

Welcome to Issue 49 of 'FYI'.

Now into December and nearing the end of a very challenging year. It is vital to keep connections with those services and organisations who work towards supporting children, young people and their families, and we must say a big thank you to those who do submit information, as well as those who share FYI to families and colleagues.

We will have one final edition for 2020 on December 17th so as always, keep sending relevant information to us at localityplanning@ci-ni.org.uk This can be events, activities, opportunities, resources or training.

Stay connected and keep making a difference!

Kerry O'Hagan and Darren Curtis
Locality Development Team, Southern Trust Area activities,

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- Page 43 - [Newsletter Submission Guidelines, Upcoming LPG Meetings & Links](#)



For Your Information



Stay **connected**...

Stay **updated**...

Stay **supported**...

www.cypsp.hscni.net

PHONE FIRST

Make sure you **PHONE FIRST** before going to Craigavon Area or Daisy Hill Hospital Emergency Departments, or South Tyrone Hospital Minor Injuries Unit.

0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

Get directed to
the right care

Avoid busy
waiting rooms

Stay safe

Save time



FOR EMERGENCIES - 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY



How to access Urgent and Emergency Care Services

For Urgent Care Treatment that is not life threatening, **PHONE FIRST** before going to Craigavon Area or Daisy Hill Hospital Emergency Departments, or South Tyrone Hospital Minor Injuries Unit



0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

FOR EMERGENCIES THAT ARE LIFE THREATENING 999

Including: stroke, heart attack, loss of consciousness, breathing difficulties, severe bleeding or major trauma

ALWAYS CALL 999 IMMEDIATELY



AMBULANCE

An ambulance will be sent as appropriate



A healthcare professional will guide you to the right care, first time



TEST TRACE PROTECT A STEP-BY-STEP GUIDE

Test ✓ Trace ✓ Protect ✓ HSC Health and Social Care

- SPOT THE SYMPTOMS**
If you have a new persistent cough, fever or loss of or change in sense of taste and smell, you and everyone in your house should immediately self-isolate.
- REQUEST A TEST NOW**
Visit niddirect.gov.uk/coronavirus to book a test online. Call 119 if you cannot book a test online.
- ISOLATE**
Isolate for 10 days after symptoms appear, longer if fever continues (until at least 48 hours after your temperature returns to normal). Other people you live with should isolate for 14 days.
- GET TESTED**
Testing is carried out at drive through testing centres and you must arrive by car (not on foot, via public transport, by taxi or by any other means). Home tests are also available.
- GET RESULTS**
You should receive results within 72 hours. If you test negative for coronavirus you and your household can stop isolating. If you test positive PHA contact tracers will text you.
- PROVIDE DETAILS**
They will ask you to enter details online of people you were in contact with. If you can't go online they may phone you from 028 9536 8888.
- PHA INFORMS CONTACTS**
Close contacts will receive a text from HSC tracing instructing them to self-isolate. Your name will not be shared unless you give permission. All data will be held securely.
- CLOSE CONTACTS ASKED TO ISOLATE**
Close contacts will be asked to isolate for 14 days from the last time they had contact with you.
- HOUSEHOLD OF CLOSE CONTACTS**
If the close contact has no symptoms, others in the household don't need to isolate. If the close contact develops symptoms, they should follow this guide starting at step 1.

When you leave home, stay safe and continue to follow public health advice.

- Wash your hands well and often and avoid touching your face.
- Keep your distance from others when outside the home.
- Cough or sneeze into your elbow or a tissue and dispose of the tissue in a bin.
- Wear a face covering in enclosed spaces like shops, healthcare settings and on public transport.
- Download the StopCOVID NI app to help support contact tracing.

You can spread the virus even if you don't have symptoms.

WE ALL MUST DO IT TO GET THROUGH IT
STAY SAFE. SAVE LIVES.

10/20

This step-by-step infographic guide explains what you should do if you have symptoms, including self-isolating, getting tested and assisting the contact tracing service to identify people you have been in contact with by adding their details to the online service at <https://trace.covid-19.hscni.net> if you receive a text message.

Click [HERE](#) for a copy of the poster which is translated into several languages.

COUNCILS ARE CONTINUING TO MONITOR THE EVOLVING SITUATION WITH COVID-19 FOR ONGOING LOCAL INFORMATION, UPDATES & ADVICE VISIT:



Armagh City Banbridge & Craigavon Borough Council

RESIDENT COUNCIL BUSINESS NEWS JOBS

Home > Information and Advice Covid-19 (Coronavirus)

Information and Advice Covid-19 (Coronavirus)



Business Support
COVID-19

Business Support

For information on business support and guidance from a variety of government departments and agencies during this unprecedented and difficult time [click here](#)



Community Engagement
COVID-19

Community Engagement Hub

We are pleased to support community groups and local organisations in their positive response to the Covid-19 pandemic, giving help to those most vulnerable and in need [click here](#)

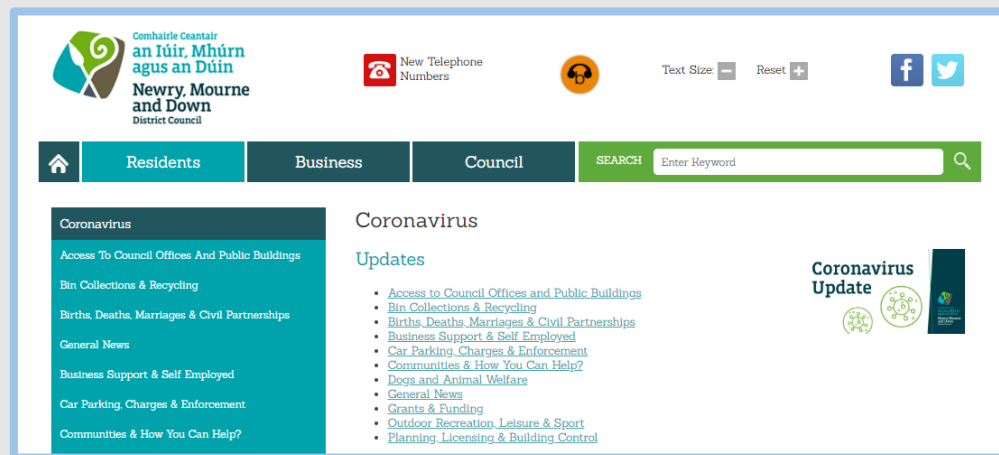


Health & Wellbeing
COVID-19

Health and Wellbeing Hub

Taking care of your health and wellbeing is essential during the Covid-19 pandemic. To stay safe, physically active, mentally strong and emotionally resilient, follow the advice on our Health and Wellbeing hub. [click here](#)

[HERE](#)



Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry Mourne and Down District Council

New Telephone Numbers

Text Size: Reset

Facebook Twitter

Home Residents Business Council

SEARCH Enter Keyword

Coronavirus

Access To Council Offices And Public Buildings

Bin Collections & Recycling

Births, Deaths, Marriages & Civil Partnerships

General News

Business Support & Self Employed

Car Parking, Charges & Enforcement

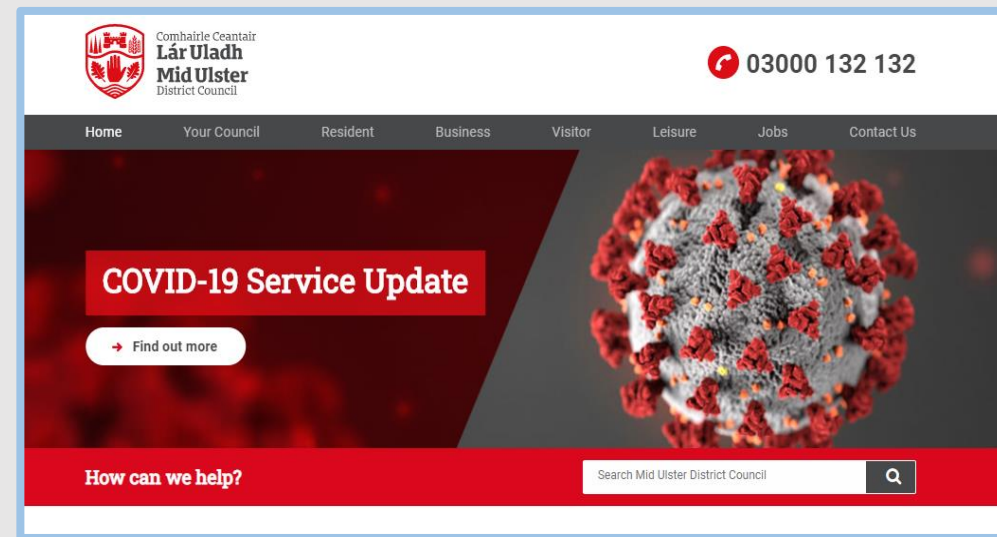
Communities & How You Can Help?

