



# Family Support Hubs Newsletter

## This edition includes:

### ACTIVITIES FOR KIDS

- BookTrust HomeTime
- Parenting NI - Daily Tips
- Think U Know - Cyber Aware Activity Sheet
- Libraries NI - Children's Storytime
- Safefoods - Active Play Ideas
- PlayBoard NI - Top Play Props
- CYPSP - Children & Young People's Resource Pack / Support & Resources
- ni4kids - August Magazine

### YOUNG PEOPLE

- AfC - Floating Support Service
- Social Distancing Survey
- Domestic Abuse Guide for Young People
- The Prince's Trust - 2020 Youth Index Results
- BBC Young Reporter Competition
- Secondary Students' Union of NI
- Further Education, Employment, Learning & Skills

### BACK TO SCHOOL

- EA - Free School Meals/Uniform Grant Applications, Home to School Transport Checklist for Parents, Home to School Transport Helpline
- Dept of Education - Education Restart Information, Updated re-opening guidance for pre-school education settings
- VOYPIC - Advocacy Service
- Barnardo's - Back to School Activity Booklets
- Autism NI - Resources to help with returning to school
- Do I Need to Keep My Child Off School?

### CHILDCARE

- Employers for Childcare - Family Benefits Advice, Digital Newsletter
- PlayBoard NI - Preparing to Reopen Your School Age Childcare Setting
- Family Support NI
- Childcare Recovery Fund

### PARENTING / CARERS

- Child Safety in the Home Course
- ParentLine NI
- Family Mediation NI
- Your Rights in Work Factsheet
- A-Z Guide for Unpaid Carers
- Post-natal Depression Factsheet
- When will this all be over? Blog
- Positive Approaches to Discipline
- Connect for Life - Parents Webinars
- Disabled Children - Helpful Guide
- Autism Private Member's Bill Survey
- CYPSP - Support & Resources

### COVID ADVICE / GUIDANCE

- Testing, StopCOVID NI App, Vaccine Research

### MENTAL HEALTH

- Helplines NI, Minding Your Head, Stress Control Classes

### YOUNG PEOPLE'S MENTAL HEALTH

- Elephant Room, Barnardo's Report, Youth Access, FLARE

### SUPPORT

- Clanrye Group, Innovation Recovery, Grief & Bereavement Resources, Atlas Centre

### GOOD NEWS STORY

### WHAT WE ACHIEVED IN 2019/20

Welcome to **Edition 15/2020** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 24 August 2020.

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](mailto: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:-



## Activities that are perfect for keeping little minds busy

#BookTrustHomeTime



Looking for fun things to keep your children entertained? Book Trust Hometlme have loads of downloadable activities including puzzles, colouring, crafts and more –

[Find activities](#)

THINK  
UP  
KNOW

## Cyber Aware Activity Sheet

These fun, quick, five minute activities have been created by The National Cyber Security Centre to help families think about how they can be Cyber Aware.

Choose the activity most suitable for your child's age and development.



[Download Here](#)

ParentingNI

## Daily tips for play

Role playing shops, home life and school gives children opportunity to share how they see the world.

Families Together



Support Line: 0808 8010 722  
parentingni.org

ParentingNI

## Daily tips for play

Baking and cooking at home can be part of play. It's a fun activity which also allows children to taste and experience different food.

Families Together



Support Line: 0808 8010 722  
parentingni.org

Every weekday  
2:30pm on Youtube

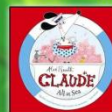
Monday



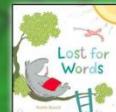
Tuesday



Wednesday



Thursday



Friday



librarians ni

Tune into Libraries NI  
YouTube channel on  
weekdays at 2.30pm for  
Children's Storytime

[Tune in here](#)



Active play ideas from  
'safefoods'.  
Games that get the kids  
physically active & are  
safe to play indoors –  
[find out more here](#)





## PlayBoard's top play props

### Sticks

Here are some ideas but ...  
it's up to you and your imagination!



**Xs and Os** - also known as tic-tac-toe, all you need is some small twigs, leaves and twine. Cut the twigs into four equal lengths and tie with the twigs into four equal shape. Make little Xs by twine to make the grid shape. Make little Os by crossing and tying two smaller twigs together. Using the leaves as the Os, you're all set!



**Pictionary** - go on a scavenger hunt and gather natural materials from the outdoors such as sticks, leaves, flowers and acorns, and create portraits and animals on a sheet of card or paper. You could also try joining twigs together and weaving with string in between. You can add your foraged goodies between the tighter bits of string.



**Bow & arrow** - to make the bow, tie a piece of wool to the top and bottom of a long, straight stick, using a smaller stick as the arrow.

**Catapult** - find a Y shaped stick, then cut an elastic band and attach to either side of the top.



**Triple long jump** - place three long sticks on the ground wide enough to jump over with only one foot allowed in each section. If you touch a stick or miss the gap you are out. Move the first stick up to where the last person's foot lands and keep going!



**Wind chimes** - these can be made from a range of materials including twigs. Gather six twigs, one larger and five of varying sizes. Decorate your twigs and attach using string so they hang from the larger twig. Hang in your garden and listen as they blow in the wind.

