplace



Schools, Universities
& College



Military



Church / Faith
Groups



Groups, Parents
& Families

We know that anybody can be impacted by mental health, and might need to access support for themselves or someone that they know

You can find a selection of mental health and wellbeing resources on our webpage:

<https://bit.ly/3zZvaxV>



Mental Health & Wellbeing Resources

www.familyfund.org.uk

Family Fund
Helping disabled children



Those Who Share a Roof Share Emotions

Feelings are contagious—but you can help your loved ones when they're sad without sacrificing your own good mood.

theatlantic.com



Don't compare

It is normal for young people to compare results but try to help them understand everyone is different and making comparisons with friends and peers may not help them.



Helplines

Quick links to organisations across Northern Ireland who can help you with a number of health and wellbeing needs.



Free 6-week online mindfulness course for adults!

Starting Wednesday
25th August 7pm - 8pm

Open to everyone –
beginners welcome!





Dealing with Worry and Self- Care

Ed Sipler, from the South Eastern Trust has created several videos on You Tube to support us at this very unpredictable and stressful time: ***Dealing with Worry*** and ***Self Care, Now When We Need It Most***

Ed guides us through ways we can support ourselves to deal with stress, grounding, relaxed breathing ,self-compassion, and building resilience . Both clips have booklets that can be downloaded from the You Tube site.

- Tap into the Videos and revisit at your leisure. Small Steps make Big Changes.
- Use these as part of your wellbeing tool, not to be watched once but saved to your favorites.
- Share with your loved ones, those whom you may be caring for.

Link to *Self-Care Now When we Need it Most* <https://youtu.be/rfHLHwhD1Pw>

Dealing with worry in difficult times- [Dealing with worry by Ed Sipler – YouTube](#)

Or... Search Ed Sipler on the You Tube site. We hope you find these useful.





AwareNI Online Support Groups

Talking to others who know how you feel can really help you deal with whatever you're going through. The online support groups are open to anyone over 18 struggling with depression, anxiety or bipolar disorder.

Email info@aware-ni.org for more information



We help victims and witnesses of crime, right across Northern Ireland, from the very start, right through the criminal justice process.

But we could not do what we do without a great group of dedicated volunteers. Could you join them?

Email our volunteering team to find out more: volunteer@victimsupportni.org.uk



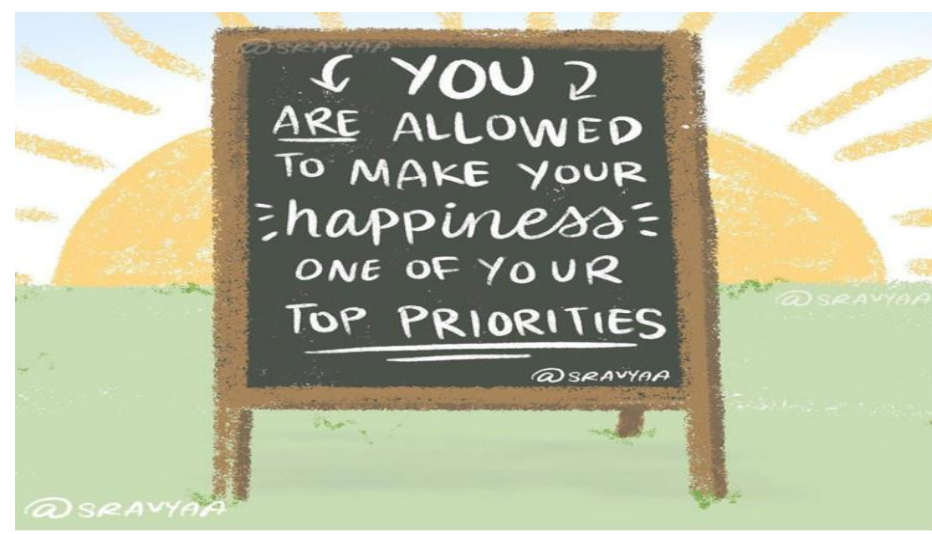
volunteers needed

covidwellbeing
ni.info

Self-Help Toolkits

The Covid Wellbeing NI Website has a range Self-Help resources to support your mental health and wellbeing. These include booklets, checklists and online programmes to help you take stock of how you are feeling and build your resilience.

