



Family Support Hubs Newsletter

This edition includes:

PARENTS/CARERS

- Family Mediation NI
- COVID-19 Support & Resources
- NI Adoption & Foster Care
- Parenting Programmes
- Holiday Food Payments
- Pocket Booklets
- Child Law Hub/Family Support NI
- Parents Plus Adolescents Programme
- Parenting NI E-Newsletter
- Odyssey Parenting Your Teen Programme
- Northern Area Family Support Hubs
- Parenting NI Coping with Christmas
- Parentline Helping Your Child Deal with Their Anxieties and Christmas Podcast

EARLY YEARS

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- Online Workshops
- Libraries NI Rhythm and Rhyme
- MAS project for Mums
- Mellow Bumps

KIDS ACTIVITIES FOR THE CHRISTMAS BREAK

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- Scavenger Hunt/Christmas Recipes
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- Bolster Connections – The BEST Club
- Autism NI – Christmas Holidays Social Story
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- Equal Notes Christmas Choir Celebration

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- Advent Calendar of Kindness
- CAMHS NI Autumn Newsletter
- Student Mental during COVID-19
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- Kindness Calendar: December 2020
- Self Help Toolkits/Helplines
- Support Groups & Courses
- SBNI Programmes for Staff
- AWARE – Mindfulness Courses

BAME

- Translation Hub
- Barnardo's 'Bolo' Helpline
- Eu Settlement Scheme

DOMESTIC & SEXUAL ABUSE

- Women's Aid
- Men's Advisory Project
- Domestic & Sexual Abuse Helpline

DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy Helpline
- RAPID Bins
- PBNI
- Addiction NI

COMMUNITY

- The Trussell Trust
- Community Funding/Grant Opportunities
- Woodland Trust
- YMCA/Step Up/Men's Action Network
- NDCN Community Hub
- Light and Hope Concerts
- Community Helpline

GOOD NEWS STORIES

- Ards & North Down Good News Stories
- Family First Hub
- Fermanagh FSH Spirit of Christmas

COVID ADVICE/GUIDANCE

- StopCOVID NI App
- PHA's Contract Tracing Service
- Advice on Car Sharing
- Information for Parents & Carers

Welcome to Edition 17/2020 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 15 December 2020.

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

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:-





COVID-19 SEPARATED PARENTS MEDIATION AVAILABLE NOW VIA ONLINE PLATFORMS

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

~ Joan Davis, Director

”

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

www.familymediationni.org.uk



COVID-19 Support & Resources

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



Imagine being a child and facing separation from your brothers / sisters... This is the reality for many of the children / young people in our care. But what are the benefits to keeping siblings living together? Read NI Adoption & Foster Care's blog at: <https://adoptionandfostercare.hscni.net/blogs/siblings/>

Parent Support

Upcoming Parenting Programmes



Holiday Food Payments

- For those families entitled to Free School meals a holiday payment will be made to cover the Christmas Holiday period
- We want to ensure that payments are made prior to Christmas
- Payments will be processed week commencing December 14
- Payments will be made into your bank account
- Where this is not possible we issue a cheque

For more info visit eani.org.uk/fsm




New pocket booklets for parents, families and professionals providing a range of family contacts, programmes and opportunities within the Ards & North Down, Down and Lisburn Locality areas.

[Ards & North Down Booklet](#)

[Down Booklet](#)

[Lisburn Booklet](#)



Check out Children's Law Centre's new Child Law Hub for frequently asked questions about children and COVID-19, education, care and much more.

<https://childrenslawcentre.org.uk/child-law-hub/>



If you need to find a local support service or childcare, visit the [Family Support NI Website](https://familysupportni.gov.uk) which holds information on a wide range of family support services and registered childcare provision across NI.



FAMILY

PARENTS PLUS ADOLESCENTS PROGRAMME

- An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 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



Southern Health
and Social Care Trust



Parenting NI E-Newsletter
 Our monthly e-newsletter is out now! Have a read on what we're getting up to this Christmas and in the New Year.
 #Belfasthour
 Read all over it here <https://bit.ly/Dec-mailout>



Christmas is coming!

It's December and you know what that means – It's nearly Christmas! Here at Parenting NI, we're preparing to deck the halls virtually and will be sharing all sorts of resources, activities for the kids, Top Tips, and much more. Christmas can be a challenging time for families and the pandemic has only deepened these existing pressures on parents. Follow us on our social media accounts to stay on top of all the fun we're planning this season!

**ODYSSEY PARENTING
YOUR TEEN PROGRAMME**



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



**ODYSSEY PARENTING
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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

W: www.familysupporthubs.com



Northern Health
and Social Care Trust



 **ParentingNI**

Coping with Christmas

Each family is unique and have their own traditions at Christmas. Don't feel pressured to 'Keep Up With The Jones' and compete with others to have the perfect Christmas. Do what makes your family happy and do whatever gels with your own families interests and habits.

