



# Family Support Hubs Newsletter

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

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- Registration with a GP
- Barnardos 'Bolo' Helpline
- Eu Settlement Scheme

## DOMESTIC & SEXUAL ABUSE

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## DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy Helpline/ RAPID Bins
- PBNI/Addiction NI

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- Larne YMCA
- Dialogue Youth Community Event
- The Trussell Trust/Foodbanks
- Community Helplines
- Supporting Communities
- Phone First/Victims Support NI

## GOOD NEWS STORIES

- Friends Resilience Team
- Northern Area FSHs Good News Story
- Western Area Outcomes Group
- Strengthening Support for Families
- Returning to School and Learning

## COVID ADVICE/GUIDANCE

Welcome to Edition 2/2021 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 20th April 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](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?

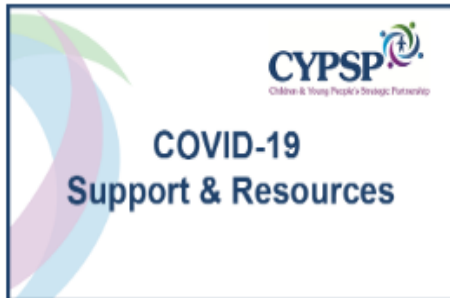
Click on map:-





# Parent Support

## Upcoming Parenting Programmes



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.

**family support NI** gov.uk  
Helping You Find the Services You Need

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



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.

Talk, Learn, Do NI is providing Parentline NI with a free, 2 hour online training webinar for parents/carers of children aged 3 to 11 years.

When: Wednesday 28th April

Time: 9.30am to 11.30pm



Talk, Learn, Do NI: Teaching your children about money

If you would like to book a place call Parentline free on 0808 8020 400

What can you learn from the course?

As a parent, you can learn about:

- Increasing your knowledge on how to talk to your children about money
- Teaching your children about money in every day situations for example, going shopping or around the home.
- How to manage your own day-to-day money as a parent
- Teaching your children how to recognise the difference between 'want' and 'need'



Who is it for?

If you are a parent/carer/grandparent or anyone who is interested in passing on its guidance, having fun and giving your child the confidence to learn about money from a young age.

**Talk, Learn, Do NI:**  
Parents, Kids and Money



Become a Practitioner and help parents to teach their children about money



**Parent Line NI**  
0808 8020 400





Children in Northern Ireland

## Intro to Online Child Protection

Monday 26th April  
13:30 – 16:30pm

Covid has increased children & young people's reliance on the online world.

*Training covers:* harm prevention & protection in the online world and how we can enable children & young people to be safe, benefit from online technology and protect themselves.

**TO BOOK please visit:**  
[www.ci-ni.org.uk/training](http://www.ci-ni.org.uk/training)

Our funding restrictions are such that this training is only available to those who work / volunteer for a voluntary, charitable, faith or community-based organisation only.



Eventbrite Html [Online Child Protection](#)



## We need people like you



Supported lodgings/ STAY prepares young people for adult life

Call us today on **0800 0720 137**  
[www.adoptionandfostercare.hscni.net](http://www.adoptionandfostercare.hscni.net)



Are you caring for someone for 35 hours a week or more? You might be eligible for Carer's Allowance without even realising. Find out more about the benefits and support you could be entitled to by taking our FREE online course:

<https://bit.ly/32i8Hwc>



The Family Wellness Project want to hear from parents & carers on the subject of “talking to children about #mentalhealth”. Please take a few moments to complete this very short survey and share to family & friends! AMH are one of the partners in the @familywellnessproject.

[Click HERE to complete the survey](#)



## 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](mailto:help@nspcc.org.uk)  
or visit [nspcc.org.uk/helpline](https://nspcc.org.uk/helpline)



# Online Employability Programme

CIANMIL  
HOUSING GROUP



**Calling all 16-65 year olds who live in the Newtownabbey area**

Improve your employment opportunities by:

- Developing your Employability Skills e.g. CV, interview skills, job searching and one-to-one mentoring
- Enjoy creative workshops



## Programme Details:

- Every Tuesday from Tues 25th May 2021, 10am to 12 Noon for 6 weeks
- Up to £40 financial bonus on completion



## Register Now!

Please contact Roisin on:  
078 8905 5431 or via Facebook  
@brysonfutureskills  
Limited places are available.



This project is being funded by the Department for Communities through its Shared Communities initiative.