Coronavirus Updates

- [Access to Council Offices and Public Buildings](#)
- [Bin Collections & Recycling](#)
- [Births, Deaths, Marriages & Civil Partnerships](#)
- [Business Support & Self Employed](#)
- [Car Parking, Charges & Enforcement](#)
- [Communities & How You Can Help?](#)
- [Dogs and Animal Welfare](#)
- [General News](#)
- [Grants & Funding](#)
- [Outdoor Recreation, Leisure & Sport](#)
- [Planning, Licensing & Building Control](#)

Coronavirus Update

[HERE](#)



Comhairle Ceantair Lár Uladh
Mid Ulster District Council

03000 132 132

Home Your Council Resident Business Visitor Leisure Jobs Contact Us

COVID-19 Service Update

Find out more

How can we help?

Search Mid Ulster District Council

[HERE](#)



CORONAVIRUS (COVID-19)

www.nidirect.gov.uk

**WE ALL
MUST DO IT
TO GET
THROUGH IT**



STAY HOME



KEEP DISTANCE



WASH HANDS

FOR ONGOING CORONAVIRUS INFORMATION, ADVICE & UPDATES VISIT:



[HERE](#)



[HERE](#)



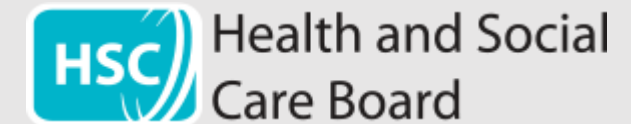
[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)



Calling all Children and Young People

The Southern Outcomes Group wants to hear from YOU!

Are you willing to share ideas, review upcoming plans for services affecting you?

Simply feedback your thoughts to your youth leader!

Email/Contact _____



The Southern Outcomes Group of CYPSP wants to hear the voices of children and young people though engaging with existing groups in the Southern area. This will help to shape our plans and ensure we can work even more effectively in partnership to improve outcomes for children and young people.

If you work with groups of children and/or young people, and would like to find out more, offer ideas and support your group to get involved, please complete the survey by clicking [HERE](#)

ONLINE RESOURCES & INFORMATION

CYPSP Outcome Based Planning Outcomes Groups Regional Sub-Groups Task & Finish Groups Locality Planning Groups Family Support Hubs Parent Support EITP CYPSP Resources



Children and Young People's Strategic Partnership

Agencies, children and young people, families and communities across Northern Ireland working together - to improve outcomes for children and young people through integrated planning and commissioning

- Venue Locator
- Translation Hub
- COVID-19 Support & Resources
- Parent Support
- Maps, Profiles & Reports
- Mapping Children's Outcomes
- ACEs Adverse Childhood Experiences
- Think Family

Calling all children, young people, parents/carers, colleagues!

Visit our **central resource** [HERE](#) & **filter by theme** for fun activities, education, books, art, recipes, parenting support, help, contacts & advice all **updated daily**

SOUTHERN AREA LOCALITY PLANNING GROUPS

Emotional Wellbeing and
Mental Health Resource for
Children and Young People



The aim of this resource is to provide information on local services for children and young people which will be of benefit to their emotional wellbeing and mental health.

- 1 ARMAGH
- 2 BANBRIDGE
- 3 CRAIGAVON
- 4 DUNGANNON
- 5 NEWRY & MOURNE
- 6 SOUTH ARMAGH



Download this new resource for the Southern Area [HERE](#)

For further information contact Darren Curtis, Locality Development Officer, CYPSP on Darren@ci-ni.org.uk



Now available to download on the CYPSP website [HERE](#)

Organisational Survey of Poverty in the Southern Area

The Southern Area Welfare Reform Group is an interagency partnership aiming to address poverty in the local area. They are inviting you to complete a preliminary survey about poverty of the service users you are in contact with in the Southern Area.

The purpose of this survey is to provide a “snap shot” in the Southern area and enable the Group to look at potential areas on which to focus on

Complete the Survey [HERE](#)

CYPSP TRANSLATION HUB

English

Children & Young People's Strategic Partnership

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

Scan me

www.cypsp.hscni.net/translation-hub

Health

Family Support

Education

Housing

Employment

Safety

COVID-19

EU Settlement Scheme

Sign Language

Contacts

Български - Bulgarian

Children & Young People's Strategic Partnership

Центърът за преводи на CYPSP ви предоставя важна информация за здравето, COVID-19, образованието, жилищното настаняване, заетостта, контактите за подкрепа и много други

сканирай ме

www.cypsp.hscni.net/translation-hub

Здраве

Поддръжка на семейството

Образование

Жилище

Наемане на работа

Безопасност

COVID-19

Програма за установяване на ЕС

Съвместно на местността

Контакти

We continue to update our new Translation Hub. If you support BAME communities across NI please share this link directly with your families. Also If you would like to add content, contact information or a link - email:

cypsp@hscni.net Please share widely

To access the page Click [HERE](#).



Boloh

The Black, Asian and Minority Ethnic family Covid-19 Helpline and webchat

If you have been affected by the pandemic, are concerned about school, lost a loved one or need someone to talk to, you can contact one of our specialist support advisors today.

If you're not sure if we can help, it's okay to give us a call for free on **0800 1512 605**

Or talk to us on our webchat by visiting helpline.barnardos.org.uk and click on the icon on the bottom right 

To find out more information visit helpline.barnardos.org.uk

You can tell us about yourself and, if we can't help you, we'll find someone who can. Our staff can talk to you in English, Urdu or Hindi.

You can call us between Monday and Friday 1pm – 8pm.

We can usually help if:

- you are over the age of 11
- you are from Black and Asian communities

Believe in children
Barnardo's



Boloh

We are here to help children, young people and families affected by Covid-19 from Black, Asian and Minority Ethnic communities.

Helpline
You can call us for free on **0800 1512 605** to speak to a friendly person in our team, and we'll help you figure things out.

You can call us between Monday and Friday 1pm – 8pm.

To find out more information visit helpline.barnardos.org.uk

Webchat
Or talk to us on our webchat by visiting helpline.barnardos.org.uk and click on the icon on the bottom right 

Our **webchat** is available between Monday and Friday 1pm – 8pm.