**Nature wand** - find a long, strong stick and wrap in different coloured wool and ribbon and decorate with feathers, beads, flowers and other natural materials.



Playday is coordinated by PlayBoard NI, Play England, Play Wales & Play Scotland. [www.playday.org.uk](http://www.playday.org.uk) [www.playboard.org](http://www.playboard.org)

PlayBoard NI is registered with the Charity Commission for NI N1C104724, company limited by guarantee no. N130225, charity no. XRB6639

## PlayBoard's top play props

### Cardboard box

Here are some ideas but ...  
it's up to you and your imagination!



**Fort or castle** - make a simple den using just one box or an elaborate castle using lots of boxes. Draw on or cut out windows, decorate and add cosy cushions and blankets.



**Aquarium** - using a shoe or cereal box cut off one of the sides. Colour the inside of the box blue. Draw fish, sea creatures and plants on pieces of cardboard or paper. Add sand, rocks, shells or plants at the bottom of the box. Stick some fish and creatures on the back of the box and hang some from the top with string, to swim around your aquarium!



**TV** - Cut a large square hole into one side of a large box. Draw or stick buttons at the side, draw legs or a stand on the box flaps, and add pipe cleaners for antenna. Pop into the box to read the news or put on a puppet show!



**Piñata** - cut out two matching cardboard shapes as well as some strips as wide as you want the piñata to be. Decorate and tape together to create your 3D shape, adding your treats. Cut two small holes at the top and add string or rope to tie it up.



**Toy car, aeroplane or fire truck**



**Cardboard costume**



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PlayBoard NI is registered with the Charity Commission for NI N1C104724, company limited by guarantee no. N130225, charity no. XRB6639

## More play ideas from Playboard NI



RESOURCE PACK  
FOR CHILDREN & YOUNG  
PEOPLE



For more kids activities,  
check out the CYPSP

- [Children & Young People's Resource Pack](#)
- [Support & Resources page](#)

on the CYPSP Website.



Read the August edition of  
ni4kids magazine [here](#)



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: @sperrinandlakelandfs  
Twitter: @actforchildren

Charity no. 1087940/SC038092 Company no. 4764232. © Action for Children 2020.

28% OF YOUNG PEOPLE

In Northern Ireland say they feel powerless to change their future

L'ORÉAL PARIS



Source: The Prince's Trust Youth Index 2020, supported by L'Oréal Paris

It's important that we tackle the issues that young people here in NI face. Take a look The Prince's Trust 2020 Youth Index results which measures young people's happiness & confidence in areas of their life!

[Download Report](#)



## Aged 16-25?? We want to hear YOUR views on 'Social Distancing'

Please complete this 10-15min survey to share

YOUR VOICE



<http://tiny.cc/pyrksz>



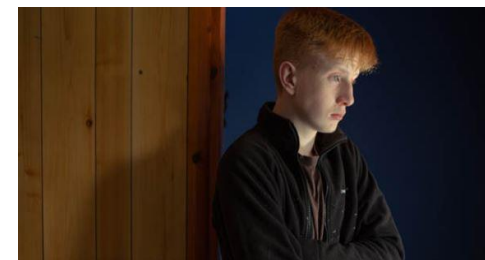
**\*\*Survey completers will be entered into a raffle to win a £100 Amazon voucher\*\***

**For more info contact Emma Berry: [E.Berry@qub.ac.uk](mailto:E.Berry@qub.ac.uk)**



Calling all young people (aged 11-18) who are passionate about an issue or with interesting personal experiences and would like to share with a wider audience. The BBC Young Reporters Competition is for you.

Further information on how you can get involved [here](#).



Are you a young person affected by domestic abuse?

Action for Children, The Children's Society and Women's Aid have worked together to produce a guide specifically for young people on how to get help – [View Here](#)



Secondary Students' Union of Northern Ireland is a place for students in NI to have a say in their education, become leaders and making lifelong connects. For further information and details on how to become a member visit [www.ssuni.org](http://www.ssuni.org)





**springvale**

employment & learning solutions

ARE YOU AGED 16-17?

**LEARN!**

EARN WHILE YOU LEARN

GET PAID TO GET QUALIFIED

£40-£52 per week (Travel costs included)

**ENROL NOW**

REFER A FRIEND AND GET £25\*

£40 a week  
(doesn't  
affect family  
benefits)



Travel  
allowance  
paid

£360-£520  
attendance  
bonuses and 37  
paid holidays a  
year

Housing and  
childcare  
allowance could  
apply to you



Text us for more  
info

**07852985165**

200 Springfield Rd  
Belfast  
BT12 7DR



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

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

**ENROL NOW!**

Gain an NVQ recognised qualifications at Level 1/2 in professional and technical skills with 2/3 days practical work experience each week, all taught within state of the art facilities. Improve your chances of finding the right job or further education opportunity.



**TEXT: 07852 985 165**

Training for Success is the Department for the Economy's professional and technical training provision for 16-17 year olds.