covidwellbeing
ni.info





Mental Health Support Services & Crisis HELPLINES



Action Mental Health | 028 3839 2314
AWARE | 028 9035 7820
CAMHS | 028 3083 5400
Lifeline | 0808 808 8000
Mental Health Forum | 028 3025 2423

MindWise | 028 9040 2323
PIPS Upper Bann | 028 3831 0151
Samaritans | 116 123
Yellow Ribbon | 028 3833 1485
YoungMinds | 0808 802 5544

For help and advice on taking care of your mental and emotional wellbeing,
visit mindingyourhead.info



Armagh City
Banbridge & Craigavon
Borough Council



Information, self-help guides and ways to find
support on a range of mental health and
wellbeing issues, available at:
www.mindingyourhead.info



Helplines NI

listen. support. inform

www.helplinesni.com

New COVID-19 helplines added to website
offering a wide range of support
Community Helpline
Diabetes Helpline
HMRC Helplines for businesses
and many more!



COVID Wellbeing NI is an online hub to support
the mental and emotional wellbeing of people
across Northern Ireland during and after the
coronavirus (COVID-19) pandemic.

It includes information, self-help guides and
support and aims to help people take steps
to look after their mental health and reach out
for help and support when needed

[Click here for more information](#)

covidwellbeing
ni.info



<http://Covidwellbeingni.info>



CRUSE NATIONAL HELPLINE

0808 808 1677

Monday & Friday: 9.30am - 5pm
Tuesday, Wednesday & Thursday: 9.30am - 8pm
Saturday & Sunday: 10am - 2pm



Grief can be overwhelming after experiencing the loss of someone you know. But with the right support, recovery can begin. Here's seven things our experts say you need to know about grief and loss.

[7 things you need to know about grief | Barnardo's](#)



**MACMILLAN
CANCER SUPPORT**

**Cruse
Bereavement
Care**

The Cruse Macmillan project aims to improve bereavement support for people affected by cancer through enabling Cruse staff, in local Area offices in Northern Ireland, to build capacity and engage with their communities to ensure meaningful and timely access to support. The project also aims to understand and raise awareness of information and support which effectively supports individuals before and throughout bereavement.

As part of the project, we have recorded a number of podcasts. For the first podcast, we are joined by Palliative Care Specialist Social Worker, Amanda Mellon, who is based in Macmillan Unit located on Antrim Area Hospital site. Amanda supports families who have loved ones at the end of life. In our conversation, Amanda suggests ways of dealing with the emotions that people may face at this difficult time and also suggests tips for preparing for a bereavement.

<https://www.podbean.com/ew/pb-vhbi5-ffdac8>



**QUEEN'S
UNIVERSITY
BELFAST**

Teaching English to Migrants, Refugees and Asylum Seekers at Queens University Belfast and delivered by Arthur McKeown, MA, MBA, DELTA, PGCE Aisling O'Boyle, BSc, MA, PhD, DELTA Autumn 2021 5 [weekly](#) sessions on Tuesdays 6.00 pm to 8.00 pm, from 12 October 2021.



English



The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....



Visit our central Translation hub which provides quick links to our partner agencies' information including the latest information on Covid19/vaccination <http://www.cypsp.hscni.net/translation-covid19/> also view featured videos in Português, Polski, Български, Română, Lietuvis and عربي

Entitlement to NHS services and first time registration

In order to register with a doctor and obtain a medical card you need to fill in an application form. This form is called an HSCR-1. It is available in a range of other languages. Please click on the respective links below to download the form in translation. The form should be presented to a doctor of your choice in the area in which you reside. This form is also available in any doctors' surgery.