Bryson

Northern Ireland  
Executive  
www.northernireland.gov.uk

T:buc  
Changing for the better, together

Housing  
for all

Housing  
Executive



Help Kids Talk run **FREE BASIC AWARENESS TRAINING WEBINARS** on a fortnightly basis. In our webinar we discuss infant mental health and share our top tips for supporting speech, language and communication development in children aged 0-6 years. The webinar is suitable for both parents and practitioners and are available to everyone across Northern Ireland. Please click on the following link to register for a date that suits you: <https://view.pagetiger.com/basic-awareness-webinar-training-dates>. If you want any further information, please contact the Help Kids Talk Team at [helpkidstalk@resurgamtrust.co.uk](mailto:helpkidstalk@resurgamtrust.co.uk)





## Wellness Project for Children

We're announcing a new Wellness Project for children! We're creating a service in @WesternHSCTrust and @SouthernHSCT to support the mental health of 0-3 & 11-13 year-olds, and their parents/carers. Info on Family Wellness



The [@TriangleTrust](https://www.triangletrust.org.uk/) new Young Carers grants programme is now open! Grants from £10,000 to £60,000 are available for projects supporting young carers to address learning gaps linked to the pandemic. Apply by 11 May at 12noon <https://bit.ly/3t6QnSI>



## How the PANTS campaign can help children stay safe from sexual abuse



NSPCC, PHA, NHSCT and Northern CYPSP locality groups came together in 2020-2021 to roll out the PANTS campaign across the NHSCT area to empower parents and professionals to have simple age-appropriate conversations with children aged 4-8 years old to help protect them from sexual abuse.

We are used to talking to children about things like crossing the road safely but what about speaking to them about messages that will help to keep them safe from sexual abuse? We understand that talking about this topic might feel daunting but it doesn't have to be. PANTS has been created specifically, with the help of parents and professionals, to make sure these conversations are as easy to understand and as appropriate as possible for children from the age of four.

The PANTS tools and resources give adults simple ways to open these conversations in a clear and child-friendly way to give children confidence and knowledge. The key messages are:

- P – Privates are privates.
- A – Always remember your body belongs to you.
- N – No means no.
- T – Talk about secrets that upset you.
- S – Speak up, someone can help.

Every family is different and when and where you have these conversations will depend on your child – it's all about whatever feels natural for you and them. A few examples of where other parents have told us it worked for them have included bath time, getting dressed, car journeys, out for a walk or when going swimming. Or, start talking PANTS with the help of our friendly dinosaur mascot Pantosaurus featured throughout our website page and materials.

We have a range of other PANTS guides for parents, carers and children, including guides in a number of different languages and for people with a disability. We also have guides for foster carers, parents with a learning disability, parents of children with autism, and a film for deaf children. You can find these on the NSPCC website – [www.nspcc.org.uk/pants](https://www.nspcc.org.uk/pants)

You can find lots of information and support about talking PANTS on the website link. Or call the NSPCC helpline at any time on 0808 800 5000 for any advice, or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk). If you are an organisation that would like PANTS parents' booklets or posters or would like to access PANTS Awareness Training please contact NHSCT Health and Wellbeing Team on [healthandwellbeingteam@northerntrust.hscni.net](mailto:healthandwellbeingteam@northerntrust.hscni.net)



# PARENTING APART FOR DADS PROGRAMME

Six week parenting programme supporting dads to minimise the impact of separation on children

The programme explores:

- ✓ Emotional impact
- ✓ Parenting roles
- ✓ Changes in relationships
- ✓ Legalities
- ✓ Financial impact
- ✓ Moving on

## NEWRY AND MOURNE AREA

Six week online course starting  
Thursday 29th April 2021 at 7.30pm - 9.00pm

Requests for places on the programme can be made by calling  
**0808 8010 722**

Programme welcomes those parenting  
0-3 years and 11-13 years specifically

For more information visit:  
[parentingni.org](http://parentingni.org)



# PARENTING APART FOR MUMS PROGRAMME

Six week parenting programme supporting mums to minimise the impact of separation on children

The programme explores:

- ✓ Emotional impact
- ✓ Parenting roles
- ✓ Changes in relationships
- ✓ Legalities
- ✓ Financial impact
- ✓ Moving on

## ARMAGH AREA

Six week online course starting  
Monday 26th April 2021 at 7.30pm - 9.00pm

Requests for places on the programme can be made by calling  
**Free phone 0808 8010 722**

Programme welcomes those parenting  
0-3 years and 11-13 years specifically

For more information visit:  
[parentingni.org](http://parentingni.org)







*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>



How will having a baby change my family? - Support for Parents from ...  
You may wonder how having a baby will affect your family. There are a few things you can think about when deciding if it's the right time.  
🔗 [parents.actionforchildren.org.uk](http://parents.actionforchildren.org.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](mailto:enquiry@familymediationni.org.uk)  
or [administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk)  
visit [www.familymediationni.org.uk](http://www.familymediationni.org.uk)





## 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](mailto:solihull.approach@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

[www.inourplace.co.uk](http://www.inourplace.co.uk)  
[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



Go to:

[www.inourplace.co.uk](http://www.inourplace.co.uk)

and enter the 'access code'

**NIBABIES**

To return to the course(s) go to  
[inourplace.co.uk](http://inourplace.co.uk) and sign in!

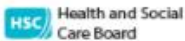


# SureStart



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



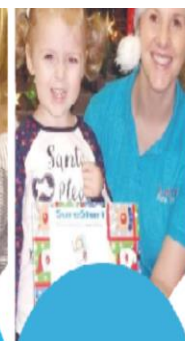
UNDER  
ONE



ONE TO  
TWO



TWO TO  
THREE



THREE TO  
FOUR

EARLY YEARS





## Employers for Childcare

We're here to help parents make sure they are receiving all the financial support they are entitled to with their childcare costs.