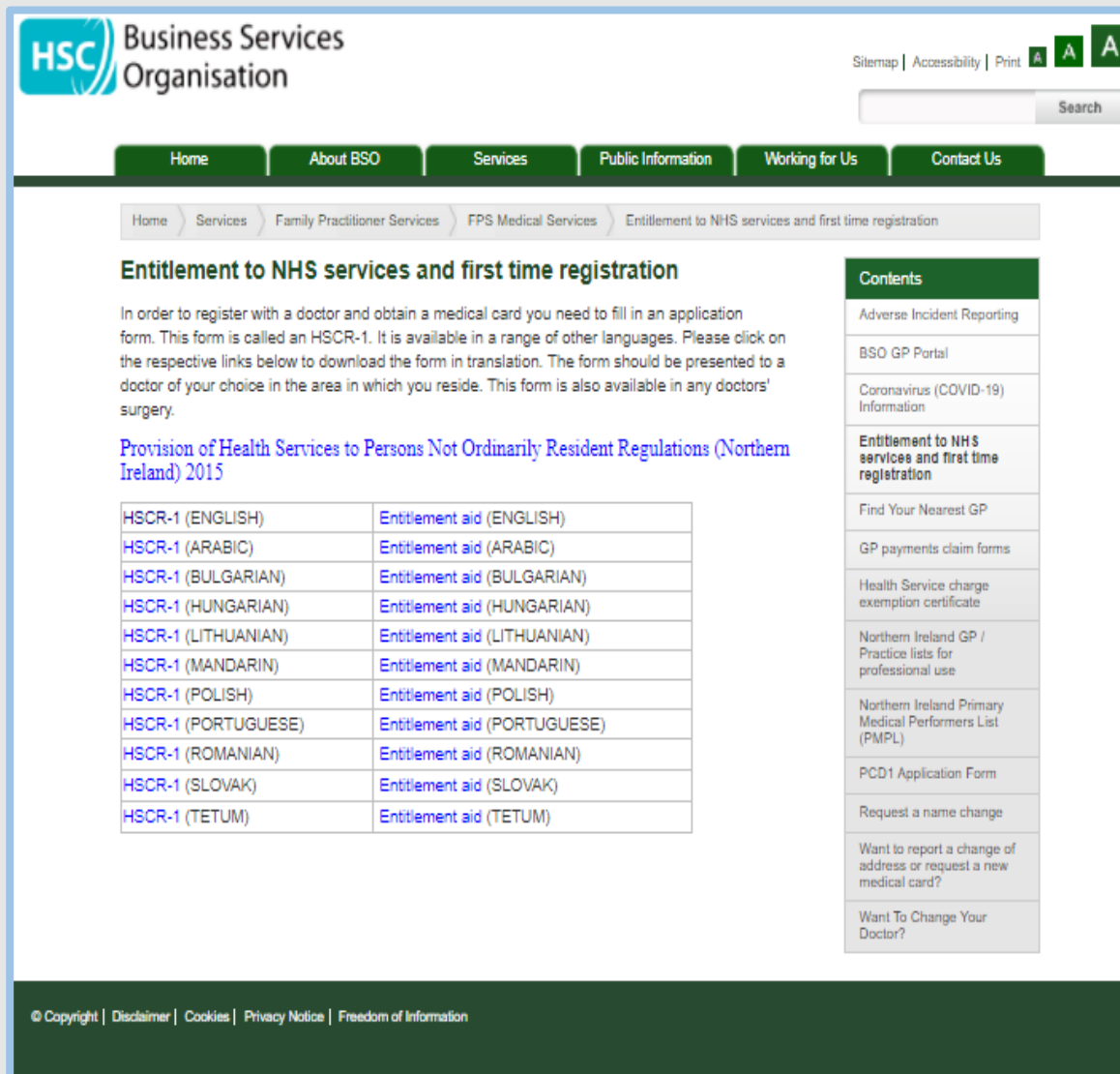
Believe in children
Barnardo's

The languages translated are:




Amharic
Arabic
Bengali
English
French
Gujarati
Hindi
Kurdish
Sorani
Mirpuri
Pashto
Persian (Farsi)
Portuguese
Punjabi (India)
Somali
Swahili
Tigrinya
Turkish
Urdu
Welsh
& Easy Read

Further Information [HERE](#)

SUBMIT YOUR INFORMATION / UPDATES / RESOURCES TO: localityplanning@ci-ni.org.uk



HSC Business Services Organisation

Sitemap | Accessibility | Print   

Search

Home About BSO Services Public Information Working for Us Contact Us

Home > Services > Family Practitioner Services > FPS Medical Services > Entitlement to NHS services and first time registration

Entitlement to NHS services and first time registration

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

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

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

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- [Adverse Incident Reporting](#)
- [BSO GP Portal](#)
- [Coronavirus \(COVID-19\) Information](#)
- [Entitlement to NHS services and first time registration](#)
- [Find Your Nearest GP](#)
- [GP payments claim forms](#)
- [Health Service charge exemption certificate](#)
- [Northern Ireland GP / Practice lists for professional use](#)
- [Northern Ireland Primary Medical Performers List \(PMPL\)](#)
- [PCD1 Application Form](#)
- [Request a name change](#)
- [Want to report a change of address or request a new medical card?](#)
- [Want To Change Your Doctor?](#)

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Further Info. Click [HERE](#)

General Practice Multi-Disciplinary Teams



To complement the existing staff within GP practices, three new practice based roles have been created:

- ▶ First contact physiotherapists
- ▶ Social workers
- ▶ Mental health practitioners

You can book an appointment with any of these services directly without first seeing your GP.



**HEALTH AND
WELLBEING 2026**
DELIVERING TOGETHER

What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you. To enhance the existing practice team and assist you in achieving these aims, you can now book an appointment with a physiotherapist, social worker, and mental health practitioner. You will also have improved access to health visitors and district nurses.

Multi-disciplinary teams seek to address any issues that you face at the earliest opportunity, providing access to a range of experts who can provide you with the care, advice and support that you need.

- ▶ GENERAL PRACTICE
- ▶ PHYSIOTHERAPY
- ▶ MENTAL HEALTH
- ▶ PHARMACIST
- ▶ SOCIAL WORK
- ▶ DISTRICT NURSING & HEALTH VISITING



Further Information on MDTs can be found [HERE](#)



We know that support, connection and comfort when someone is bereaved is really important. We also know that during this COVID-19 pandemic, the restrictions around our mourning and funeral rituals can add to our sense of loss and isolation. In response to this we are offering a dedicated telephone listening service.

“Bereavement Helpline”

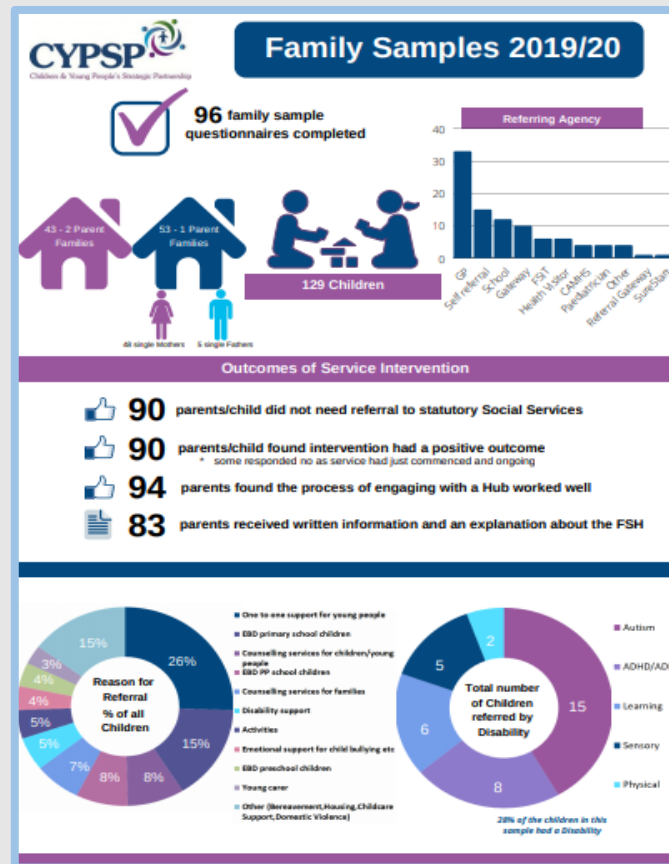
This service is available from Monday—Friday,
9am—5pm

028 375 67990

Professionals with knowledge, experience and insight into grief and loss will answer or return your call and offer a compassionate, listening ear. There may also be information we can help with or direct you to.

If you live in the Southern Trust and have been bereaved you can get in touch.

t: 028 375 67990



Our 3 **Family Support Hubs** in the Southern Area continue to operate and are open for referrals
Due to ongoing developments with COVID-19, access to Family Support agencies during this time will be
subject to individual projects ability to respond

Link to latest Family Support Hub Newsletter [Click Here](#)

Please make any **referrals by e-mail** (E-mail addresses available [HERE](#))

**Employers
For Childcare**



Family Benefits Advice Service

Freephone helpline:
0800 028 3008

Lines open Monday-Friday 10am-4pm

Email hello@employersforchildcare.org

www.employersforchildcare.org

Providing free, impartial and confidential advice to
parents, employers and childcare providers on a wide
range of childcare and work-related issues.