Support Line: 0808 8010 722
parentingni.org

 **ParentingNI**

Coping with Christmas

This Christmas is likely to be very different from previous years and may include bereavement for some families. Facing Christmas whilst grieving can be daunting – try to work out in advance best arrangements for you and your family which best suit your needs and the needs of others who share your loss.

Support Line: 0808 8010 722
parentingni.org





Helping Your Child Deal With Their Anxieties

One of the ways we assist children is to build their confidence in taking (age appropriate) control of situations that affect them, in doing this we teach them that difficult emotions may not be pleasant but sometimes we have to live with them and that these feelings, although frightening and unsettling, can be manageable.

Ask your child how they might deal with things

By doing this we are allowing the busy brain to be constructively busy, allowing it to work on coming up with solutions as opposed to busying itself being worried.

Remember the importance of age appropriateness, a perfectly good solution to a child being upset or afraid is to tell an adult.

ASK - Who might you want to tell? What if you couldn't get them? Anybody else? What might you say?

If we help a child break BIG worries into small manageable worries, then we reinforce the idea that the world and more importantly THEIR world is not a scary place for them.

It is understandable that worries might arise for Parents and children in relation to Covid related concerns- more specifically the reintegration of "normal activities" Respect a child's concerns and then aid them in coming up with solutions.

ASK - what might help you feel less worried?

Reinforce what they already know, but encourage them to say it themselves, eg washing your hands, covering your mouth with your elbow etc.

'tis the season

TO LISTEN TO
PARENTLINE'S
CHRISTMAS
PODCAST...

#15

Parents' Guide to
Christmas: Focussing
on what matters



FREE LOCAL HELPLINE
0808 8020 400
We're here if you need us.



Tips on feeding your family and how to help them make healthy choices.



Vaccinate kids as the first line of defence against flu - [find out more here](#)



Department of
Health

An Roinn Sláinte
Mánnystrie O Poustie
www.health-ni.gov.uk

Letter from Chief Medical Officer, Dr McBride to all parents and carers of children in childcare –

[Read Here](#)



FREE LOCAL HELPLINE
0808 8020 400

Open 6 days a week

**Mon-Thurs 9am -9pm
Friday 9am -5pm
Saturday 9am - 1pm**

CHAT ONLINE
www.ci-ni.org.uk

EMAIL
parentline@ci-ni.org.uk



HOME START

"You can't put a price on how volunteering brings more happiness and hope to a home."
Home-Start Northern Ireland launches 'Give the gift of time' urgent appeal for volunteers

To register your interest and to find out about various volunteer roles on offer in your area visit: www.home-start.org.uk/register-to-volunteer and give the [#giftoftime](https://twitter.com/giftoftime) this Christmas and beyond.

For more information and to arrange a further interview please call Jayne Murray, Home-Start Northern Ireland on DD: 07718 912772 or email: jmurray_assoc@home-start.org.uk



Virtual Song & Rhyme Sessions

Our Early Years Development Team are restarting their Song and Rhyme sessions for families.

Day: Friday
Times: 10:00 session & 11:00 session
Method: Zoom

If you are interested in joining any of these groups and Elaine or Alison haven't already contacted you please call us on 90712266 to book.

These groups are only open to registered families and places must be booked in advance as we are limited in the numbers we



libraries **ni**

Free

Strathfoyle Library presents
Rhythm and Rhyme
Rhymes, songs and stories
for children aged 0 - 4

via **Zoom**

Day & time to be arranged.
Please contact Strathfoyle staff with your name and email address if you wish to join in the fun.

Booking essential
Ask staff for details
t: 028 71 860 385
e: strathfoyle.library@librariesni.org.uk

Connect with us
www.librariesni.org.uk



Online Courses for Parents & Parents-to-be

FREE for parents, grandparents and carers across NORTHERN IRELAND

From bump to 12 months, lifetime access

Access Code: NIBABIES
go to www.inourplace.co.uk
Apply the 'ACCESS' code for a 100% discount!
Fill in some details to create an account
To return to the course(s) go to www.inourplace.co.uk and sign in!