\*New learners must stay at least 6 weeks on the TFS programme before fee is paid

**SKILLS  
TO SUCCEED**

TRAINING  
FOR SUCCESS



YOUNG PEOPLE



**Southern Regional College**

[Search for Courses](#)



**South Eastern Regional College**

It's not too late to apply for Full-Time courses starting in September.

Visit: <http://ow.ly/ck2U50B0GJW>



**Belfast Met**

Got your results? What's next?

[Find Your Place](#)



**South West Regional College**

Watch SWC "On Demand" course videos to see if there's something for you:

[www.swc.ac.uk/aimfurther](http://www.swc.ac.uk/aimfurther)



**North West Regional College**

No matter what your results have been, either you have applied to NWRC, or still are considering your options, rest assured that we're ready to take your career to the next level.

For more visit [www.nwrc.ac.uk/results](http://www.nwrc.ac.uk/results)



**Northern Regional College**

Stay home and enrol online using the application portal!

<http://ow.ly/IIQI50AWxDa>

For help regarding applying and enrolling contact [admissions@nrc.ac.uk](mailto:admissions@nrc.ac.uk)





**ARE YOU AGED 16-24?  
LOOKING FOR SOME  
DIRECTION?  
DO YOU WANT TO FIND  
YOUR FUTURE?**

**Futures Project  
ONLINE**

FUTURES IS A PERSONAL DEVELOPMENT SUMMER PROGRAMME FOR YOUNG PEOPLE:

- EARN UP TO £40 PER WEEK & KEEP YOUR BENEFITS!
- GAIN NEW SKILLS & QUALIFICATIONS (OCN LEVEL 2)
- YOU'LL HAVE A MENTOR TO SUPPORT YOU
- WEEKLY CHECK-IN WITH FACILITATORS/KEYWORKER
- TAKE PART IN FUN ACTIVITIES WITH WEEKLY TASKS
- DAILY HEALTHY HOUR FOR SELF CARE
- CREATIVE JOURNALING, RELAXATION, BOOK CLUB & MORE
- BELFAST MET STUDENT ID THROUGH UNIDAYS APP

**YOU'LL NEED:**

- INTERNET ACCESS
- SMARTPHONE OR TABLET
- FACEBOOK ACCOUNT

**STARTS 14TH SEPT 2020**

**INTERESTED? TO JOIN CONTACT:**  
FUTURESPROJECT@NIHE.GOV.UK  
FUTURES OUTREACH CO-ORDINATOR : 07920518125  
(EOIN CONWAY)

**Logos:** belfast met, START360, Housing Executive, Peace Northern Ireland - Ireland, Donegal Youth Service, SouthWest College, TIDES



**Donegal Youth Service Youth Work Ireland** **SouthWest College** **TIDES**

**youthscape**  
Are you aged 14 - 24?

**Come and Join our online Programme and be part of the Youthscape Community**

**YOUTHSCAPE PROGRAMME COMMENCING  
MON 31ST AUGUST 2020**

Do you know of any young people aged 14-24 who need a supportive programme to help guide them on to their next stage in life? If yes, then Youthscape might be a great option for them!

[Further information](#)



**TRAINING FOR  
SUCCESS**

**ENHANCE YOUR PROFILE**

**Maximise Your Potential!**

**Logos:** Department for the Economy, Bryson FutureSkills, SKILLS TRAINING TO SUCCEED

Bryson Future Skills offer a wide range of vocational career choices as part of the Training for Success programme.

More information at:  
<https://brysonfutureskills.org/>



## Free School Meals/Uniform Grant Applications

EA have compiled Frequently Asked Questions on their website to assist any parents/guardians who may have any queries in relation to applications for 2020/21.

Visit <http://eani.org.uk/fsm>



Before you travel make sure you've read EA's advice for parents and pupils <http://eani.org.uk/education-restart...> Pupils using Translink services can check their schedule before travelling at <http://translink.co.uk/schoolservices>



Information from the Department of Education for children and young people returning to school – [Read Here](#)



Updated re-opening guidance for pre-school education setting is now available at:

<https://www.education-ni.gov.uk/sites/default/files/publications/education/Pre-School-Education-Guidance-for-re-opening-settings-17-August-2020.pdf>





It's always difficult going back to school after the big summer holiday. And this year, after more than 5 months out, many young people are feeling nervous about going back. Contact VOYPIC's Advocacy Service for advice and support - 028 9024 4888 [info@voypic.org](mailto:info@voypic.org)



Books can be a great way to help reassure little ones before their first day of school or nursery! BookTrust have put together a little list of stories that you might like to read together: <https://booktrust.org.uk/booklists/s/starting-school/>



Check out these activity booklets developed by Barnardo's to help students feel confident and calm when returning to school

[Back to School – Primary](#)

[Back to School – Secondary](#)

**School Anxiety Triggers**

You can fill in the table below to let someone know what worries you about school. Colour in the boxes to decide how you feel about the school day

Green - I am ok with this      Orange - I might worry a bit      Red - This makes me panic

**Before School**

Thinking about school		Putting on the uniform	
Eating breakfast		Packing school/pe bag	
Driving/walking to school			

My name is \_\_\_\_\_

**Communication Passport**

Communication

I prefer to communicate by \_\_\_\_\_

Words ☐      When communicating with me please do this \_\_\_\_\_

Gestures (eyes/hands) ☐      Please don't \_\_\_\_\_

Writing things down ☐      \_\_\_\_\_

Other ☐      \_\_\_\_\_

Sensory - I am affected in these ways

TOUCH	TOUCH	SMELL	HEAR	SEE
-------	-------	-------	------	-----

Resources from Autism NI to help autistic children cope with anxieties and transitioning back to school.