HELP PAYING FOR YOUR CHILDCARE



New protections for working parents eligible
for help with their childcare costs

HM Government is providing vital support for businesses and
workers, protecting livelihoods and helping to
contain the virus.



Don't miss out

Get upto **£2,000** towards your
childcare costs or **£4,000** for
disabled children.

Childcare
Choices

childcarechoices.gov.uk

 HM Government

Working parents who may access a coronavirus related job
support scheme are still eligible for Tax-Free Childcare even if
their income falls below the normal minimum threshold.

Visit www.childcarechoices.gov.uk for more information.

for more information [HERE](#)



PlayBoard surveyed children and young people ranging in age from five to 18 years, from across Northern Ireland about their experiences during lockdown, with a focus on play and education.

Summary report at the link [HERE](#)

December 2020

Free courses for young people



Tues 1st

10am Employability Skills, two day programme, online
2.30pm Wellbeing, online
AM & PM sessions, Essential Skills English, online

Wed 2nd

1pm Enterprise info session, online
AM & PM sessions, Essential Skills ICT, online

Mon 7th

1pm Enterprise, four day programme, online
AM & PM sessions, Essential Skills Maths, online

Tues 8th

2.30pm Wellbeing, online
AM & PM sessions, Essential Skills English, online

Wed 9th

11am Career session with Rebecca McKinney, online
1pm Photography info session, online
AM & PM sessions, Essential Skills ICT, online

Thu 10 Dec

1.30pm Upstyling clothes, online

Mon 14 Dec

10am Photography, five day programme, online
10am Urban Culture, five day programme, Bangor
AM & PM sessions, Essential Skills Maths, online

Tues 15 Dec

AM & PM sessions, Essential Skills English, online
2.30pm Wellbeing, online

Wed 16 Dec

AM & PM sessions, Essential Skills ICT, online

Thu 17 Dec

10am Christmas party make up, Belfast



www.princes-trust.org.uk



START SOMETHING

This project is part funded by the European Social Fund programme 2014-2020 and Department for the Economy



Problem Gambling Awareness Workshops for Young People

Is gambling a big deal for young people?

- » 14% young people in the Great Britain spend their own money on some form of gambling each week (IPSOS Mori 2018).
- » The financial, social and mental health impacts of gambling are a major area of safeguarding concern for young people.

What can we do about it?

- » GamCare offers **FREE, one-hour interactive awareness workshops** for young people aged 11-19, delivered by our BigDeal Youth Outreach Team.
- » Workshops are ideal for school lessons and youth club sessions.

What do our workshops offer?

- » Young people will gain the awareness, knowledge and skills to make safer choices around gambling.
- » Young people will understand the impact of problem gambling, and recognise the signs of problem gambling in themselves or someone else.
- » Young people know where and how to access help if they need it.

Book your workshop now!

Contact your local Youth Outreach Officer now to arrange your free workshop:

Ciaran McGinley or Paula Gibson
northernirelandteam@gamcare.org.uk

E: Ciaran McGinley/Paula Gibson
northernirelandteam@gamcare.org.uk



BIG DEAL?

Get the facts:

Problem gambling awareness workshops for young people

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- » Young people know where and how to access help if they need it.




Book your workshop now!

Contact your local Youth Outreach Officer now to arrange your free workshop:
hello@bigdeal.org.uk

bigdeal.org.uk

To book a place contact hello@bigdeal.org.uk

▶ Evidence Based
Parenting Programmes



HSC Health and Social Care

ncb National Children's Bureau

HSC Public Health Agency

**ODYSSEY PARENTING
YOUR TEEN PROGRAMME**

I HATE THIS HOUSE!

You do my head in!

Get out of my room!

I DON'T WANT TO TALK ABOUT IT. LEAVE ME ALONE!

SOUND FAMILIAR?

Helping you deal with the reality of living with teenagers

Call to register:
0808 8010 722
Mon-Thurs 9.30am-3.30pm
Fri 9.30am - 12.30pm

Southern Trust
Mon 25th Jan -
Mon 15th Mar 2021
Join us Online
Every Monday
for 8 weeks
7.00 pm - 8.30 pm

This online programme is open to parents living within the Southern Trust.

Odyssey

ParentingNI

Parenting Your Teen

HSC Public Health Agency
Project supported by the PHA

For a full list including programmes provided by Sure Starts please visit our webpage <http://www.cypsp.org/ebpp/>



A 7 week Online group to support you get ready for the birth of your baby.

Commencing

1. Tuesday 13 October 2020
 - and
 2. Wednesday 10th February
- From 10.30 – 12.30

Participants Leaflet



For further information please contact:
<https://www.mellowparenting.org/our-programmes/mellow-bumps/>



Start your kids on their way to a healthier life

Big wins **START** with small changes



How to start meal planning



How to eat more fruit and veg



How to be more active

For more information click [HERE](#)



Anti-Bullying Week 2020 Creative Arts Competition

As part of Anti-Bullying Week 2020, NIABF is running our annual creative arts competition for children and young people.

Entries open on **Monday 19th October 2020.**

Entries close at 4pm on **Wednesday 16 December 2020.**

Competition Entry details [HERE](#)

The Northern Ireland Anti-Bullying Forum (NIABF) is delighted with the levels of participation in Anti-Bullying Week 2020. We want to know if you had the chance to take part and use our resources, what you enjoyed and what else you think we should be doing to tackle bullying in schools and other settings. The survey can be completed online [here](#):

As a thank you for taking the time to complete this survey, you have an opportunity at the end of the survey to enter a draw for a £50 high-street voucher.

PROVISIONAL WINTER TIMETABLE 2021

Course Title	Start Date	Day	Time	Duration
Computer Courses - Online				
Sage Payroll	04/01/2021	Monday	12.30 pm – 2.30pm	13 Weeks
Sage Accounts	11/01/2021	Monday	9.45 am – 11.45 am	12 Weeks
Introduction to Zoom	12/01/2021	Tuesday	10.00 am – 11.30 am	5 Weeks
Online Budgeting for Beginners	12/01/2021	Tuesday	12.30 pm – 2.30 pm	11 Weeks
Learn to use I-Pad	27/01/2021	Wednesday	9.30 am – 11.45 am	6 Weeks
Smartphone	27/01/2021	Wednesday	12.30 pm – 2.30 pm	6 Weeks
Learn to use Tablet	23/02/2021	Tuesday	9.45 am – 11.45 am	6 Weeks
WELLBEING – In House				
Building Resilience	11/01/2021	Monday	1 pm – 3 pm	8 Weeks
Holistic Therapies Taster	12/01/2021	Tuesday	1 pm – 3 pm	8 Weeks
Hormone Harmony & Female Health	21/01/2021	Thursday	1 pm – 3 pm	6 Weeks
WELLBEING – Online				
Pilates	19/01/2021	Tuesday	1 pm – 2 pm	6 Weeks
Yoga	20/01/2021	Wednesday	10 am – 11 am	6 Weeks
Dancing Your Way to Health & Happiness	20/01/2021	Wednesday	1 pm – 3 pm	7 Weeks
Tone at Home	21/01/2021	Thursday	1.30 pm – 2.30 pm	6 Weeks
Crafts with Wendy	22/02/2021	Monday	1 pm – 3 pm	6 Weeks
ESOL				
ESOL Entry 1 Speaking & Listening	21/09/2020	Mon & Tues	9.45 am – 11.45 am	Ongoing
ESOL Entry 2 Speaking & Listening	22/09/2020	Tues & Thurs	1.00 pm – 3.00 pm	Ongoing
ESOL Entry 3 Speaking & Listening	22/09/2020	Tues & Thurs	9.45 am – 12.45 pm	Ongoing
ESOL Level 1	21/09/2020	Mon & Wed	9.45 am – 12.45 pm	Ongoing
LIFESKILLS				
Essential Skills English	22/09/2020	Tues / Wed	9.45 am -11.45 am	Ongoing