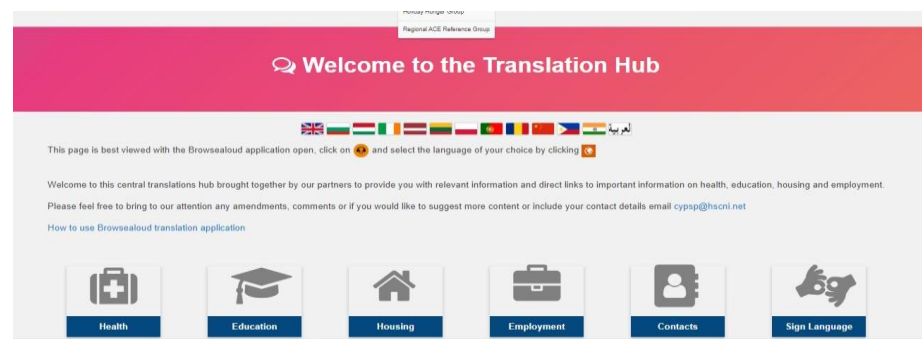
[Provision of Health Services to Persons Not Ordinarily Resident Regulations \(Northern Ireland\) 2015](#)

HSCR-1 (ENGLISH)	Entitlement aid (ENGLISH)
HSCR-1 (ARABIC)	Entitlement aid (ARABIC)
HSCR-1 (BULGARIAN)	Entitlement aid (BULGARIAN)
HSCR-1 (HUNGARIAN)	Entitlement aid (HUNGARIAN)
HSCR-1 (LITHUANIAN)	Entitlement aid (LITHUANIAN)
HSCR-1 (MANDARIN)	Entitlement aid (MANDARIN)
HSCR-1 (POLISH)	Entitlement aid (POLISH)
HSCR-1 (PORTUGUESE)	Entitlement aid (PORTUGUESE)
HSCR-1 (ROMANIAN)	Entitlement aid (ROMANIAN)
HSCR-1 (SLOVAK)	Entitlement aid (SLOVAK)
HSCR-1 (TETUM)	Entitlement aid (TETUM)



Helping everyone to feel included

Every person deserves an online experience that's welcoming, we have therefore added Browsealoud to the CYPSP website which adds text-to-speech, reading and translation support, helping to make our content easily accessible to those who have hidden disabilities, such as dyslexia or other reading difficulties; visual impairments; and translations for English Language Learners. - [Further Information](#)



A new central Translations Hub providing regional multi-agency translated information, advice and relevant links, has just been launched and is available at <http://www.cypsp.hscni.net/translation-hub/>



Barnardo's have now proudly launched 'Boloh', a new UK helpline for Black & Asian children, young people & families affected by Covid -19.

Boloh is a word used in many languages including Hindi, Urdu & Gujarati, meaning 'speak'.

Webchat at <https://helpline.barnardos.org.uk/> or call 0800 1512605

THE EU SETTLEMENT DEADLINE HAS PASSED BUT...

- You can still make a late application. **Check on GOV.UK** to see if you are eligible.
- Parents still need to **check if their children need an application** and should apply on their behalf without delay.
- Application support is still available through our **72 grant funded** organisations.
- Even if you have lived in the UK for many years, you **should still check** if you need to apply.
- If you applied by **30 June 2021**, your Certificate of Application is proof of your protected right to work, rent, and access benefits and services.
- You need to **keep your travel documents updated** via the online view and prove service.

Find out more and apply now at: gov.uk/eusettlementscheme

HM Government



Women's Aid Across NI

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	reception@womensaidabcln.org	028 2563 2136
2. Armaghdown Women's Aid	admin@womensaidarmaghdown.org	028 3025 8704 or 028 3839 7974
3. Belfast & Lisburn Women's Aid	admin@belfastwomensaid.org.uk	028 9066 6049
4. Causeway Women's Aid	womensaidcoleraine@btinternet.com	028 7035 6573
5. Fermanagh Women's Aid	womensaidfermanagh@btopenworld.com	028 6632 8898
6. Foyle Women's Aid	info@foylewomensaid.org	028 7141 6800
7. Mid-Ulster Women's Aid	admin@midulsterwomensaid.org.uk	028 8676 9300
8. North Down & Ards Women's Aid	info@ndawomensaid.org	028 9127 3196
9. Omagh Women's Aid	info@omaghwomensaid.org	028 8224 1414
10. Women's Aid Federation Northern Ireland	info@womensaidni.org	028 9024 9041

Open Monday - Friday 09:00 - 17:00

INFORMATION & SUPPORT LINE

0800 0246 991
Mondays & Thursdays
6pm-8pm

Listening, Believing
& Support for All
www.rapecrisisni.org.uk



Call The Mens Advisory Project today, for confidential support and information on

Belfast. 028 9024 1929
Foyle. 028 7116 0001

Did you know that free public transport travel is now available for those fleeing domestic abuse?