Call us today on **0800 028 3008** or email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org) for free & confidential advice.

We may be able to help you save money!

**We can help your family identify support you are entitled to**

For free, impartial and confidential advice:

Freephone 0800 028 3008

[hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)

**Employers For Childcare**

[www.employersforchildcare.org](http://www.employersforchildcare.org)

## Childcare Support & Advice

Please visit our [Covid Information Section](#) for the latest Covid-19 related information.

### Provision of Childcare during the COVID19 Pandemic

Find current information issued from the Department of Health around the provision of childcare during the pandemic here.

Last Update: 02/02/2021



Using our Childcare Search



Help with Childcare Costs



Family Benefits Advice



Are you interested in becoming a Childminder?



Applying for a Pre-School Place



Free School Meals & Uniform Allowance

<https://www.familysupportni.gov.uk/Section/Childcare/138>

## Finger Food Advice for Toddlers

Here is a useful advice sheet from [Child Accident Prevention Trust](#) on finger food for young toddlers and babies!

### Finger food without the FEAR



Breath, chew, swallow – seems simple enough, but babies and toddlers are still learning which comes first!

That's why it's so easy for food to get stuck.

Things to remember:

#### Round food is not our friend

- Avoid round food - cut grapes, cherry tomatoes, cherries etc in half lengthways and ideally in quarters
- If you get the fruit bags with grapes when out – ask for a knife to go with it

#### Think long and thin

Anything smaller than a two pence piece can get stuck

- Narrow batons are best for vegetables like cucumber, carrots or celery
- Hot dogs are big culprits so cut them in half and lengthways (really narrow)
- Lumps of meat or cheese need to be cut as narrow as you can



#### Save the hard stuff for later

- Things like boiled sweets, ice cubes or cough sweets are too big and slippery for young children so avoid them
- Nuts, popcorn and other similar snacks are best kept until children are a bit older and more competent eaters

#### Take it easy, tiger

- It's never too soon to start teaching children to sit still when they eat. You're likely to sound like a stuck record, but it's worth the effort as really reduces the risk
- Remind children to chew what they have in their mouths before putting more in ... little, by little

Child Accident Prevention Trust - Registered charity no. 1053549 - [www.capt.org.uk](http://www.capt.org.uk)



Have fun with our activity pack all about Play!

This fun Play themed activity pack, Dreamers Space, has been created by artist Corrina Askin in connection with our Exhibition, Arpillera Voices for #ChildrensRights curated by Conflict Textiles.

Did you know that Play is a children's right? A cultural and artistic life is one of the children's right highlighted in the exhibition and we've created an activity pack to help you get creative with play at home! Have a go with lots of great play ideas from Garden Soup, to Rainwater Tea, and send us in pictures of anything you make to [esther.alleyne@causewaycoastandglens.gov.uk](mailto:esther.alleyne@causewaycoastandglens.gov.uk) so we can share them online and encourage others to play to!

Why not have a look at the Arpillera Voices for #ChildrensRights and learn about the other rights that children have through art at:

<https://www.roevalleyarts.com/exhibitions/arpillera-voices-for-childrens-rights>




**Help Your Child with Maths**  
CCEA's new 'Help Your Child With Maths' [Primary](https://bit.ly/2Nuxjhz) resource is now available on our website! <https://bit.ly/2Nuxjhz> To help support young learners in the classroom & beyond, this maths resource can be used by: Parents, Teachers and Classroom Assistants







Libraries NI have a series of story time videos on their YouTube channel. You can access them here 

<https://youtu.be/Xgc78OHX7TU>



Welcome to the third edition of our Literacy Newsletter which is all about memory. It has ideas and strategies to improve memory in primary and post primary pupils, supporting our children and young people to build confidence.

<https://sway.office.com/JfOFLubiSE18DNYv>

**New Issue  
Out Now**

This week our  
focus is to  
Be Conscientious

Make a plan and  
stick to it  
Be The Best You  
Can Be



High Five  
at home



High Five  
in school



Primary  
Behaviour  
Support &  
Provisions



### Book Trust – Plants and Gardens

Will you be joining Paddington and getting out in the garden or park? We've put together a list of books all about plants to inspire your little ones:

<https://booktrust.org.uk/booklists/p/plants-and-gardens/>





# 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](mailto:leah.king@clanryegroup.com)



INTERNATIONAL FUND FOR IRELAND



Visit us at [www.clanryegroup.com](http://www.clanryegroup.com)

## Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse  
07480 635982

Belfast Trust Text-A-Nurse  
07507 328290

South Eastern Trust Text-A-Nurse  
07507 327263

Western Trust Text-A-Nurse  
07480 635984

Southern Trust Text-A-Nurse  
07507 328057

Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to start a chat







Sign-up for [#30DaysWild](http://wildlifetrusts.org/30DaysWild) 2021 is now officially OPEN! Take on the UK's biggest nature challenge this June, and receive a FREE pack of goodies to help you on your way! <http://wildlifetrusts.org/30DaysWild>

Outdoor Classroom Day @OutdoorClassDay · 2h

Do YOU believe that children should have time #outdoors EVERY day? Join over 106,000 others and be part of the #OutdoorClassroomDay movement! [outdoorclassroomday.com](http://outdoorclassroomday.com) #outdoorlearning



RCP are launching Pinball II this Thurs 22nd April Event streaming live from 3PM @ <http://m.facebook.com/NIYouthForum/>

The short film puts the spotlight on key issues affecting homeless young people and provides some recommendations how they may be addressed. [#ByYoungPeopleForYoungPeople](https://www.youtube.com/watch?v=...)