Courses/Dates/Times Subject To Change

Email: fswc.enquiries@gmail.com
 apply [online](#)

Online Course Timetable

DECEMBER 2020 - PLEASE NOTE THAT THE LAST COURSE IN 2020 WILL BE FRIDAY 18TH DECEMBER

Course	Date	Time
Creative Cards For Christmas	Tues 1st	11.00am - 12.00pm
Wellness Toolbox	Wed 2nd	2.30pm - 2.30pm
Coping With Christmas	Thurs 3rd	10.30am - 11.30am
Mindfulness (Week 2)	Fri 4th	11.00am - 12.00pm
Elevenes Coffee Morning Finding Joy Through Gratitude	Mon 7th	11.00am 2.00pm - 2.30pm
Coping With Change	Tues 8th	10.30am - 11.00am
Top Tips For Anxiety	Wed 9th	10.30am - 11.30am
Christmas Wellness Toolbox Caring For You At Christmas	Thurs 10th	12.00pm - 12.30pm 2.00pm - 2.30pm
Mindfulness (Week 3)	Fri 11th	11.00am - 12.00pm
Elevenes Coffee Morning Managing Set Backs	Mon 14th	11.00am 2.00pm - 2.30pm
Steps To Appiness	Tues 15th	12.00pm - 12.30pm
Top Tips For Motivation	Wed 16th	10.30am - 11.00am
Men's Health	Thurs 17th	11.00am - 12.00pm
Mindfulness (Week 4)	Fri 18th	11.00am - 12.00pm

Interested in a course? Get in touch and register today:

NI: (028) 7186 5149
 ROI: (086) 606 9480

NI: recoverycollegewest@westerntrust.hscni.net
 ROI: Innovation.RecoverySouth@hse.ie

Courses Delivered Via **zoom**

@InnovationRecov

Health and Social Care




Being There for People

3 hour course for Carers

WHERE:
On Zoom

WHEN:
7th December 2020
14th December 2020

TIME:
10.30 am – 12 noon



Places will be allocated on a first come first served basis
Registration will close on Thursday 3rd December 2020

FREE ONLINE COURSE

Interested in a course?
Get in touch and register today:

(028) 30 257012 Ronda.Hamilton@southerntrust.hscni.net

@InnovationRecov

Being There for People

3 hour course for Carers

WHERE:
On Zoom

WHEN:
9th December 2020
16th December 2020

TIME:
7.00pm – 8.30pm


Places will be allocated on a first come first served basis
Registration will close on Monday 7th December 2020

FREE ONLINE COURSE

Interested in a course?
Get in touch and register today:

(028) 30 257012 Ronda.Hamilton@southerntrust.hscni.net

@InnovationRecov



Further info. email Ronda.Hamilton@southerntrust.hscni.net

CARERS TRUST
NORTHERN IRELAND

make
carers
count
213,980
resilience to care
Northern Ireland



CARERS TRUST - LIVE WORKSHOP -

Make your own

Personalised GiftTags

Monday 7th Dec 2020

@11.30AM-12.30pm

ALL CARERS in the SOUTHERN TRUST AREA ARE WELCOME!

POP ON FOR OUR
LIVE WORKSHOP
and A BIT OF CRAIC!

Keeping Connected -
Keeping in
Touch!

Please email
rallen@carers.org to

receive your link to Join Us for our Live
Workshop!

Looking forward to meeting YOU!

You will receive by email a list of items required for the workshop

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

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Register

E: rallen@carers.org

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

i-CAMHS
Child and Adolescent
Mental Health Service

i-CAMHS Infant Mental Health Webinar

EAS-'C' Conversations in Infant Mental Health Work



As part of the ongoing infant mental health development work in the SHSCT area and in partnership with The Promoting Well-being Team, i-CAMHS Senior Infant Mental Health Practitioner and Team Leader Majella Connolly will facilitate two free webinars for practitioners exploring effective ways to support the early relationship between the child and their parent/primary caregiver. The workshop will showcase clinical examples of work related to the subject area and will take particular account of Covid and its impact.

Topics covered include:

Context & Covid 19, Coping, Contract, Communication, Containment, Curiosity, Connections, Care, Criteria, Consequences and Celebrating.

Webinar Details

Date	Time	Location
17 th December '20	11am-12.30pm	Zoom
or		
7 th January '21	11am-12.30pm	Zoom

To register your interest, please reply by email to martina.mccooey@southerntrust.hscni.net by **Friday December 4th 2020**. Can we ask you please to identify your role & employer in your reply? Zoom links will be sent on confirmation of places.

Register

E: martina.mccooey@southerntrust.hscni.net



Northern Ireland Fire & Rescue Service

Protecting Our Community



Northern Ireland
Fire & Rescue Service

Headquarters
1 Seymour Street
Lisburn BT27 4SX
T 028 9266 4221
F 028 9267 7402
enquiries@nifrs.org
www.nifrs.org
Chief Fire & Rescue Officer
Michael Graham

30 November 2020

Dear Partner

NIFRS NEEDS YOUR ASSISTANCE

The NIFRS Winter Fire Safety Campaign will begin on Tuesday, 1 December and run for a 13 week period to Monday, 22 February 2021.

The aim of the Winter Fire Safety Campaign is to promote winter fire safety messages and continue to promote the STOP Fire campaign. In addition to this, the Winter Fire Safety Campaign will emphasise our 'Safer Together' approach within our communities and with our partner agencies. This work underpins the crucial, collaborative work to identify people at risk from fire.

We define people at risk as persons who:

- are aged 50 or older;
- have a disability or impaired mobility*; or
- are referred to NIFRS by a partnership agency.

**includes people with an impairment or health condition that would impact on their ability to acknowledge or respond to an emergency in their home.*

Accidental fires in the home are often caused by cooking, electrics and careless use of smoking material. Over winter and especially during Christmas, many additional fire dangers are introduced such as candles, fairy lights, open fires and portable heaters.

The COVID-19 measures mean many people may be spending more time in their home, especially those most vulnerable from the risk of COVID-19.

Personal behaviours such as alcohol consumption during the high risk period can also be a contributory factor in accidental fires in the home.

High Risk Period

We have seen an increase of the impact of fires in the home over the COVID-19 pandemic and statistics have shown that during the months of December, January and February, the risk increases within the community.

2

30 November 2020

Partner Agencies

NIFRS introduced collaborative working arrangements with partner agencies in 2015 and each year, the number of partner agencies has increased. The number of fire related fatalities in the home since 2015 has decreased significantly from twelve in 2015-16 to three in 2019-20.

Safer Together

NIFRS recognises the importance of you, our partner agency, in continuing to help us identify people at risk from fire and supporting our 'Safer Together' approach. We are asking you, as you interact with the community, the vulnerable and people living alone, to be mindful of fire dangers in the home and to consider referring people at risk to us.

The role you play in referring people at risk for a free Home Fire Safety Check is crucial in how we will keep people safe from fire over the high risk period.

You can make referrals via our website www.nifrs.org or alternatively, referrals can be made by telephoning 028 9266 4221, between the hours of 9am and 5pm, where details will be taken and passed to one of our Prevention & Protection Departments.

Detailed information, including short videos on what causes fire and fire dangers in the home is available here:

<https://www.nifrs.org/safer-together-project/>

This will enhance your fire awareness and provide you with the necessary skills to identify fire dangers in the home.

We would also welcome the opportunity to work collaboratively with you on any initiatives or campaigns you may be conducting over the coming months such as food parcel and safe and well schemes, where we could provide fire safety advice packs. Please contact us by emailing partnerships@nifrs.org.

Our aim is to continue to STOP accidental fires in the home from happening.

Yours faithfully

Paddy Gallagher
Assistant Chief Fire & Rescue Officer
Director of Service Delivery

Watch out for dangerous toys this Christmas

Lots of us will be doing our shopping online this Christmas thanks to Covid-19 restrictions and shop closures.