[School Anxiety Triggers Visual Board](#) - to help explain some worries that children and teenagers may have with returning to school.

[Communication Passport](#) - an effective way of summarising information that will help during transitions such as moving to a new school or a new school year.



# Do I need to keep my child off school?

## Chicken Pox

Until all spots  
have crusted  
over

## Conjunctivitis

No need to stay  
off but school  
or nursery  
should be  
informed

## Diarrhoea & Vomiting

48 hours from  
last episode

## Glandular Fever

No need to stay  
off but school  
or nursery  
should be  
informed

## Hand, foot & mouth

No need to stay  
off but school  
or nursery  
should be  
informed

## Impetigo

Until lesions are  
crusted & healed or  
48 Hours after  
commencing  
antibiotics

## Measles or German Measles

4 days from  
onset of rash

## Mumps

5 days from  
onset of swelling

## Scabies

Until after first  
treatment

## Scarlet Fever

24 hours after  
commencing  
antibiotics

## Slapped Cheek

No need to stay  
off but school  
or nursery  
should be  
informed

## Whooping Cough

48 Hours after  
commencing  
antibiotics

## Flu

Until  
recovered

## Head Lice

No need to stay  
off but school  
or nursery  
should be  
informed

## Threadworms

No need to stay  
off but school  
or nursery  
should be  
informed

## Tonsillitis

No need to stay  
off but school  
or nursery  
should be  
informed





## Employers For Childcare

### Do you have questions about Tax-Free Childcare?

- Am I eligible?
- How does it work?
- How much money could I save?
- Can I use it along with Childcare Vouchers?

Call our **Family Benefits Advice Service** on 0800 028 3008 for free, impartial and confidential advice.



Watch PlayBoard NI's webinar on 'Preparing to Reopen Your School Age Childcare Setting' [here](#)



## Sign up for our digital newsletter

At this critical time for childcare, make sure you stay up to date with all the latest developments as they impact on parents, employers and childcare providers.

Sign up to receive our latest news direct to your inbox at [www.employersforchildcare.org](http://www.employersforchildcare.org)

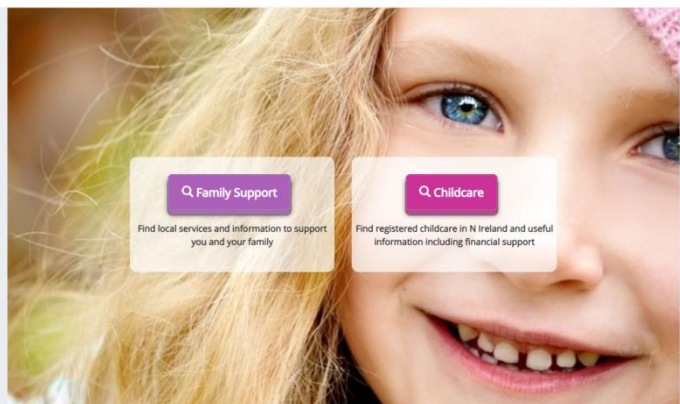
**Employers For Childcare**

[Sign Up For Newsletter Here](#)

familysupport NI.gov.uk  
Helping You Find the Services You Need

Family Support Childcare

Information on a wide range of family support services and registered childcare provision in Northern Ireland



If you need to find a local support service 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.



## #ChildcareRecovery Support Fund

Online user-friendly application for all registered childcare providers

Apply from 27 July 2020

[www.early-years.org/childcare-recovery-support-fund](http://www.early-years.org/childcare-recovery-support-fund)

early years  
the organisation for young children

Further information on the Childcare Recovery Fund is available to [view here](#)



**HSC** Southern Health  
and Social Care Trust  
Quality Care - for you, with you



## ROSPA Child Safety in the Home



6 October 2020  
Two 2 hour sessions  
10am-12 noon  
1.30-3.30pm  
via Webex Digital  
Platform

Facilitator: ROSPA's Jim Oran  
To book a place please  
request an application form  
from

**email:**  
pwb.training@southerntrust  
.hscni.net

**Closing date for  
applications: 25 September  
2020**

**Once registered a pre-  
course information will be  
shared.**



This course will provide an overview of  
home accidents and an insight into injury  
prevention in critical areas.

It is aimed at those who play a role in the prevention  
of childhood accidents in the home:-

- People caring for families and their children.
- Community groups, health professionals and statutory organisations

### Delegates will develop skills in:

- Promoting safer home environments
- The importance and need for home safety
- Recognising who is most at risk from home accidents and why
- The causes, consequences and related costs of home accidents
- Accident prevention measures and methods of assessing, prioritising and controlling risk
- Effective interventions and how to evaluate them

All delegates will receive a RoSPA certificate on  
completion of training.