UNDERSTANDING YOUR CHILD SOLIHULL APPROACH

HSC Public Health Agency
For technical support contact solihullapproach-parenting@hscni.org.uk or 0121 296 4448 Mon-Fri 9am-5pm

New Online Antenatal Breastfeeding Workshop

1st Thursday of every month @ 7:20pm - 9:00pm

To book a place or for more information contact:
Wendy.Campbell@westerntrust.hscni.net

HSC Western Health and Social Care Trust

unicef

September to December Programmes

Online based programmes

| Programme | Online | Time |
|-----------|---|--|
| Cook It | Via closed Facebook group and phone calls | W/C 2 nd November for 6 weeks |

| Programme | Online | Time |
|--|--------------|---------|
| Rhythm, Rhyme and Story Time (0-3 year olds) | Via Facebook | Ongoing |

| Programme | Online | Time |
|-----------------------------------|---------------------------|------|
| Sensory Explorers (0-3 year olds) | Via closed Facebook group | TBC |

| Programme | Online | Time |
|---------------------|---|--|
| Breastfeeding Group | Via ongoing Facebook closed group Further support available by an optional weekly Zoom session or phone call support | Closed Facebook Group support-ongoing Zoom or phone call support: Every Wednesday 11- 12pm |

If you would like to book a place on one of our closed Facebook or Zoom programmes, please send us a Facebook message or call us on 02892 666987.





Mas
MATERNAL ADVOCACY
& SUPPORT



MAS - Project for Mums

The programme is for women who are pregnant or who have children aged 0-3 and will promote positive mental health and wellbeing. This is a peer support group where women can share experiences, engage in activities and express their views.

This is part of a wider movement for change when our collective voices will be heard as we collaborate with other Women's Centres and inform decision makers of women's lived experiences.

- Join a peer support group
- Engage in a range of activities with other mums
- Express your view about your experience
- Be part of a wider movement to improve mental health services for women
- Have the opportunity to train as a group mentor/ leader

Starting December 2020

**Greenway Women's Centre
19 Greenway, Belfast BT6 0DT**

**If you would like to get involved
please contact Helen Smyth.**

T: 028 9079 9912

E: training@greenwaywomenscentre.org

 **Mellow Bumps**

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**



For further information please contact:

Maureen McSorley
Promoting Wellbeing Team
SHSCT
02837564489
Mellow.parenting@southerntrust.hscni.net

<https://www.mellowparenting.org/our-programmes/mellow-bumps/>



HSC Southern Health
and Social Care Trust



CHRISTMAS COSY

SATURDAY 19 DECEMBER

Stay Home, Stay Safe, Stay Cosy!

Put on your Christmas PJs, snuggle up on the sofa with a warm blanket and enjoy a night in, watching Christmas movies, eating Christmas snacks and playing Christmas games!

Visit

www.christmascosy.com

for all the festive fun!



We know that it's not quite safe enough yet for us all to get together and celebrate the festive period, so we're having a 'stay-at-home' Christmas party, and everyone is invited. Join us to celebrate, from the comfort of your front room. Join in on social media, sharing your best cosy Christmas selfies, using #ChristmasCosy. #StayHomeStaySafeStayCosy visit www.voypic.org/christmas-cosy

During the festive season, we have created a fun Christmas tree hunt that you and your family can take part in. This is free to download on our website!

<https://autismni.org/autism-christmas-resources>





Winter has definitely arrived! Check out our #play ideas and activities for the festive season – wrap up warm and have fun! Christmas

For more details go to: -
<http://pinterest.co.uk/playboardni/winter-christmas-ideas/>



Christmas Recipes for Kids

Cooking with the kids at Christmas is a really fun family activity. Bake up a storm with reindeer cupcakes, snowman cookies, festive brownies and Christmas shortbread. Enjoy yourselves or share with friends as gifts at: -

[Christmas recipes for kids - BBC Food](#)



PLAYING IN ALL WEATHERS... FUN WITH THE WINTER ELEMENTS!

Winter is here and it's getting colder and darker – but it's still a great time for getting children of all ages outdoors. We just need to EMBRACE the weather!

Have a playful and positive attitude towards the winter season; show your children that winter can be fun. Try to model ways to be playful stamp your feet on ice patches or in puddles, have a snowball fight, play in the rain, make snow angels or snowmen! Take a breath of that cold winter air and remember that whatever you do outdoors you are supporting your children's health, wellbeing and happiness.

Think positive!

What we say...

Aw no it's raining! We're not going outside today.

What a dreary, miserable day.

It's freezing out there!

It's too windy today!

This weather is ruining our plans!

What we could say...

Let's get our raincoats on, looks like it's a muddy puddle day today!

Seems like the sun needed a holiday today, let's go and look at the clouds.

Let's put an extra layer on today and perhaps a hat too!

Oh let's see how that wind is blowing today.

Let's think of something that would be fun to do today in that weather.

"There is no such things as bad weather, only inappropriate clothing."

Ranulph Fiennes

During the warm spring and summer months, it seems natural to allow children to play outside. However, when winter comes along, parents and adults are often more hesitant to let children outside to play. There are plenty of ways to encourage children to play outdoors, and there are several health benefits that accompany winter playtime:

Seeing the outdoors from a new perspective BREATHING FRESH AIR AND AVOIDING GERMS vitamin D exposure INCREASES EXERCISE new experiences NEW CHALLENGES playful fun!

Wrap up warm and embrace the play opportunities that winter brings. Creating and engaging in winter play activities is fun for both you and your child, and very easy to do!