Buying presents online - especially children's toys - can also be a great way to discover some bargains and save money.

However, the number of dangerous toys sold online to unsuspecting families is on the increase - so it's good to be aware when buying presents this year.

For example, did you know that if you buy a toy from a third party seller via one of the well-known online marketplaces, it might not meet UK safety standards?

Online marketplaces are simply offering a shop window to sellers around the world and aren't legally required to check if a toy is safe before allowing it to be sold.

Some of these toys may be dangerous and, as a result, could cause serious injuries to children.

Dangers can include:

- Magnets so strong they can burn through the gut if swallowed
- Long cords which can strangle a child
- Dangerous levels of chemicals
- Small parts that can choke or suffocate
- Easy access to button batteries that can get stuck in a child's food pipe, cause internal bleeding and even death.



The Child Accident Prevention Trust is sharing tips to help everyone buy toys safely this Christmas.

- If you are able to, they suggest parents **buy direct** via the websites of well-known brand names.
- Or if you're buying from an online marketplace, **enter a reputable brand name** when you search for the toy you want to be sure it's safe.
- Remember, toys aren't checked for safety before they're sold by an online marketplace.
- If the price seems too good to be true, it probably is - it costs manufacturers money to make toys safe. Try to find something you can be more sure about.

Tips on how to buy toys safely online

Toys sold by a third party seller via one of the well-known online marketplaces might not meet UK safety standards and could be dangerous.

Here are some tips to help you buy toys safely:

- If you're able to, then buy direct via the websites of well-known brand names
- Buying from an online marketplace? Enter a reputable brand name when you search for the toy you want to be sure it's safe
- If the price seems too good to be true, it probably is - it costs manufacturers money to make toys safe. Try to find something you can be more sure about
- Babies and toddlers put nearly everything in their mouths, which is why toys not designed for this age group need to state 'not suitable for under 3s' or have a warning symbol. Under 3s may choke on small parts or loose hair, so be wary of toys which feature small or loose parts and have no age warning
- If the listing includes contradictory information about the toy - for example, it's described as a toddler's toy, but elsewhere it says it's not suitable for under 12s - think again
- Look out for suspicious reviews. If they look like they're copied from a toy's leaflet, sound very similar or were written on the same day, they could be fake
- Find out where the company is based. It's a legal requirement to have a UK or EU address to sell toys here. If they're based outside the UK or EU, the toys may not comply with UK safety standards
- The CE mark or Lion Mark show toys have been made to approved standards. However, some unscrupulous companies can fake them - so if you already have concerns, don't rely on these alone.
- Keep in touch for more safety tips www.facebook.com/ChildAccidentPreventionTrust

ROSPA are holding a webinar on 8th December Keeping kids safe this Christmas
Details and opportunity to register can be found [HERE](#)



Festive Family Activities

Christmas Drum Circle

Saturday 5 December
11am

integrate my School ief

DEC 5 Christmas Drum Circle
Public - Hosted by **Integrate My School**

Festive Family Activities

Christmas Crafts

Saturday 12 December
11am

integrate ief

DEC 12 Festive Family Activity: Craft Morning
Public - Hosted by **Integrate My School**

[register here](#) by 7 December 2020

 **FAMILY FOUNDATIONS
PROGRAMME ACTIVITES**

Offering a wide range of activites and workshops for families and individuals.

To name JUST a few... stress mangement classes, parent support groups, family fun days and brilliant community regeneration projects. There's something for everyone.





We make sure to provide fun seasonal activites all year round to keep the content relevant for our participants.







To see all of the varied activites we provide visit:
www.clanryegroup.com/services/youth-family-service/family-foundations

To speak to us today contact Trina at:
trina.o'callaghan@clanryegroup.com or call on (028) 3089 8119





 **POSITIVE DIRECTIONS**

"Reducing Money Stress for Christmas"

Tuesday 8th December 2020

11am - 12 noon

Delivered by Ulster Bank Community Banker

- Budgeting for Christmas
- Handling debt
- Recognising and dealing with scams

 Ulster Bank
Help for what matters

These sessions are delivered via Zoom. To book your place visit: www.clanryegroup.com/book-now















To Book your place [CLICK HERE](#)



CHRISTMAS HOLIDAYS SOCIAL STORY

Although Christmas is an enjoyable time for many, a lot of autistic children will find changes in routine disruptive and anxiety provoking. A social story can be a good way of introducing a new or unfamiliar concept. [Download HERE](#)



Download Christmas Resources [Click HERE](#)

Regional Nutrition Webinars - December

Introduction to solids

Wed 2nd Dec
9.30-11am

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

Sign up required.
Register using the link below.

Link: <https://hhk-introtosolids-dec.eventbrite.co.uk>



Top Tips for a Healthier Weight

Thurs 10th Dec
1-2pm

Learn about healthy eating and lifestyle habits if you are overweight and want to lose weight or if you are looking to support someone in losing weight. We will discuss portion control, snacking, alcohol and takeaways.



Link: <https://tinyurl.com/TTFHW-Dec>

Eating Well As You Age



This webinar is for anyone who is interested in finding out how to eat well in later life. This could be for yourself, a relative or friend.

Thurs 17th Dec
11-12noon

Link: <https://tinyurl.com/nutrition-olderadults>
Passcode: 531965



Mealtime and fussy eating tips

Wed 16th Dec
12-1pm

Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.

Link: <https://tinyurl.com/hhk-family>
Passcode: 531965

Webinar Links

Wed 2nd December 9.30-11am -
Introduction to Solids
<https://hhk-introtosolids-dec.eventbrite.co.uk>

Thurs 10th December 1-2pm – Top Tips
for a Healthier Weight
<https://tinyurl.com/TTFHW-Dec>

Wed 16th December 12-1pm – Mealtime
and Fussy Eating Tips
<https://tinyurl.com/hhk-family> Passcode:
531965

Thurs 17th December 11-12noon – Eating
Well As You Age
<https://tinyurl.com/nutrition-olderadults>
Passcode: 531965



NORTHERN IRELAND
**RARE DISEASE
PARTNERSHIP**

Living with a Rare Disease?



Connect
Stronger Together

Advocate
Empower members;
strong collective voices;
elevated patient
perspective

**Raise awareness
and educate**
Act as knowledge broker

Innovate
Catalyse transformational
change

For Support, Information, Advice & Signposting
Email: info@nirpd.org.uk
Call: 0770 447 6929 or 0770 447 6930

#StrongerTogether

Email: info@nirpd.org.uk

Are you or anyone you know struggling to access sanitary products? The Pink Present is here to help.

Period poverty means being unable to access sanitary products and having a poor knowledge of menstruation, often due to financial constraints. To help combat period poverty the Southern Health and Social Care Trust (SHSCT) developed the Pink Present initiative. During the Coronavirus pandemic, SHSCT has teamed up with Newry, Mourne and Down District Council as well as a number of food bank organisations to make it easier for anyone experiencing period poverty to gain access to free sanitary products.



Please see the list of organisations in your area below:

Organisation	Address	If you need help to access sanitary products
Newry and Mourne		
The Larder Food Bank Newry	Mary Street, Newry	Call or text 074 7766 0575
Corner Stone Food Bank Killeel	Christ Church, 24 Newry Street, Killeel BT34 4QF	Call or text 078 5688 8701
Newtownhamilton Community Association	The Square, Newtownhamilton, Newry BT35 0BY	T: 075 4165 6242 E: nthcc@hotmail.co.uk or message on Facebook
Armagh and Dungannon		
Armagh Food Bank	Drummore Road, Armagh BT61 8RN	T: 077 5268 0805 or drop into Connect Café, Scotch Street, Armagh on Tuesday or Thursday morning
Dungannon Food Bank	Vineyard Church, 4 Church Lane, Dungannon BT71 6AA	T: 028 8775 2133 Monday – Thursday 10am–1pm
Armagh City Vineyard Church	40 Scotch Street, Armagh BT61 7BY	Call or text 073 9294 4791 E: info@armaghcityvineyard.co.uk
Chrysalis Women's Centre	520-523 Burnside, Brownlow BT65 5DE	T: 028 3834 1846 between 9am–1pm or message on Facebook
Craigavon and Banbridge		
Craigavon Food Bank	Unit 5 Carn Business Park, 19 Carn Road, Portadown BT63 5WG	E: info@craigavonfoodbank.com
Grace Generation Storehouse Community Food Bank	Banbridge	E: foodbank@gracegeneration.co.uk (collection on Wednesday 7–8pm or Saturday morning 10–11am)
Via Wings	Wellington House, 9–13 Princes Street, Drogheda BT25 1AY	Call or text 079 4678 3279

#pinkpresent #periodpoverty #endthetaboo #educate



Supporting your financial wellbeing Fraud & Scam Awareness

Community Bankers at Ulster Bank
Zoom 929 5086 1889
15th December 2020 at 11am



Please join the session on Tuesday 15th December at 11am.
The session will be held virtually using zoom and can be joined
using the meeting ID or link below.