**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](https://bolstercommunity.org)

**BOLSTER**  
COMMUNITY

In partnership with:



Southern Health  
and Social Care Trust





As many children and teenagers may feel anxious about going back to school. This new visual board will help explain to someone their worries about certain aspects of school life. [PowerPoint Presentation \(squarespace.com\)](https://www.squarespace.com)

### 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	<input type="checkbox"/>	Putting on the uniform	<input type="checkbox"/>
Eating breakfast	<input type="checkbox"/>	Packing school/pe bag	<input type="checkbox"/>
Driving/walking to school	<input type="checkbox"/>	_____	<input type="checkbox"/>



## 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>





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](#)



## 6 Ways to turn a bad day around:

- Shift your mindset
- Focus on one thing at a time
- If in doubt, breathe it out
- Name three good things
- Take a walk outside
- Get the tunes on!

Did you get up on the wrong side of the bed this morning and finding it hard to shake the feeling? If you need a kickstart, Stuart Sandeman, from Radio 1's Decompression Session, gives you six simple ways to turn the day on its head. =

<https://canvas-story.bbcrewind.co.uk/stuartsandeman/@BBCR1>





# Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Eat healthy and natural food today and drink lots of water	 6 Turn a regular activity into a playful game today	 7 Do a body-scan meditation and really notice how your body feels	1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead
12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time	8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds
19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today	15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today
26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil	22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**



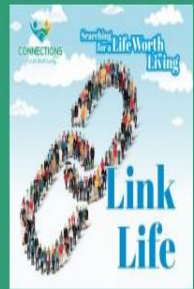




## Connections Link Life Suicide Prevention Awareness



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](#)



### A Mind of their Own

**Watch anytime: 8.00 pm until midnight on 11, 12, 13 May**

Anxiety levels and poor mental health are on the rise in children and young people, and as a parent this can feel overwhelming ... even at times debilitating. But there's *good news!* Parents have incredible power to help their children build strong emotional resilience and a healthy mental wellbeing.

Care for the Family, a UK wide family support charity have produced a **free** one hour-long event *A Mind of their Own* that will look at the unique opportunities and pressures facing young people today (including the COVID-19 pandemic) and explore the science of the mind, and why children act and react the way they do.

*A Mind of their Own* offers a wealth of wisdom, knowledge and advice that would benefit any parent. It will equip you to support your children to grow into strong, resilient young people.

Katharine Hill, Dr Rob Waller and Dr Kate Middleton will share practical and preventative tools to see your children through the difficult times, as well as build resilience to guard against anxiety and depression.

*A Mind of Their Own* is completely **FREE** to book. You will be sent a link to view the one-hour long online event and it can be watched anytime from 8.00 pm until midnight on 11, 12, 13 May.

To book visit <https://www.careforthefamily.org.uk/events/events-online-2/a-mind-of-their-own>

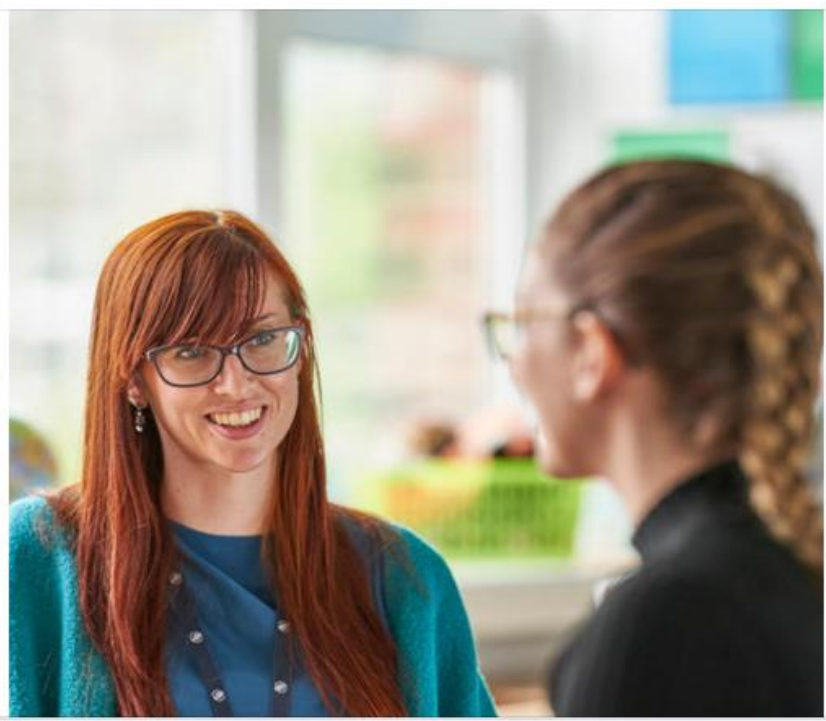


Place2Be  
Sponsored ·

We're offering free children's mental health training for qualified teachers and school staff in the UK.