Spray Paint Art

Fill squeeze bottles with water & food coloring and draw pictures in the snow. Or use old paintbrushes and buckets to paint the snow.

Build a snowman

A childhood must! Add some props like hats and scarves, pebbles, twigs and sticks and maybe a carrot for a nose.

Frozen Bubbles

Blow bubbles outside in the cold icy air. They will be much harder to pop and last much longer. Catch frozen snowflakes or hailstones on your tongue.

Windy Walk

Go for a walk in the wind and see how the wind blows the leaves and the trees. Remember the joy of crunching fallen leaves underfoot?

Nest Hunt

Go on a nest hunt – with all the leaves off the trees nests are much easier for children to spot! Make it a game and see who can spot the biggest.

Jumping Puddles

Put on raincoats, water boots and splash or jump in puddles, another childhood must!

Rainy Walk

Don't let the rain put you off. Take umbrellas and head off for a walk in the rain. There is something about umbrellas that toddlers and children love...using them as a walking stick, twirling them around above their heads or use them as broomsticks to fly through puddles.

Mud, Mud, Mud

Rainy weather creates mud...children are often drawn to muddy puddles and dirt as a part of their play. Make mud pies, paint with mud or jump in muddy puddles.

Being outside with your child offers all sorts of play opportunities.

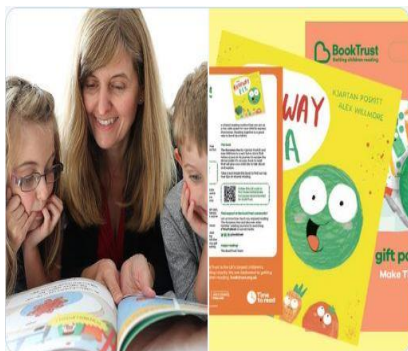
Recreate some of your childhood play memories and make some time to play each day.

For more information on Play Matters contact Angela Stallard or Pamela Baxter at 028 91 279208 playmatters@education-ni.gov.uk



As the year 2020 draws to a close, we take the opportunity to look with hope to the New Year ahead. The activities and ideas in this issue encourage us to Be Hopeful.

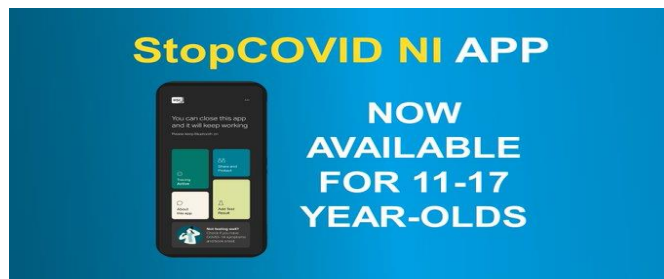
[DOWNLOAD HERE.](#)



Time to Read Campaign

This initiative supports transition to primary school for 740,000 children in England and Northern Ireland.

[FIND OUT MORE](#)



[FIND OUT MORE](#)

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

- | | | |
|---|---|---|
| Shake your whole body. | Hold your arms out at your side and make circles with them in the air. | Reach behind you and try and hold your left foot with your right hand without falling over. |
| Jump up and down. | | |
| Spin around in circles. | Hop on your left foot 10 times. | Lay on the floor and stretch out as far you can for 10 a count of 10. |
| Do a cartwheel. | Hop on your right foot 10 times. | Pretend to shoot a basketball 10 times. |
| Do a somersault. | Hop around like a bunny. | Pretend to jump rope for a count of 10. |
| Wave your arms above your head. | Balance on your left foot for a count of 10. | Pretend to ride a horse. |
| Walk like a bear on all 4s. | Balance on your right foot for a count of 10. | Pretend to milk a cow. |
| Walk like a crab. | Bend down and touch your toes 10 times. | Take 5 of the biggest steps forward that you can. |
| Hop like a frog. | Reach behind you and try and hold your right foot with your left hand without falling over. | Pretend to lift a car. |
| Walk on your knees. | Show off the muscles in your arms. | Do the strangest dance you can think of. |
| Lay on your back & pedal your legs in the air like you are on a bike. | | Scream. |
| Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc. | | |



WWW.THEYSMELL.COM



FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

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

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



Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust



FAMILY

BOLSTER CONNECTIONS

The BEST Club

Afterschool club for school age children with a disability and their siblings

- Children can come straight after School, to let off steam, do messy play and participate in high energy activities.
- Activities will be designed to help promote independence, confidence and resilience.
- Children with personal care needs and their carers are very welcome.