This course qualifies for Continuing Professional  
Development points.



**FREE LOCAL HELPLINE**  
**0808 8020 400**

**Open 6 days a week**

**Mon-Thurs 9am -9pm**

**Friday 9am -5pm**

**Saturday 9am - 1pm**

**CHAT ONLINE**  
**www.ci-ni.org.uk**

**EMAIL**  
**parentline@ci-ni.org.uk**

## Children and Young People's survey

Are you aged 9-25? We want to hear from  
you! What would improve your health and  
wellbeing?

Are you the parent of someone aged 0-25?  
Tell us what your child/young person needs  
to improve their health and wellbeing.

It takes two minutes to complete, just click  
the survey monkey link.

**HSC** Northern Health  
and Social Care Trust



[Complete Survey](#)



## COVID-19 SEPARATED PARENTS MEDIATION AVAILABLE NOW VIA ONLINE PLATFORMS

**“** We at Family Mediation NI are mindful that  
just because social isolation is in place  
to stay safe and stay well  
mums and dads still need to work out  
arrangements for their children.  
Mediation is more vital now than ever...  
That's why our team has online mediation  
in place now to help separated parents  
~ Joan Davis, Director

**Contact us on 028 9024 3265 or**  
**enquiry@familymediationni.org.uk or**  
**administration@familymediationni.org.uk**  
**www.familymediationni.org.uk**

**”**





 **carersNI** factsheet

## Your rights in work



If you're juggling work & caring, check out this factsheet from Carers NI on 'Your rights in work'. It provides vital information about supporting working carers & the options to explore before taking the major step of leaving employment.

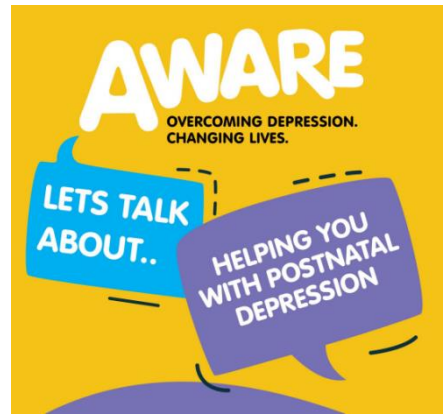
This factsheet applies to Northern Ireland only.  
carersni.org

[Download Factsheet](#)

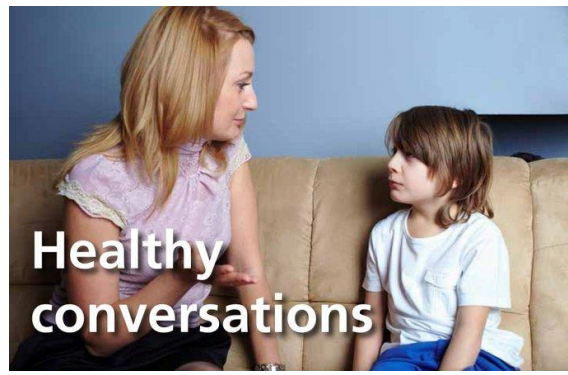


A-Z Guide for unpaid carers to help with accessing information, support and services.

[Download Guide](#)



With post-natal depression affecting more than 1 in 10 women within a year of giving birth, AWARE have put together a resource to help you recognise the signs & symptoms and help you get support – [Download Here](#)



**'When will all this be over?'**  
This blog from PHA and Relate NI looks at healthy and honest conversations with children and explores how parents can approach challenging conversations – [Read Here](#)



ParentingNI

## Positive Approaches to Discipline

This Free Online Zoom Session for families living in the Western Trust will explore:

- Tips & techniques for managing children's behaviour
- Effective & healthy discipline strategies

Tuesday  
15<sup>th</sup>  
September  
2020  
7 pm - 8 pm

Call us to register on  
freephone 0808 8010 722

Available Mon - Thurs 9:30 am - 3:30 pm  
& Fri 9:30 am - 12:30 pm

parentingni.org



This programme is supported by the Assets Recovery Community Scheme



For ALL Parents/Carers: FREE supportive and reassuring information sessions on the challenges of parenting. Click on the link below to sign up to any of the sessions you are interested in.

## Connected for life

### Parents Webinars

This series of 2-hour webinars will present information on a range of topics that is supportive and reassuring wherever you are on your parenting journey. This will be followed by a discussion, during which the facilitators will respond to questions submitted via the private chat.

#### Webinar 1

15<sup>th</sup> Sept 2020, 6.30 - 8.30pm

Helping children manage their emotions

#### Webinar 2

13<sup>th</sup> Oct 2020, 6.30 - 8.30pm

What is attachment and why does it matter?

#### Webinar 3

10<sup>th</sup> Nov 2020, 6.30 - 8.30pm

How our early experiences can impact us throughout our lives

#### Webinar 4

8<sup>th</sup> Dec 2020, 6.30 - 8.30pm

Why self care really matters

#### Webinar 5

19<sup>th</sup> Jan 2021, 6.30 - 8.30pm

Navigating adolescence

Book your place via <https://www.eventbrite.co.uk/o/connected-for-life-13704663786>



This Helpful Guide for families caring for a child with additional needs guides you through what can be a confusing system of support.