- ✓ understanding of children's mental health
- ✓ enhance your professional development
- ✓ join online discussions

Sign-up today and join the next session



<https://tinyurl.com/4derr7y6>



covidwellbeing  
ni.info

# Helplines

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

covidwellbeing  
ni.info



## Action for Children Mental Health & Well-being Advice

Now more than ever, your mental health is as important as your physical health. This is why our Parent Talk experts have advice for parents and children about mental health and wellbeing -

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/>







# BOLSTER COMMUNITY

## HOW TO REDUCE YOUR STRESS



• PLAY WITH PETS •



• MANAGE YOUR TIME •



• TALK ABOUT IT •



• EXERCISE •



• AVOID CAFFEINE •



• 7-9 HOURS SLEEP •



• DEEP BREATHING •



• EAT HEALTHILY •



### 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](mailto:info@aware-ni.org) for more information



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

# PROGRESSIVE MUSCLE RELAXATION



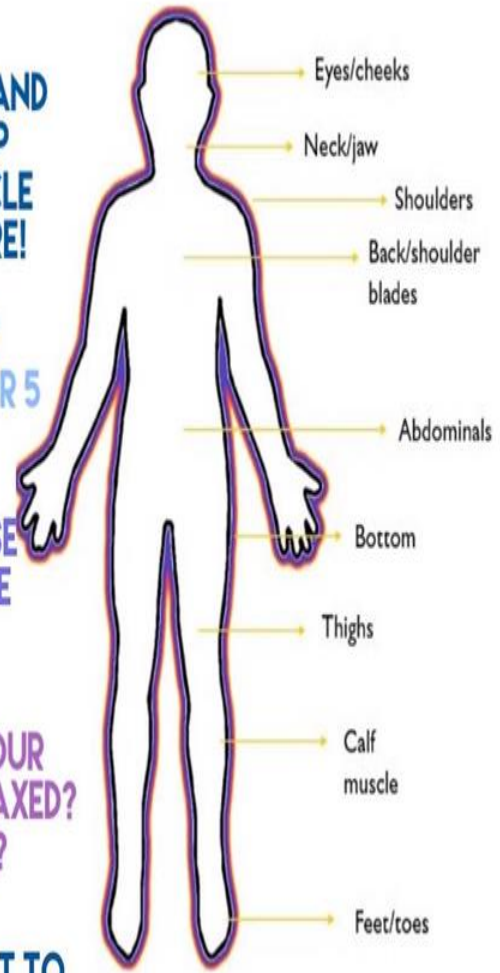
START AT YOUR TOES AND WORK YOUR WAY UP THROUGH EACH MUSCLE GROUP IN THE PICTURE!

1. TENSE THE MUSCLE GROUP AND HOLD IT FOR 5 SECONDS

2. LET GO AND RELEASE THE TENSION IN THOSE MUSCLES

3. NOTICE HOW YOUR MUSCLES FEEL... RELAXED? HEAVY? LOOSE?

AND DON'T FORGET TO KEEP BREATHING!







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



**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!



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>





COVID-19  
vaccine



## Information materials available in a range of languages

[pha.site/COVID19infomaterials](http://pha.site/COVID19infomaterials)



English



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



العربية



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 Portuguese, 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.

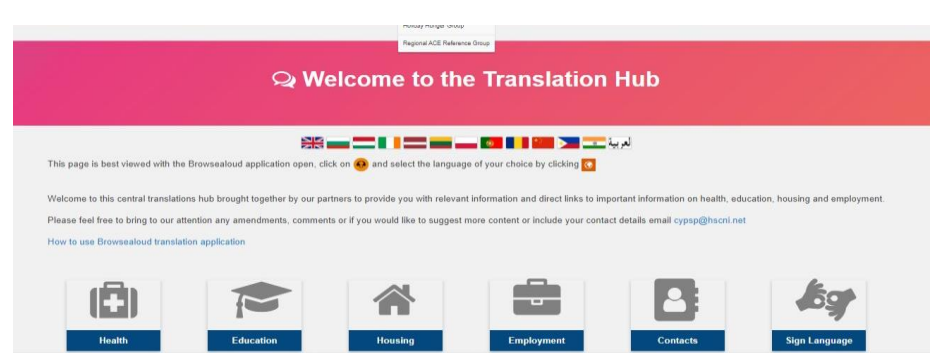
### Provision of Health Services to Persons Not Ordinarily Resident Regulations (Northern Ireland) 2015