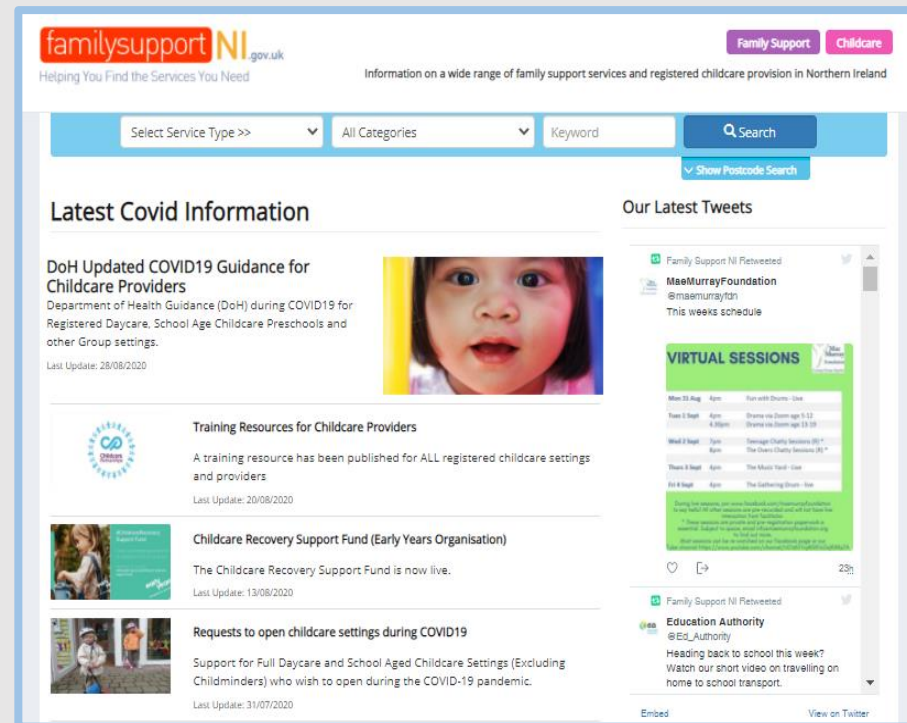
Zoom ID 929 5086 1889
<https://rbs.zoom.us/j/92950861889>



VCSE Covid Recovery Fund

This fund will help to safely deliver essential services during the Covid-19 crisis, with an allocation of £2.5m to assist with the safe reopening of the VCSE sector and additional funds of £800,000 to provide IT and digital devices to VCSE groups which need to move services to an online platform.

Further information is available at [CLICK HERE](#)



Check out the www.familysupportni.gov.uk website, making it easier for people in NI to find out about **family support services** and **ALL REGISTERED childcare providers** in NI

Childcare Providers, as services continue to re-open, please **check your details are correct and up-to-date** (Quick Tip: Type name into Keyword Search in 'Childcare' Section)

Do you have vacancies? Have you indicated other offerings for parents looking for childcare?

Send additions / amendments to info@familysupportni.gov.uk

Latest **COVID-related information** available via dedicated COVID Information Section [HERE](#)

HUNGER DOESN'T TAKE A HOLIDAY.



I pledge to end holiday
hunger for all children
& support the CiNI
campaign.



CiNI
Children in Northern Ireland

**Children
in Northern
Ireland**



Invitation:

Tackling Holiday Hunger: An Evaluation
17th December 2020
9.30am
Via Zoom

Along with our community partners we have been delivering holiday provision since 2016, after an initial pilot project. We are launching an evaluation which gives a snapshot of four holiday provision clubs during the summer of 2019 conducted by Northumbria University.

Chair: Liam Hannaway

Opening Remarks: Minister Peter Weir, MLA, Department of Education

Overview of the Evaluation of Children in Northern Ireland's Summer Holiday Provision during 2019 - Professor Greta Defeyter, Northumbria University

Andrew McCreary - Oasis Youth & Community Partner

Jago Pearson, Communications Director for Finnebrogue

Pauline Leeson, CBE, Chief Executive Children in Northern Ireland

[Register HERE](#)



For more advice / support / guidance:
Call ParentLine **FREE** on **0808 8020 400**
[Webchat](#) / [E-mail](#) / [Podcasts](#) / [YouTube](#)



Latest Podcast [Click HERE](#)



The **INTRODUCTION TO PODCASTING** webinar will take place on Tuesday 15th December 2020 at 11am and will last approx. 45 minutes.

In this short **FREE** introductory webinar, CiNI will cover all of the things you need to think about in preparing to launch a podcast, including:

- Deciding whether to start a podcast
- Choosing a podcast format
- Deciding on what equipment you need
- Getting your podcast in front of listeners
- Growing your audience

For further details and to register, please visit the Eventbrite page [HERE](#).

YouthAction 75
NORTHERN IRELAND

GET SET
YOUTH ACTION
NORTHERN IRELAND

GET SET for Starting Up



- Do you have an idea in business but not sure where to start?
- 16-24 and not in work?
- From Newry, Mourne and Down area?
- Learn from some of the best in the business for free!

Guest speakers from **Ginger Janes**, **The Gym Guru** and **Emma Kearney** to share their tips!

No idea is too big or small, we can work on that together.

GET SET for Starting Up will be a mix of online and face to face workshops.

All activities meet Covid-19 social distancing guidelines

Contact: sarahmcg@youthaction.org
Phone: 028 30256040
f Sarah YouthAction NI

Department for the Economy, European Union, Northern Ireland, Newry, Mourne and Down, Armagh City Banbridge & Craigavon, Fionn Valley South County, Garfield Weston

FAMILY

PARENTS PLUS ADOLESCENTS PROGRAMME



- An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 18 years.
- This Programme considers how parents can connect with and build good relationships with their teenage children, while also being firm and influential in their lives.

Start Date:
18th January 2021 - 29th March 2021

- Monday Mornings
- Time: 10am-12pm
- On-line via zoom

Call us to register on 028 3083 5764 bolstercommunity.org

Funded by:
BOLSTER COMMUNITY **HSC** Southern Health and Social Care Trust

E: sarahmcg@youthaction.org

T:028 30835764

Primary Care Multi-Disciplinary Team

Primary Care Multi-Disciplinary Teams Introduced to GP Practices

Newry and District GP Federation is working in partnership with the Southern Trust to roll out the 'Multi-Disciplinary Teams' (MDT) initiative which aims to promote the physical, mental and social wellbeing of local communities.

What are General Practice Multi-Disciplinary Teams?

We understand that your physical health, mental health and social wellbeing are all equally important to you.

Multi-disciplinary teams aim to help you address these issues at the earliest opportunity, by giving you access to a range of experts who can offer you the care, advice and support that you need.

This innovative approach involves the appointment of practice-based First Contact Physiotherapy Practitioners, Senior Mental Health Practitioners and Social Work Practitioners within GP practices.

Through time, all 31 GP practices within the Newry and District GP Federation area will have a dedicated Social Work Practitioner, Social Work Assistant, Mental Health Practitioner and First Contact Physiotherapy Practitioner working in practice as part of the team.