[Request your free copy here](#)



## Autism Private Member's Bill Survey 2020

You can help make a difference to Autism Services in Northern Ireland. Make your voice heard by taking part in this survey.

[Complete Survey](#)



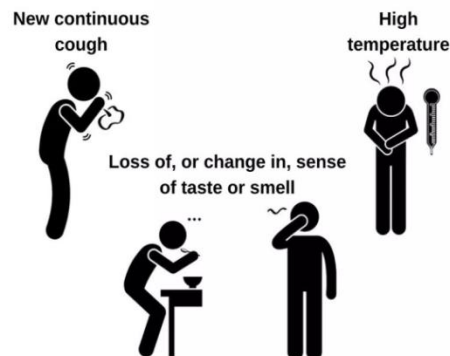
The CYPSP central Support & Resources page is updated regularly. You can filter by theme for lots of up to date advice, information, fun activities for Children and Young People, events, ideas and support.

[Visit Resource](#)

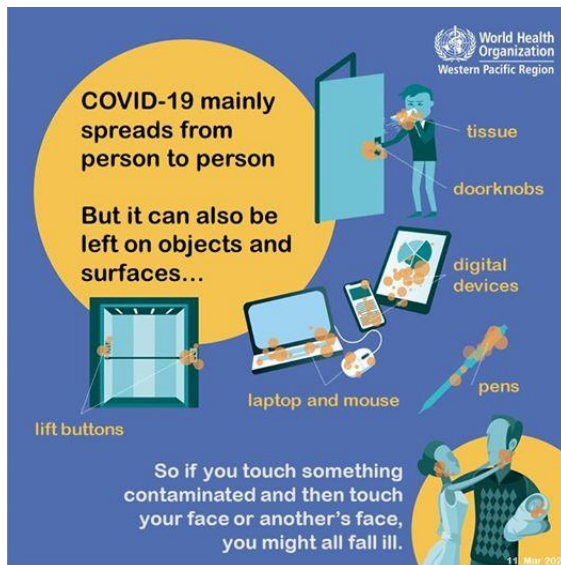




## Symptoms of COVID-19



**If you have any of these symptoms, get tested**



So if you touch something contaminated and then touch your face or another's face, you might all fall ill.

**Everyone with COVID-19 symptoms is now eligible for testing.**

**GET TESTED**



If you have symptoms get tested!

For more info on locations & how to get a test visit

[www.pha.site/cvtesting](http://www.pha.site/cvtesting)

**StopCOVID NI**  
**DOWNLOAD THE APP NOW**



Download The StopCOVID NI app today and help stop the spread of #COVID19

<https://apps.apple.com/gb/app/stopcovidni/id1519404160>

<https://play.google.com/store/apps/details?id=net.hscni.covidtracker>

Test ✓ Trace ✓ Protect ✓ HSC Health and Social Care



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.



If you live in Northern Ireland you could

**HELP US FIND A VACCINE FOR COVID-19.**

Join the NHS COVID-19 vaccine research registry today:  
[nhs.uk/researchcontact](https://nhs.uk/researchcontact)

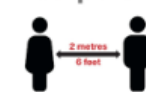


## COVID-19

**Simple steps save lives**



**Wash your hands regularly**



**Keep your distance**



**Wear a face covering where needed**



**Helplines NI**

listen. support. inform

[www.helplinesni.com](http://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!



Health and Social Care

**Free online stress control classes**



[www.ni.stresscontrol.org](http://www.ni.stresscontrol.org)



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

[www.mindingyourhead.info](http://www.mindingyourhead.info)

**DON'T DELAY**

**If you are unwell, use the HSC**

[www.hscboard.hscni.net/dont\\_delay\\_help/](http://www.hscboard.hscni.net/dont_delay_help/)



Health and Social Care


CORONAVIRUS (COVID-19)



**Find apps to support your health and wellbeing during COVID-19**

Discover apps to help at [apps4healthcareni.hscni.net](http://apps4healthcareni.hscni.net)



Service provided by  **ORCHA**








At the end of July, members of the Elephant in the Room (EITR) campaign group appeared before the Executive Working Group on Mental Wellbeing, Resilience and Suicide Prevention to discuss mental health reform, including the recommendations from the ETR report. Further information and report is available to [read here](#).



Helpful article from Mental Health UK for young people who have received disappointing exam results - [Read Here](#)



New report from Barnardo's NI: 'New Term, New Challenges, New Opportunities – Putting Children's Mental Health at the Heart of Education'. With the news school term on the horizon, mental health and wellbeing needs to be the top priority – [Read Full Report Here](#)



**Youth Access – Young People's Advisory Group**

Are you aged 13-25?

Do you want to help in the design of mental health services in NI?

To find out more contact  
Gill Hassard  
[ghassard@ncb.org.uk](mailto:ghassard@ncb.org.uk)

[www.ncb.org.uk/youthaccessYPAG](http://www.ncb.org.uk/youthaccessYPAG)





**FLARE**

Facilitating Life and Resilience Education

The Flare programme engages with young people to raise their awareness of positive mental health, how to find support and develop their confidence, resilience and coping strategies.