<a href="#">HSCR-1 (ENGLISH)</a>	<a href="#">Entitlement aid (ENGLISH)</a>
<a href="#">HSCR-1 (ARABIC)</a>	<a href="#">Entitlement aid (ARABIC)</a>
<a href="#">HSCR-1 (BULGARIAN)</a>	<a href="#">Entitlement aid (BULGARIAN)</a>
<a href="#">HSCR-1 (HUNGARIAN)</a>	<a href="#">Entitlement aid (HUNGARIAN)</a>
<a href="#">HSCR-1 (LITHUANIAN)</a>	<a href="#">Entitlement aid (LITHUANIAN)</a>
<a href="#">HSCR-1 (MANDARIN)</a>	<a href="#">Entitlement aid (MANDARIN)</a>
<a href="#">HSCR-1 (POLISH)</a>	<a href="#">Entitlement aid (POLISH)</a>
<a href="#">HSCR-1 (PORTUGUESE)</a>	<a href="#">Entitlement aid (PORTUGUESE)</a>
<a href="#">HSCR-1 (ROMANIAN)</a>	<a href="#">Entitlement aid (ROMANIAN)</a>
<a href="#">HSCR-1 (SLOVAK)</a>	<a href="#">Entitlement aid (SLOVAK)</a>
<a href="#">HSCR-1 (TETUM)</a>	<a href="#">Entitlement aid (TETUM)</a>



## 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 'Bolo', a new UK helpline for Black & Asian children, young people & families affected by Covid -19.

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

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

### Have you applied to EUSS yet? This is not something you should put off.

If you're an EU citizen living in the UK, you must apply to the EU Settlement Scheme to stay in the UK.

If you don't apply by the deadline on **30 June 2021**, you could lose your existing UK rights to things such as working, renting and benefits.



**Stronger Together** is offering **FREE** support to help you apply to the EU Settlement Scheme.



Contact Stronger Together today on **028 877 50211** or email [info@strongertogetherni.org](mailto:info@strongertogetherni.org)





## 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

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>

### INFORMATION & SUPPORT LINE

0800 0246 991  
Mondays & Thursdays  
6pm-8pm

Listening, Believing  
& Support for All  
[www.rapecrisisni.org.uk](http://www.rapecrisisni.org.uk)



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

**Belfast. 028 9024 1929**  
**Foyle. 028 7116 0001**

**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.

  
**Victim Support NI**

**Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086**  
[belfast@victimsupportni.org.uk](mailto:belfast@victimsupportni.org.uk) | [foyle@victimsupportni.org.uk](mailto:foyle@victimsupportni.org.uk)



# Are you 11-25 and worried about your own substance misuse?

Contact the DAISY service for free and confidential support over the phone or by video call:

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.

**drugsand alcoholni**  
Supporting recovery and better health

**HSC Public Health Agency**  
Project supported by the PHA

**NIBACTS** **facebook** **twitter**

[www.drugsandalcoholni.info/RAPID](http://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](http://STEPSTOCOPE.CO.UK) FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.**

**STEPS COPE** **ASCERT 21** **Believe in children** **Barnardo's** **South Eastern Health and Social Care Trust** **AFINet** **COMMUNITY FUND**

## 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](http://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](http://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](http://www.addictionni.com) or call 028 9066 4434

[@addictionni](https://twitter.com/addictionni)

**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  
HEART HEALTH  
DRINKING AT HOME  
PLANNING AHEAD  
BLOOD PRESSURE  
CALORIES

**COUNTING UNITS**

**HSC Public Health Agency**

**ALCOHOL and you**

**IS IT TIME FOR A CHANGE?**

**WORKBOOK AND SELF-HELP TOOLS**



## Larne YMCA to commence Drug and Alcohol Programs for Young People



Dean Nutt –Larne YMCA's program manager.

Larne YMCA has been awarded funding to increase the awareness of drug and alcohol abuse amongst young people. There will be a number of youth programmes run to increase awareness of the problems drugs and alcohol can cause, how to prevent problems occurring and looking out for yourself and others. The YMCA will also signpost young people if they need further help. At the core of the program will be promoting prevention strategies and a focus on mental health and wellbeing.

The program will be lead by the YMCA's program manager Dean Nutt (pictured above) and the YMCA youth team. Dean can be contacted for further details by email: [dean@larneyymca.org](mailto:dean@larneyymca.org) and by mobile on 07895 350727. The YMCA youth club operates 5 nights a week including Saturday evenings. Program delivery is informed by the strengths based Circle of Courage. There are currently over 350 young people registered, ranging from 7 to 18 years who present with a range of social, emotional and developmental needs. Two targeted programmes also operate from the YMCA Centre; YMCA Outreach Service which delivers in both Carrick and Larne and M-power, a regional programme run by National YMCA which supports young people not in education, training or employment. Both of these interventions support vulnerable youth who are often already engaging in substance misuse or are at significant risk of engaging in substance abuse.