Call Jena to register on 028 3083 5764

BOLSTER
COMMUNITY



NATIONAL
LOTTERY FUNDED



bolstercommunity.org



CHRISTMAS HOLIDAYS SOCIAL STORY

The Christmas period may be a stressful time for some autistic children. A social story can be a good way of introducing a new or unfamiliar concept. You can download the 'Christmas Holidays Social Story' from the AutismNI website
<https://www.autismni.org/autism-christmas-resources>



Special Educational Needs Frameworks

Consultation Period Extended

until 11th February 2021

Join in the conversation to
help shape the future of
SEN provision



The Education Authority (EA) is currently consulting on two draft Special Educational Needs Frameworks - the Special Schools Area Planning Framework and the Framework for Specialist Provision in Mainstream Schools and Pilot.

In consideration of the extension, further virtual consultation events have been arranged on the following dates:

| | |
|---|--------------------------------------|
| Draft Framework for Specialist Provision in Mainstream Schools and Pilot* | Monday 14 December 2020 at 9.30 am |
| Draft Special Schools Area Planning Framework | Monday 11 January 2021 at 7.00 pm |
| Draft Framework for Specialist Provision in Mainstream Schools and Pilot | Friday 15 January 2021 at 10.00 am |
| Draft Special Schools Area Planning Framework | Thursday 21 January 2021 at 10.00 am |
| Draft Framework for Specialist Provision in Mainstream Schools and Pilot | Monday 25 January 2021 at 7.00 pm |

*Please note that the Monday 14 December event replaces the event originally scheduled for 1 December 2020. All registered participants have already been notified of the change of date.

The Education Authority's website will be updated accordingly and links to register for each event will be available on the website at

<https://www.eani.org.uk/publications/consultations>.



"OUR JOURNEY THROUGH DISABILITY"

Newry Locality Planning Group

REPORT
21/03/2019
Newry County Hotel,
Newry



CYPSP are pleased to announce the launch of 'Our Journey Through Disability'. This report is the outcome of a co-production initiative by parents and families in the Newry Locality, supported and facilitated by the CYPSP Southern Outcomes Group. The information and recommendations will be used in the development of multi-agency/disciplinary plans to support needs of children with disability and their families across the regional CYPSP network .

Visit <http://www.cypsp.hscni.net/our-journey-through-disability-30sep20/> for further information and to download the report.



Apply Now for Family Fund

We know things are difficult right now. If you have not received a grant since 1 April 2020 you will be able to re-apply again now.

Access your account here
<https://familyfund.org.uk/my-account>

Equal Notes Christmas Choir Celebration

Our Christmas video is live. We really hope you enjoy watching -
<https://youtu.be/WU-pJeLwABQ>



Face coverings and deafness

Our tips for communicating with deaf children and young people when face masks and coverings are being worn in public places.



Keep it clear
If you choose to wear a mask, make one with a clear panel if you can, so your mouth is visible.



Write it down
If speech isn't working, write it down or use a text message.



Find a quiet place
This will make it easier to hear, especially if technology is used to support hearing.



Be patient
Be flexible, creative and most of all patient in how you communicate with deaf children.



Use an app
There are mobile apps that can translate speech into text - why not try one?



National Deaf Children's Society



Young Hearts and Minds Conference
22 June 2021 – ICC Belfast

Further details on the programme for the day and tickets
can be found at <https://www.youngheartsminds.com/>



CHILD & ADOLESCENT MENTAL HEALTH SERVICES

The Autumn edition of the CAMHS NI Newsletter is now available, offering ideas on things you can do to promote positive mental wellbeing and tips for improving your sleep routine.

[DOWNLOAD HERE](#)



How to Practice Mindfulness at Home with Children

With the air of uncertainty we've become all too familiar with this year, it's important to practice mindfulness with your little ones. These family-friendly activities help children feel calm and be kind to themselves – [view here](#)



Beginning a new chapter at College or University can be exciting, however the pandemic may mean that, instead of getting involved in campus life, many will start a new course at home, with classes on-line. So, university or college life might look a little different this year – [read more here](#)

THINGS THAT HELP WHEN I'M OVERWHELMED



**Mental
Health
Mail**



FAMILY WELLNESS PROJECT

The Family Wellness Project in Northern Ireland is an early intervention mental health project for children aged five-to-12-years and their families.

Find out more at:

<https://www.parentingni.org/family-wellness-project/about-family-wellness-project/>



KINDNESS CALENDAR: DECEMBER 2020



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Share the Kindness Calendar with others and spread kindness

2 Contact someone you can't be with to see how they are

3 Offer to help someone who is facing difficulties at the moment

4 Give kind comments to as many people as possible today

5 Make a gift for someone who is homeless or feeling lonely

6 Support a charity, cause or campaign you really care about

7 Leave a positive message for someone else to find

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Be generous. Feed someone with food, love or kindness today

12 Buy an extra item and donate it to a local food bank

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an elderly neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Practice gratitude. List the kind things others have done for you

18 Give away something that you have been holding on to

19 Buy locally and support independent shops near you

20 Contact someone who may be alone or feeling isolated

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2021

Let's look beyond our differences and help each other. Every act of kindness matters



ACTION FOR HAPPINESS

#DoGoodDecember



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/do-good-december

Keep Calm · Stay Wise · Be Kind



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



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



How can I help my family cope emotionally with the pandemic?