Housing Executive



Did you know that free public transport is accessible to those fleeing domestic abuse? You can avail of this if refuge / emergency accommodation has been arranged for you through the NI Housing Executive, the 24hr Domestic & Sexual Abuse Helpline or Women's Aid Federation NI. Further information at: <https://bit.ly/2CfhHIX>

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.



Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086
belfast@victimsupportni.org.uk | foyle@victimsupportni.org.uk



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

Its ok to ask for help. We are here for you!

0800 2545 123
daisy@ascert.biz



RAPID:
Safely removing illegal drugs and unwanted prescription medication within the community.

NORTHERN IRELAND
MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

www.drugsandalcoholni.info/RAPID

ARE YOU LIVING WITH A PARENT/CARER WHO IS MISUSING DRUGS OR ALCOHOL OR DEALING WITH MENTAL HEALTH DIFFICULTIES?

VISIT STEPSTOCOPE.CO.UK FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.

Coronavirus COVID-19



Drug overdose and Coronavirus (COVID-19) It's an extra risky time. It's safer not to use drugs at all.

There are new risks during the COVID-19 pandemic. Changes to the drug market could increase your overdose risk.

- You are at greater risk of drug overdose if you have COVID-19.
- Avoid using more than one drug at a time: this includes using with alcohol and prescription medication like methadone or benzodiazepines.
- You can't be sure of the contents of drugs or how you will react: tablets not prescribed to you are also a risk.
- Tolerance: not taking drugs for a space of time and starting again could lead to overdose.
- Changing the type of drugs you use or using new drugs increases your risk of overdose.
- Think about Opioid Substitution Treatment. This could help you manage your use and reduce overdose. Contact your local GP for further information and referral.
- Using alone or in isolation is dangerous: let someone know.
- Start very low and go very slow and leave at least two hours before using more.
- Get Naloxone for you or a friend. This could save your life.

Don't be afraid to get help if you or a friend becomes unwell after using drugs. It's important you get medical support as soon as possible by calling 999.

There is a range of support services available in Northern Ireland for people affected by alcohol and/or drugs. Information on these services can be found at www.drugsandalcoholni.info

HSC Public Health Agency
Public Health Agency
12-22 Linenhall Street, Belfast BT2 8BS.
Tel: 0300 555 0114 (local rate).
www.publichealth.hscni.net

Adapted with permission from the Health Service Executive.

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU
YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

www.addictionni.com or call 028 9066 4434
[@addictionni](https://twitter.com/addictionni)

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 PREVENTIVE
HEARTY HEALTH
DRINKING AT HOME
PLANNING AHEAD
BLOOD PRESSURE
CALORIES

COUNTING UNITS

WORKBOOK AND SELF-HELP TOOLS

ALCOHOL and you

IS IT TIME FOR A CHANGE?



CYPSP is working in partnership with GamCare to deliver a range of **FREE** accredited gambling awareness training sessions

Training Options and Dates

Monday 20th September at 2pm

Gambling and Gaming

(1.5 hours)

Click [HERE](#) to book



Monday 27th September at 2pm

Three-hour Brief Intervention
Training

(Limited to 25 people)

Click [HERE](#) to book

All training will be delivered via zoom

For further information contact una.casey@hscni.net or 02895362848

For Further information on GamCare



<https://www.facebook.com/pages/category/Youth-Organization/Nl-BigDeal-102379885092203/>



<https://twitter.com/nibigdeal>



[Find a Food Bank
Near You](#)



GET HELP

**NO ONE SHOULD GO
HUNGRY – WE'RE HERE TO
HELP**



DEPARTMENTS AND MINOR INJURIES UNITS



The 'Phone First'
number to ring is
0300 123 1 123

The 'Phone First' text
relay number is 18001
0300 123 1 123

Interpreter Now – [Visit
site](#)