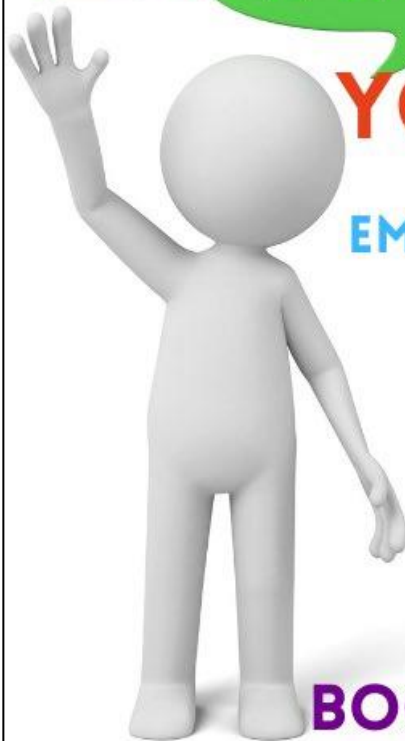
Larne YMCA is based at 34A Pound Street, Larne, BT40 1 SD. Telephone 028 2827 9331



#AMPLIFYINGYOUTHVOICES



# DIALOGUE



## YOUTH COMMUNITY EVENT

BUILDING AN INCLUSIVE, PEACEFUL &  
EMPATHETIC FUTURE FOR NORTHERN IRELAND

TUES 4TH MAY @ 7.30-9.30PM

FREE EVENT OPEN TO ALL YOUNG PEOPLE

PANEL DISCUSSION + Q & A VIA ZOOM

+ 3 X MINI WORKSHOPS

BOOK YOUR FREE TICKET @ EVENTBRITE

COMMUNITY





[Find a Food Bank  
Near You](#)



## NEW 'PHONE FIRST' SERVICE FOR EMERGENCY 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](#)

Get the latest edition  
online now!  
Or get it straight to your inbox - sign up to  
our mailing list on our website.



# E-Zine

[supportingcommunities.org](http://supportingcommunities.org)

There's a fresh edition of [#SCEzine](#) online now!  
Grab your copy here: <https://bit.ly/3aan2Pv>



If you are struggling after experiencing a crime, whether it happened recently or some time ago, Victim Support NI are here to help.



We can provide support and information tailored to your needs, to help you recover and move on from crime.



Contact us via live chat at [www.victimsupportni.com](http://www.victimsupportni.com)  
Email [info@victimsupportni.org.uk](mailto:info@victimsupportni.org.uk), or phone us:  
Belfast 028 9024 3133  
Foyle 028 7137 0086





# BOLSTER COMMUNITY

Our FRIENDS Resilience team have been very busy in the last 12 months delivering 16 programmes throughout the pandemic from our Marcus Street premises and via Zoom.

Bolster Community have been delivering FRIENDS programmes to children in the Newry and Mourne area since 2018 as one of the supports available to children who are referred to the Newry and Mourne Family Support Hub with emotional and behavioural issues. In 2020, 36% of referrals to the Newry and Mourne Hub were seeking emotional and behavioural support for children. The benefits of the FRIENDS suite of programmes has been heavily researched across the globe and has been endorsed by The World Health Organisation as best practice in the reduction of anxiety and depression in children.

FRIENDS for Life is an evidence-based programme that develops resilience, social skills and equips children with coping mechanisms for dealing with various emotions and feelings. The programme has helped participants to understand their feelings and given them tools to manage their fears and anxiety, equipping them to rise to life's challenges. The programme gives children aged 7-11 the skills to improve confidence, develop their ability to focus and improves capacity to relax and regulate emotions.

We were delighted to be able to deliver FRIENDS for Life to 7 primary school classes across Newry and Mourne, via Zoom, in the early part of 2021. These programmes were funded by the PHA Clear project. Participation in the programme exceeded our expectation with 96% attendance across the total of 70 sessions delivered. Mr Mason, Headteacher of St Paul's Primary School, Cabra told, "The programme has been a major benefit to pupils who have been struggling with worry and anxiety as a result of the impact of multiple lockdowns." Following the success of these seven programmes we have secured funding to deliver a further five programmes to primary schools between April and June 2021. If you would like to know more about the programmes please call **Tracy on 02830835764**.





## NORTHERN AREA FAMILY SUPPORT HUBS NETWORK

### The areas we cover:



## What are the Family Support Hubs?

- Each Family Support Hub is a group of organisations including community, voluntary and statutory who deliver services to children/young people (0-17) and their families.
- There are 4 Family Support Hubs in the Northern area all led by Action for Children.
- Each hub aims to link you and your family to the right service to meet your needs.
- We will work in partnership with families, listen to your needs and will help you and your family access the support services best suited to you.
- We are unable to accept referrals or work with families who are involved with Social Services.

Contact us today:

**ACTION FOR CHILDREN**

**Family Support Hubs Network**

**4a Steeple Road, Antrim, BT41 1AF**

**T: 028 9446 7345**

**E: [familysupporthubs@actionforchildren.org.uk](mailto:familysupporthubs@actionforchildren.org.uk)**

**W: [www.familysupporthubs.com](http://www.familysupporthubs.com)**

 Northern Health  
and Social Care Trust

 **CYPSP**  
Children & Young People's Strategic Partnership



### Northern Area Family Support Hubs Good News Story

Action for Children's Northern Family Support Hubs have been working hard throughout the pandemic to support the ongoing needs of children, young people and families. In January we piloted Save the Children's Emergency Response Programme as we could see there was a significant need for financial assistance as a result of the pandemic. We were delighted to be offered the opportunity to deliver this Response Programme for Save the Children. Save the Children in Northern Ireland works with local community partners to support learning and development to create strong foundations in early childhood that will narrow the educational attainment gap for children living in poverty. The programme aims to reach families with young children 6 years and under experiencing financial hardship.