Lots of us are being asked to stay at home or keep our distance right now. This can feel scary, but there are simple ways to manage stress and feel less anxious. Find out how you can help your family cope emotionally during a pandemic – [read here](#)

SELF CARE IDEAS

by mellow doodles

- Read more books than tweets
- Turn off your notifications
- Plan something to look forward to
- Say no to (& avoid) things that make you feel bad
- Limit your consumption of bad news
- Listen to what your body needs
- Wear clothes that make you happy (and cosy)
- Ask for help and advice with difficult tasks



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!



First ever survey of the mental health of children & young people in Northern Ireland has been published today. This study delivers reliable prevalence estimates of common mental health problems. Download at <http://www.hscboard.hscni.net/our-work/social-care-and-children/youth-wellbeing-prevalence-survey-2020/>



Bereavement: Tips for coping at Christmas

covidwellbeing
ni.info

Cruse Bereavement
Care
Somewhere to turn when someone dies

@CruseNI are sharing advice on how to cope with bereavement around Christmas. Christmas can be a particularly painful time & they have shared some practical ways to cope with the loss of a loved one over Christmas

<http://covidwellbeingni.info/bereavement>

Community Crisis Intervention Service (CCIS)

If you feel in crisis and need support
or if you have observed someone
who is in distress and may come to
significant harm through self-harm
and suicidal behaviour please call:

028 7126 2300

extern
EXPERIENCE LIFE BETTER



For more info, email
info@aware-ni.org

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



Learn to recognise the signs of stress is essential for a good mental wellbeing.
Visit <http://ni.stresscontrol.org> for free online stress control classes!

CRUSE NATIONAL HELPLINE

0808 808 1677

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





Coping at Christmas

Ways to remember your special person during Christmas.

- On Christmas morning, light a candle to remember the person who died, acknowledge that you will miss them today.
- Take time to listen to some music - maybe their favourite music.
- Write a memory on a star tag.
- Talk with other family members about your memories of your special person and how you feel about them not being here.
- Write a note to them letting out all the things you would like to share with them.
- Make or buy a new frame for your favourite photograph.
- Blow some bubbles sending some love and a thought with each bubble.
- Eat their favourite Christmas food, as a way of remembering them.
- Visit the grave or a place they enjoyed going.

© CBS Dec 2020

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

FREE ONLINE MINDFULNESS COURSES

Four-week introductory courses exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

Open to
parents of 5-12
year olds
in the Fermanagh,
Omagh and Southern
Health Trust
areas



These courses
are delivered
via Zoom.
Places are limited
so book now!

Monday 18 January 2021 10am-12pm for 4 weeks

OR

Monday 18 January 2021 7-9pm for 4 weeks

For more information or to register, please email

Sharon@aware-ni.org

Part of the



In partnership with





Impact Network NI ONLINE WINTER TRAINING Schedule 2020/2021

Health, Emotional Wellbeing & Suicide Prevention

Funded by Public Health Agency, offered Free of Charge to people who live and/or work in the Northern Locality.

Due to the nature of these sessions they are only appropriate for practitioners such as health professionals, teachers, support staff etc.

To register your interest please complete the attached booking form and return to janine@impactnetworkni.org.

Sessions will be delivered via ZOOM.

[See Attached Schedule and Expression of Interest Form](#)

1



ACE / Trauma Informed Practice Online Learning Programmes for Staff

The SBNI Trauma Informed Practice (TIP) Project have developed two online training programmes for staff working across the system to develop their understanding of Adverse Childhood Experiences (ACEs) and their skills and confidence in trauma sensitive approaches to their practice.

Level One Adverse Childhood Experiences (ACE) Awareness Online Programme

Level Two Developing Trauma Sensitive Approaches to Practice Training Online Programme

HOW TO REGISTER

If you would like to register to complete this training please email your interest to Stephanie.Hanlon@hscni.net. More details can be found on the SBNI website at: - <https://www.safeguardingni.org/ace-trauma-informed-practice-online-learning-programmes-staff>

FAMILYWELLNESSPROJECT
MANAGING STRESS AT CHRISTMAS

Christmas can be a wonderful time of year filled with lots of celebrations and fun for families, but it can also be very stressful for many parents. Parents can feel the pressure of managing their children's expectations alongside managing the financial stresses that the time of year brings.

DO YOUR OWN THING
Try not get drawn into what others are spending or doing and do what is right for your family.

BUDGET
Set a budget in advance - don't underestimate your outgoings.