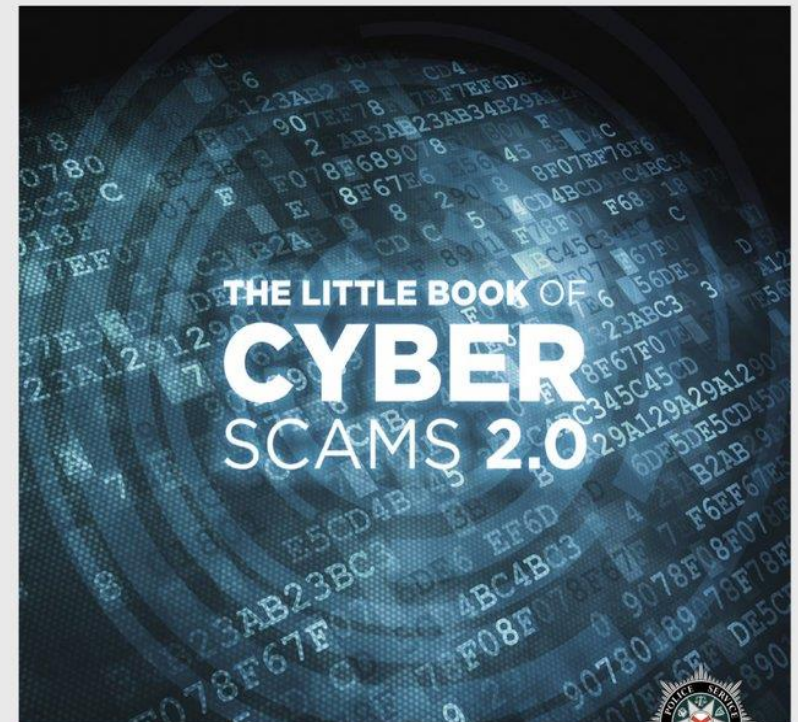


Tesco Community Grants is now open. #Apply or #Nominate a community project that addresses #foodpoverty, tackles mental health or supports young people and receive up to £1,500

More: <https://tescocommunitygrants.org.uk>

[#CyberScams](#) have come to the forefront during the pandemic with reports of people being targeted for missed parcels, fake loans, vaccine scams – even fake online counsellors. Check out the Little Book of Cyber Scams for more top tips on staying [#Scamwise](#):

<https://psni.police.uk/globalassets/crime/cyber-crime/cyber-scams-booklet.pdf>



scamwiseni
PARTNERSHIP





Test ✓ Trace ✓ Protect ✓



If you receive a **positive COVID-19 test result** you will be contacted by the PHA's Contact Tracing Service on **(028) 9536 8888**.

It is really important that you answer this call to help us identify close contacts and reduce further spread.



DoH

www.health-ni.gov.uk



Health and Social Care

COVID-19 vaccination

A guide for women who are pregnant or breastfeeding

MYTH BUSTER

COVID-19

vaccine



IS THE VACCINE SAFE?

Vaccines go through several stages of lab tests and clinical trials before they can be approved for use. Regulators review the results of these trials to check whether a vaccine meets the required levels of safety and effectiveness.



Public Health Agency



Up to 15 people (including children) from no more than 3 households can meet up outdoors in a garden, but you should keep social distancing. Find out more: [@niexecutive @healthdpt](http://nidirect.gov.uk/coronavirus-restrictions...@niexecutive)



You should continue to work from home where you can. Rapid Lateral Flow tests are now available to a range of workforces and sectors of the economy. Play your part in stopping the spread of [@niexecutive @healthdpt](https://nidirect.gov.uk/articles/coronavirus-covid-19-testing-and-contact-tracing...)

Safe Shopping

There are simple steps you can take while shopping to help control the spread of [@niexecutive @healthdpt](https://nidirect.gov.uk/articles/coronavirus-covid-19-testing-and-contact-tracing...)

- Wear a face covering
- Be [@niexecutive @healthdpt](https://nidirect.gov.uk/articles/coronavirus-covid-19-testing-and-contact-tracing...)
- Use contactless payment where possible

Please also be kind to staff as they continue to operate within the guidance. For more information on safe shopping [@niexecutive @healthdpt](https://nidirect.gov.uk/articles/coronavirus-covid-19-testing-and-contact-tracing...)





Coronavirus

Advice on car sharing



At this time please **avoid car sharing**, but if you have to, please follow these simple steps

- Wash hands or use sanitiser before and after journey
- Wear face coverings
- Share with the same small group only
- Keep windows open
- Sit as far away as possible
- Clean car surfaces after every journey (including seatbelts and internal/external handles)

Got coronavirus symptoms?