Given the demand evidenced through the Family Support Hubs for this form of support, further opportunities arose to extend this programme throughout February and March 2021 and the continued demand for this practical and financial assistance was huge. [Read more ...](#)



## The Western Area Outcomes Group Strengthening Support for Families Returning to School and Learning



### Supporting the return to school

In March 2021 the Western Area Outcomes Group ran a very timely training session to assist practitioners when supporting families return to education. The WAOG recognised that the COVID 19 pandemic has been a unique situation experienced by both the family and practitioner.

Nearly seventy practitioners from a range of disciplines, including the Community and Voluntary Sector; EANI and WHSCT listened to Christine Davies, Trauma Informed Schools UK. Christine explained to the audience that lockdown and school closures must be considered as a traumatic experience. Christine eloquently described this as "The Same Storm.....Different Boats" - everyone has experienced this, but maybe in different ways in relation to their situation, in different measures and at different times. These experiences may have included;

- Sudden, unwanted change over which they have no control
- Experience of loss
  - Friends
  - Significant relationships with adults
  - Routine, structure, order, safety
  - Freedom to act
  - The ability to mark milestones
  - Bereavement
- Isolation
- Fear
- Uncertainty
- Dysregulated adults
- Poverty
- Increased risk of domestic abuse

Christine offered participants both the underpinning theory and practical application to enable them to better understand the impact of the crisis and move forward to find a new normal. This included;

- Re-experiencing the world as safe
- Acknowledging losses
- The science and practice of gratitude
- Supporting transition back to school
- Re-affirming connection and belonging
- Understanding the impact of the pandemic on behaviour
- Incorporating learning into practice –finding a new normal

Priscilla Magee Fermanagh and Omagh Locality Planning Officer

**TRAUMA  
INFORMED UK<sup>TM</sup>  
SCHOOLS**

THE INSTITUTE FOR  
**ARTS**  
IN THERAPY & EDUCATION

**CCMH**  
THE CENTRE FOR  
CHILD MENTAL HEALTH





## COVID-19 NI EXECUTIVE RESTRICTIONS AND GUIDELINES

Northern Ireland  
Executive

Current restrictions (the next formal review will take place on or before 15 April 2021)

 Stay at home	 Work from home unless unable to do so	 Only leave your home for essential reasons	 No mixing of households in private dwellings or gardens	 One bubble can be formed with one other household	 No overnight stays away from your home
 Outdoor gatherings limited to 10 people from a maximum of 2 households	 Outdoor exercise with own household or with one person from another household	 Stay local. Exercise in your local area	 Phased return to face-to-face teaching	 Weddings and civil partnerships limited to 25 people. Receptions not allowed	 Funerals limited to 25 people
 All tourism accommodation closed	 All hospitality closed	 Off licences closed at 8pm. Takeaway services closed 11pm	 Close contact services closed	 Gyms, swimming pools, indoor sport and exercise facilities closed	 Outdoor and indoor visitor attractions closed
From 1 April the following will be permitted:			From 12 April the following will be permitted:		
 Outdoor sport limited to 10 people from 2 households	 No more than 6 people from 2 households in private gardens	 Contactless 'click and collect' for garden centres and plant nurseries	 Contactless 'click and collect' for all non-essential retail	 Sports training for affiliated clubs, up to 15 people	 No more than 10 people from 2 households in private gardens

Exemptions may apply.

Get up-to-date advice at: [nidirect.gov.uk/coronavirus](https://nidirect.gov.uk/coronavirus)

WE ALL  
MUST DO IT  
TO GET  
THROUGH IT



## COVID-19: ENJOY SHOPPING SAFELY



**Reduce the risk of  
coronavirus spreading by  
sanitising your trolley or basket  
handle as well as your hands**





## COVID-19 Myth Buster

Read the Department of Health's latest #mythbuster on #COVID19 vaccines and fertility.

<https://health-ni.gov.uk/news/mythbuster-covid-19-vaccines-and-fertility>

### COVID-19 MYTHBUSTER

## COVID-19 VACCINES AND FERTILITY



## 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](http://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.



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15-21 Lancelotti Street, Belfast BT2 8BS  
Tel: 0300 505 0115  
[www.hscpublichealth.ni.uk](http://www.hscpublichealth.ni.uk)



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

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - Book a COVID-19 test
  - Household self-isolates
  - 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.

#### YOUR CHILD TESTS POSITIVE FOR COVID-19

- WHAT TO DO?**
- 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

#### 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.

#### SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS

- WHAT TO DO?**
- 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

#### 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.

#### SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - Inform school immediately about test result

#### 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

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - Self-isolate for at least 14 days as advised 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.

#### YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT

- WHAT TO DO?**
- Attend school as normal
  - If your child does not have any COVID-19 symptoms they should carry on with normal activities

#### WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms.

#### YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - Self-isolate for 14 days in line with quarantine advice

#### WHEN CAN MY CHILD RETURN?

Your child can return to school when they have completed 14 days of self-isolation without any symptoms.

\*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.

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](http://www.education-ni.gov.uk)

### EDUCATION RESTART

WE ALL MUST DO IT TO GET THROUGH IT



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/>