[Get support here](#)



**Download the latest Mentally Healthy Schools coronavirus toolkit:**

supporting the return to school

MENTALLY HEALTHY SCHOOLS Anna Freud National Centre for Children and Families

Toolkit from Mentally Healthy Schools' bringing together lots of useful resources for school staff, parents, carers and children, all focused on making sure the return to classrooms is a mentally healthy one.

[Download it here](#)



# Clanrye Group

2020 Programmes

Offering a range of free support programmes and activities for the whole community to enjoy at home / socially distanced



## Family fun activities

Including exercise and fun activities



## Online Courses

Including online safety for parents



## Help finding work

CV's, application forms & Interviews



## Family Support

Including parent & relationship support



## The Mill Online Cafe

Online social cafe open to everyone



## Health & Well being support

Support if you are feeling stressed, anxious or lonely



## Computer Skills

Help to improve your computer skills



## Community Hub Support

Help with food and befriending

Give us a call on 028 3089 8119 or email [info@clanryegroup.com](mailto:info@clanryegroup.com)



## Online Course Timetable

The timetable for September's FREE online courses is now live and open for registrations.

[September Timetable](#)



## Grief and bereavement during the COVID-19 pandemic

Supporting yourself and others



If you have lost a loved one during the COVID-19 pandemic, there are resources and support information available.

Visit: [www.pha.site/covid19-bereavement](http://www.pha.site/covid19-bereavement)

## September at



We have taken all reasonable precautions to keep you safe while attending Atlas

- Social Distancing
- Hand Sanitising
- Robust Cleaning & Sanitising
- Face Masks Available

### Monday

Body Shape, Style & Personality for Mums, creche available

Monday 7<sup>th</sup> Sept 6 wks  
10am – 12pm  
Criteria applies, call for more info

Barre Taster Session

Floor, Chair Ballet, Ballroom Movement  
Monday 7<sup>th</sup> Sept  
12:15pm – 1pm

Famous Art & Artists

Learn about them and create art in their style  
Monday 14<sup>th</sup> Sept  
6 wks 1.30 - 3.30

### Tuesday

Supporting Parents Tea, Coffee, Chat Free Creche Available

Tuesday 8<sup>th</sup> Sept (weekly)  
10.30 – 11.30

### Wednesday

Coping with Grief & Loss

Loss of income, job, pet, loved one...  
23rd Sept 6 Weeks  
10am – 12pm

Grounding Techniques for 8-10 yrs

Start date 9<sup>th</sup> Sept  
4 – 5pm  
8 weeks

### Thursday

All About Art Therapy Parenting Tips

Thursday 3<sup>rd</sup> Sept 4 wks  
10am – 12pm

### Friday

Mindful Parenting

Friday 4<sup>th</sup> Sept  
10.00 - 11.30



Contact Us: Phone \* email \* WhatsApp \* Facebook \* text  
02892 605807/07927 970847

Email: [info@atlaswomenscentre.co.uk](mailto:info@atlaswomenscentre.co.uk)  
Facebook: Atlas Centre Lisburn

Creche places are available with morning classes. Priority is allocated to parents who meet funders criteria. Please call for more details.

Please note that places are very limited and booking essential.





## Newry & Mourne Family Support Hub/SPACE-NI

After talking to parents and children who were referred to SPACE-NI via the Family Support Hub, it was clear that after many months of lockdown parents needed some respite and children needed to reconnect with friends. The team at Space took on the challenge of planning a summer scheme whilst adhering to all the Covid-19 guidelines, it was no easy feat. We knew whatever we did had to be high energy, outdoors and with restricted numbers and with the increased numbers of referrals from parents asking for support for managing their children's anxiety we wanted to add in some therapeutic element to it, so animals got thrown into the mix.

Over lockdown families with disabled children were telling us how exhausted, frustrated and worn down they were feeling. With the loss of many respite opportunities, no schools and lockdown they had no time to spend with their other children and hadn't had a day out for months as they struggled to manage the care of one child with additional needs whilst keeping siblings safe and entertained. In response on a beautiful Wednesday morning we headed to Mount Panther Farm with 6 families (22 children and 7 adults) and enough staff to ensure that each parent had someone to help them share the care throughout the day. Feedback from parents, children and staff was amazing. One parent whose daughter is non verbal told us how she couldn't believe the number of new sounds her daughter made as she interacted with the animals; another was delighted to be able to spend quality 1:1 time with each of her children. At the end of the day we had tired kids, new friends and happy mums who swapped telephone numbers and have all signed up to a walking group we will be running in September.