The first GP Practices with a new Multidisciplinary team in place are:

- ◆ Meadowlands Surgery, Newry
- ◆ Clanrye Surgery, Newry
- ◆ Dr McNiff and Partners, Banbridge Group Surgery.

First Contact Physiotherapists and Senior Mental Health Practitioners are also working in the following GP Practices.

	Senior Mental Health Practitioners	First Contact Physiotherapy Practitioners
Newry City		
Clanrye Medical Practice	Yes	Yes
Clanrye Surgery	Yes	Yes
Meadowlands Surgery	Yes	Yes
South Armagh		
Rathkeeland GP Practice	Yes	No
Dr Fee GP Practice	Yes	No
South Down		
Summerhill Surgery	Yes	Yes
Mourne Family Clinic	Yes	No
Annalong GP Practice	Yes	No
Banbridge		
Dr McNiff & Partners	Yes	Yes
Dr McCandless & Partners	Yes	No
Dr Ramsey & Partners	Yes	No

Overview



The Community Development Workers in Armagh & Dungannon have developed this survey to capture details of Community and Voluntary groups/organisations and the activities/services they provide in the area.

This information will be used:

- To help us work together and make connections.
- Identify if and where there are gaps
- Identify what support if any is required

We appreciate you taking the time to complete this 10 minute survey.

Closes 11 Dec 2020

Opened 12 Nov 2020

Contact

Jacqueline Masterson & Tracey Powell

(Community Development Workers)

Promoting Wellbeing Team

028 37 564494

jacqueline.masterson@southerntrust.hscni.net

SURVEY [CLICK HERE](#)



WAVE Trauma Centre QUB Accredited Trauma & Addiction Training

Wave Trauma Centre are delivering this accredited training course on trauma and addiction that will enhance your skills and knowledge in this area.

Programme learning outcomes include:

- Increased knowledge and understanding of the relationship between trauma and addiction.
 - Exploration of the factors that lead to self-medication.
- Understand the impact of unresolved trauma and addiction on social and psychological development.
 - Understand the effects of trauma and addiction on the family.
- Outline a range of creative and innovative strategies to support service users with addiction.

This free training is run by Armagh City, Banbridge and Craigavon Borough Council PEACE IV Programme in partnership with Wave Trauma and Women's Aid for people supporting communities living in the Council area. To gain the accreditation you must complete an assignment.

Sections:

The course will be delivered on-line with sessions on the following dates from 6:00pm – 9:00pm and approximately 7 hours of directed study.

- | | |
|-----------------------------------|------------------------------------|
| • Monday 18 th January | • Monday 15 th February |
| • Monday 25 th January | • Monday 22 nd February |
| • Monday 1 st February | • Monday 1 st March |
| • Monday 8 th February | |

We particularly welcome community workers who support communities experiencing related issues and those who have never engaged in a Peace IV Programme. Places will be allocated to reflect the diverse nature of ABC Council area.

Contact Evia Aigbokhae to have an expression of interest form sent to you.
E: evia.aigbokhae@armaghbanbridgecraigavon.gov.uk M: 079 09963 425

Please note – places are limited and expressing an interest does not guarantee a place. We will inform you if you have a place after the closing date. **Closing date for receipt of Expression of Interest is 4:00pm, Tuesday 15th December 2020**



A project supported by the European Union's Peace IV programme, managed by the Special EU Programme (SEUPB)

E: evia.aigbokhae@armaghbanbridgecraigavon.gov.uk



WHAT IS THE STEP OUT PROJECT?

a project all about YOU - exploring hobbies you enjoy, introducing you to group projects and helping you to make new friends!



WHAT WILL I BE DOING?

one-to-one sessions with a leader, small group workshops, going on trips, learning new skills and taking part in lots of fun activities.



WHY SHOULD I DO THE PROJECT?

- learn about yourself and others around you
- enjoy free trips and snacks
- find out what projects and activities you enjoy doing
- opportunities to get more involved in your youth club
- get support from your leaders to engage in new activities

WHO WILL BE MY LEADER?



OASIS - LAURA



SSYCC - ANASTAZJA

Email: laura.cloughley@cipni.com

ZOOM COURSE FOR BEGINNERS

FREE

Armagh City, Banbridge and Craigavon Borough Council is offering an opportunity for local residents to learn how to use Zoom.

The course will begin week commencing 30th November 2020 and will be delivered over a number of sessions. It is free to local people residing in the Borough.

Telephone or Facebook support will be given to enable individuals to set up the system and once online, will be given support to make the most of this facility. Participants will require a smart phone, tablet or laptop.

If you wish to register for this training please contact Glen Dickson on 028 38312420.
Please note places may be limited therefore spaces will be allocated on a first come first served basis.



T: 028 38312420

CONFLICT MANAGEMENT & MEDIATION OCN LEVEL 3 ACCREDITED COURSE For Individuals & Community Groups

GOOD RELATIONS – COMMUNITY DEVELOPMENT

FREE

All course lessons are to be delivered online with a possibility of moving to actual learning in Portadown Town Hall for the February sessions.

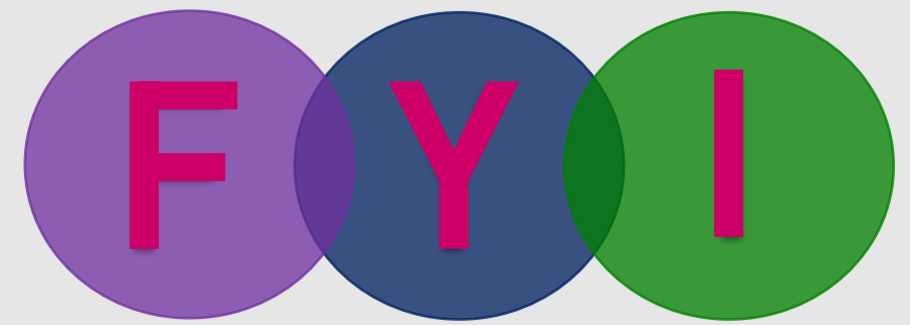
A total of 30 hours learning is required for full accreditation to this OCN course.

Wednesday 6th January 2021	(6:30pm to 9:30pm)
Wednesday 13th January 2021	(6:30pm to 9:30pm)
Saturday 16th January 2021	(9:30am to 12:30pm)
Wednesday 20th January 2021	(6:30pm to 9:30pm)
Wednesday 27th January 2021	(6:30pm to 9:30pm)
Wednesday 3rd February 2021	(6:30pm to 9:30pm)
Wednesday 10th February 2021	(6:30pm to 9:30pm)
Saturday 13th February 2021	(9:30am to 12:30pm)
Wednesday 17th February 2021	(6:30pm to 9:30pm)
Wednesday 24th February 2021	(6:30pm to 9:30pm)

Please register by Friday 11th December 2020 @ 5.00pm
Bookings can be made by contacting Angela Greene on 078 2699 9103
or email angela.greene@armaghibanbridgecraigavon.gov.uk

Courses are provided on a first come first served basis, however a reserve list will also be kept. This course will be delivered via Zoom (online platform) and you will need access to either a laptop, PC, tablet or smart phone for delivery reasons. We will forward the online link to all participants at time of confirming their registration.





For Your Information

*** UPCOMING 2020/21 LPG MEETINGS ***

Newry LPG: 20th January 2021

Armagh LPG: 14th January 2021

Craigavon LPG: 19th January 2021

Banbridge LPG: 27th January 2021

Dungannon LPG: 10th December 2020

South Armagh LPG: 5th December 2020

Per ongoing guidance, all meetings are currently planned to take place via Zoom and will begin at 10am

View / Share recent editions of 'FYI' newsletter:

[Issue 48 – 19th November](#) [Issue 47 – 5th November](#)

Some friendly guidance to those who are submitting information to **FYI**:

1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x2 editions (1 month), unless requested or if your event takes place sooner.
5. FYI will be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
8. Please let us know if FYI has helped your service, event or activity in any way.

For general newsletter information, contact:

Kerry O'Hagan @ localityplanning@ci-ni.org.uk or Darren Curtis (07725232566)

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