New continuous cough, high temperature, loss of taste and/or smell

Self-isolate

Stay at home for 10 days. Anyone in your households should isolate for 14 days

Get tested

Visit www.pha.site/cvtesting to book a test at your nearest centre or order a home test kit. Call 119 if you cannot book online.

If you have been in close contact with someone who has tested positive, you must **self-isolate for 14 days** even if you have followed the advice in this leaflet.

HSC Public Health Agency
12-21 Leland Street, Belfast BT2 8BS
14, 15-16 St Albans Road, Belfast
www.hscpublichealthagency.net

Adapted with permission from Swindon Borough Council

INFORMATION FOR PARENTS & CARERS

Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19.

YOU SHOULD BOOK A COVID-19 TEST IF YOUR CHILD HAS:

- A HIGH TEMPERATURE**
This means they feel hot to touch on their chest or back (you do not need to measure their temperature).
- OR**
- A NEW CONTINUOUS COUGH**
This means coughing a lot but more than an hour, or 3 or more coughing episodes in 24 hours if they usually have a cough. It may be worse than usual.
- OR**
- A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE**
This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

IF YOUR CHILD DOES NOT HAVE SYMPTOMS OF COVID-19 BUT HAS OTHER COLD-LIKE SYMPTOMS, SUCH AS A RUNNY NOSE, THEY DO NOT NEED TO BE TESTED AND THEY OR MEMBERS OF YOUR HOUSEHOLD DO NOT NEED TO SELF-ISOLATE. YOUR CHILD CAN ATTEND SCHOOL IF FIT TO DO SO.

HERE'S WHAT TO DO IF:

YOUR CHILD HAS COVID-19 SYMPTOMS	YOUR CHILD TESTS POSITIVE FOR COVID-19	SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS	SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19
WHAT TO DO? <ul style="list-style-type: none"> - DO NOT SEND YOUR CHILD TO SCHOOL - Book a COVID-19 test - Household self-isolates - Inform school immediately about test result 	WHAT TO DO? <ul style="list-style-type: none"> - DO NOT SEND YOUR CHILD TO SCHOOL - Inform school immediately about test result - Self-isolate for at least 10 days as advised by the PHA 	WHAT TO DO? <ul style="list-style-type: none"> - DO NOT SEND YOUR CHILD TO SCHOOL - The household member should book a COVID-19 test - Household self-isolates - Inform school immediately about test result 	WHAT TO DO? <ul style="list-style-type: none"> - DO NOT SEND YOUR CHILD TO SCHOOL - Inform school immediately about test result
WHEN CAN MY CHILD RETURN? Your child can return to school if the test is negative providing they are well enough, have not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service	WHEN CAN MY CHILD RETURN? Your child can return to school after 10 days even if they still have a cough / loss of smell or taste. These symptoms can last for several weeks.	WHEN CAN MY CHILD RETURN? Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.	WHEN CAN MY CHILD RETURN? Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.
CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT	YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT	YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE	*If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result.
WHAT TO DO? <ul style="list-style-type: none"> - DO NOT SEND YOUR CHILD TO SCHOOL - Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service 	WHAT TO DO? <ul style="list-style-type: none"> - Attend school as normal - If your child does not have any COVID-19 symptoms they should carry on with normal activities 	WHAT TO DO? <ul style="list-style-type: none"> - DO NOT SEND YOUR CHILD TO SCHOOL - Self-isolate for 14 days in line with quarantine advice 	Further information, including frequently asked questions for Parents and Carers, can be found on the Department of Education's website at www.education-ni.gov.uk
WHEN CAN MY CHILD RETURN? Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.	WHEN CAN MY CHILD RETURN? Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.	WHEN CAN MY CHILD RETURN? Your child can return to school when they have completed 14 days of self-isolation without any symptoms*.	EDUCATION RESTART WE ALL MUST DO IT TO GET THROUGH IT

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12-21 Leland Street, Belfast BT2 8BS
14, 15-16 St Albans Road, Belfast
www.hscpublichealthagency.net

Department of Education
www.education-ni.gov.uk

For further information on Family Support Hubs in your area?

Email: cypsp@hscni.net or Visit <http://www.cypsp.hscni.net/family-support-hubs/>