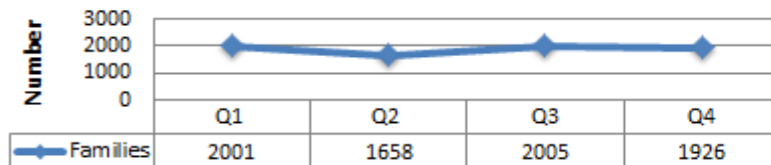
The following week saw the start of our "Wild and Woolly" Summer scheme. Set in the beautiful grounds of Narrow Water Castle and despite the horrendous weather, each day 12 new children donned their wet gear, riding hats and welly boots to ride ponies, puddle jump, fly kites, build dens, take part in colour runs and scavenger hunts and just enjoying wild play in the hundreds of acres of farmland and forest of Narrow Water Castle. Not once did we hear a complaint about the rain instead, we had beaming faces and one participant told us "this has been the best day of my life". Watching the children engage with the ponies, cats and dogs was uplifting and one little boy with autism told us he had never felt his heart beat so hard with happiness.



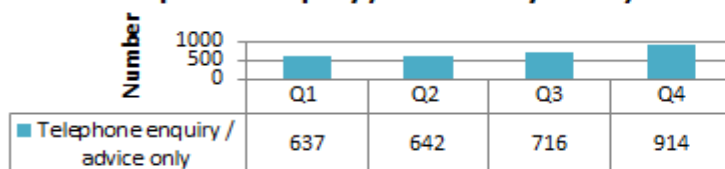




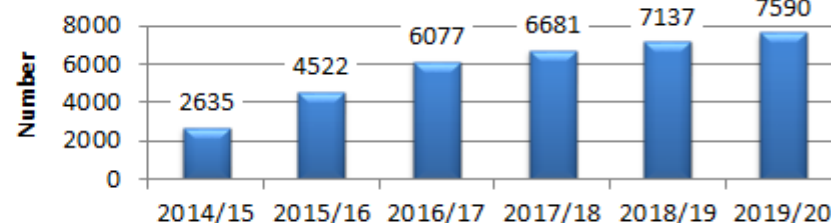
Number of Families Referred 2019/20



Telephone enquiry /Advice only 2019/20

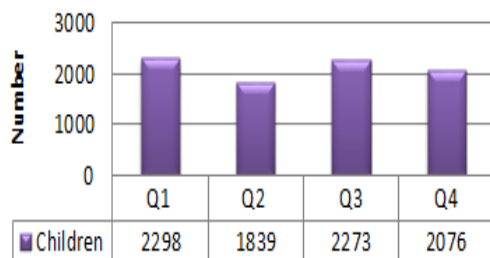


Number of Families Referred –  
(2014/15 to 2019/20)

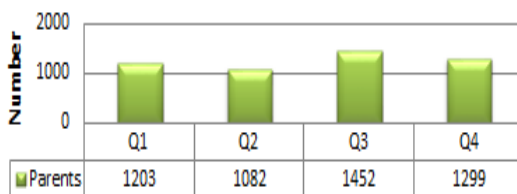


In 2019/20, **7590** families were referred through family support hubs, **453** more families than in 2018/19, slightly over a **6%** increase. There were also **2909** telephone enquiry/advice only calls in 2019/20, with a significant increase in Qtr4.

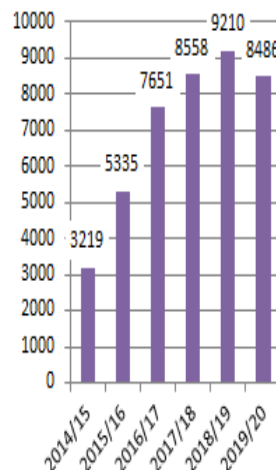
Number of Children Referred 2019/20



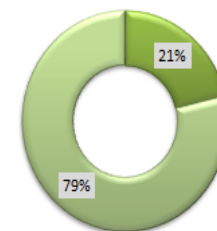
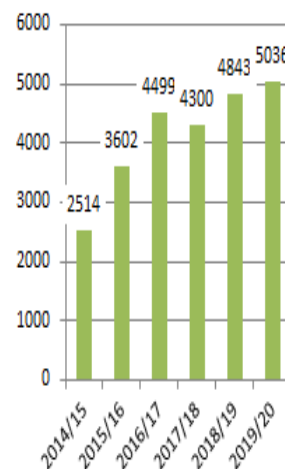
Number of Parents Referred 2019/20



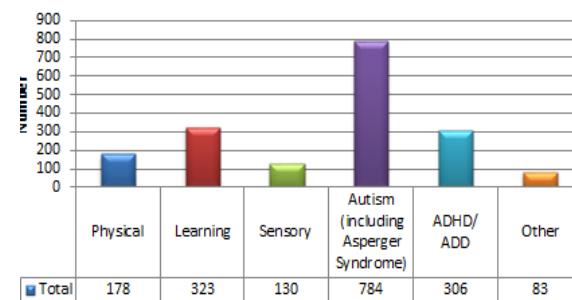
No. of Children  
(2014/15 to 2019/20)



No. of Parents  
(2014/15 to 2019/20)



Total Children with a Disability (No=1804)  
Total Children Referred without a Disability (No = 6682)



Produced by CYPSP Information Team

Download our Annual Family Support Hub Report Card [here](#)

For further information on Family Support Hubs in your area?

Email: [cypsp@hscni.net](mailto:cypsp@hscni.net) or Visit <http://www.cypsp.hscni.net/family-support-hubs/>