PRACTISE SELF CARE
Take time out for yourself and do things which help you to relax. Eat well, sleep at regular times & be good to yourself.

ENJOY THE SEASON
Don't get overwhelmed trying to have the 'perfect' Christmas & instead enjoy the time with your family.

BE GRATEFUL
Taking time out to be grateful helps build our immune systems, keeps us in touch with the positive aspects of life, and connects us with others.

EVERYTHING IN MODERATION
Be mindful of your own tipping points when it comes to holiday indulgences. Stick to your usual limits you'll feel much better when the New Year hits!

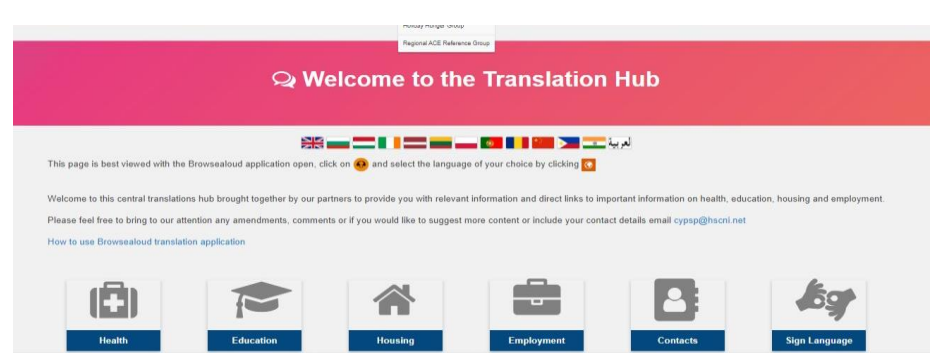
Find out more about the Family Wellbeing Project at: parentingni.org/family-wellness-project

COMMUNITY FUND



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



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



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 | 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

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

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

STEPS2COPE **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.
- Changing the type of drugs you use or using new drugs increases your risk of overdose.**
- 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.
- Tolerance:** not taking drugs for a space of time and starting again could lead to 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.
- Get Naloxone** for you or a friend. This could save your life.

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

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

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

Adapted with permission from the Health Service Executive.

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

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

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

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

www.addictionni.com or
call 028 9066 4434

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

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

WORKBOOK AND SELF-HELP TOOLS

ALCOHOL and you

IS IT TIME FOR A CHANGE?



Foyle foodbank

We're all in this together

Even in a global pandemic no one should face food poverty

If you find yourself struggling to make ends meet, please do not hesitate to contact us:

| | |
|---|----------------------|
| Get in touch: | Opening Hours: |
| ✉ info@foyle.foodbank.org.uk | Mon: 11am-3pm |
| 📘 facebook.com/foylefoodbank | Wed: 11am-3pm, 6-8pm |
| ☎ 02871263699 | Fri: 11am-3pm |

Unit 15, Springtown Industrial Estate



the trussell trust
Stop UK Hunger

[Find a Food Bank Near You](#)



TAKE500

YOUR COMMUNITY, YOUR VOICE, YOUR CHOICE!

WOULD YOU LIKE £500 TO BRING A PROJECT TO LIFE IN YOUR COMMUNITY?

THEN CHECK OUT THE TAKE500 PARTICIPATORY FUND!

For more information log onto www.armaghbanbridgecraigavon.gov.uk/TAKE500 or call 028 4066 6044

*Projects must be based on the Take 5 Ways of Wellbeing



This fund applies to Armagh Banbridge Craigavon council area



Woodland Trust Tree Planting Programme

The Woodland Trust are giving away free tree packs to community groups and schools.

For further information on the programme and details on how to apply visit <https://www.woodlandtrust.org.uk/plant-trees/schools-and-communities/>



The Community Foundation
Northern Ireland

[Current Grant Opportunities](#)



TESCO
Bags of Help
is back!



Tesco Community Grants

During October/December 2020 the grant scheme will provide grants to support projects focused on children and young people - find out more at <https://tescobagsofhelp.org.uk/home/community-apply-bags-help-grant/>



Got a great idea to support your community and would like to chat about it?

Get in touch with us. We love to hear your ideas.

Call us on 028 4378 0003

Email us at enquiries.ni@tnlcommunityfund.org.uk

Chat to us on social media

- Facebook @tnlCommunityFundNorthernIreland
- Twitter @TNLComFundNI



#NationalLottery

Funding available in Northern Ireland

National Lottery Awards for All

Funding of £300 - £10,000 is available for projects up to 12 months in length.

We will fund organisations with great project ideas that:

- bring people together and build strong relationships in and across communities
- improve the places and spaces that matter to communities
- help more people to reach their potential, by supporting them at the earliest possible stage.

Interested in applying? Visit
www.tnlcommunityfund.org.uk
for more information



Funding available in Northern Ireland

Empowering Young People

- Applications are welcome for projects led by VCSE groups.
- Your project should last between one and five years and work with young people aged 8-25.
- Funding is for between £10,000 and £500,000.
- Young people must be involved in the planning and delivery of projects.

Interested in applying? Visit
www.tnlcommunityfund.org.uk
for more information



Funding available in Northern Ireland

People and Communities

- Applications welcome from constituted VCSE groups.
- Your project should last between one and five years; funding is for between £10,000 and £500,000.
- Involve the people you want to help in planning the project.
- Build on the knowledge, skills and experience the community already has.
- Show us how your project relates to other activities and services in your community.

Interested in applying? Visit
www.tnlcommunityfund.org.uk
for more information





WE'RE HERE FOR YOU!

WHAT WE PROVIDE & HOW TO GET INVOLVED

Autumn 2020
#StaySafe
#YMCAconnects



COMMUNITY WORK

1-2-1 & SMALL GROUP SUPPORT, INFO & GUIDANCE FOR LOCAL RESIDENTS

07591 840539



YOUTH WORK

OUTREACH, SMALL GROUP & ONLINE SUPPORT FOR YOUNG PEOPLE

07591 840489

HOUSING SUPPORT

1-2-1 FACE-TO-FACE & PHONE SUPPORT ON HOUSING ISSUES

07591 840390

Housing Support Service - Ards & North Down



ETHNIC MINORITIES SUPPORT

BILINGUAL ADVOCACY SUPPORT FOR MIGRANTS & REFUGEES, INC E.U.S.S.

07591 840529

YMCA Ethnic Minorities Support



YMCA AFTER SCHOOL CLUB

OUT-OF-SCHOOL CHILDCARE FOR PRIMARY SCHOOL AGED CHILDREN IN CENTRAL BANGOR, BANGOR WEST & BALLYHOLME

07591 840361

YMCA After School Club

07483 122843

YMCA North Down



info@northdownymca.org



@northdownymca



@northdownymca



Men's Action Network
Supporting and Promoting Male Health and Wellbeing

COVID 19 ISOLATION HELPLINE

FOR MEN AGED 50+

Community Information • Listening Ear • Signposting

Register your interest for a call back

02871 377777

Man In Derry NI @man_in_derry

Appointments via Telephone or Online

Email: admin@man-ni.org

COVID 19 ISOLATION HELPLINE

FOR MEN AGED 18+

Community Information • Listening Ear • Signposting

Mon / Wed / Fri - 0900 - 1600 Phone or Text this number

07743 005 708

Man In Derry NI @man_in_derry

Appointments via Telephone or Online

Email: FermanaghOmagh@man-ni.org



Public & Community Safety Partnership

COMMUNITY



STEP UP
Getting people back into training and education



Has COVID-19 got you thinking about a new career? Have you found yourself out of work and needing employment?

Our Employability team are on hand to deliver 1-2-1 careers coaching, interview skills and CV building online!

For more information or to arrange an appointment call us now on 028 9147 8292 or email info@kilcooleywomenscentre.co.uk

For more information contact the Education Team:
T: 028 9147 8292 E: info@kilcooleywomenscentre.co.uk
www.kilcooleywomenscentre.co.uk



This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department for the Economy.



Community Hub

SUPPORT SERVICES & INFORMATION SUMMARY AUTUMN-WINTER 2020



'Light and Hope' online concerts



WEST BELFAST PARTNERSHIP
PÁIRTÍOCHT FEIRSTE THÍAR



CORONAVIRUS (COVID-19)

COMMUNITY HELPLINE
0808 802 0020


COVID19@ADVICENI.NET
TEXT ACTION TO 81025



Ards & North Down Locality Planning Group


Together for Families Good News Story



| | |
|--|--|
| Story Title | Summer Outdoor Project –North Down and Ards Women's Aid |
| Summary | <p>This year has been a very challenging year for all our mothers and children and outdoor activities and resources have been limited. Due to lockdown restrictions and social distancing rules many of our families were unable to avail of safe play areas for their children.</p> <p>The summer project was designed to provide a safe environment for families to engage in interactive art activities and play sessions. The outdoor gazebo was designed to offer safety, shelter and privacy for all families who attended the project. The families enjoyed the activities and the children enjoyed the space to play with their siblings. A total of 8 families 16 children attended the project and have remained in our service.</p> |
| For further information contact if appropriate | nicola@ndawomensaid.org |
| Insert Picture / Photo Ensure permission granted verbal / written |  |

Ards & North Down Locality Planning Group

Together for Families Good News Story

| | |
|--|---|
| Story Title | How ABC PIP helped very isolated family |
| Summary | <p>Meghan, Ben and baby were referred to ABC by their health visitor in February. Due to Covid restrictions the first 2 contact were by telephone and then the family received 7 home visits.</p> <p>Just prior to the birth of baby Alex the family had moved from England and knew no one here. Mum had a very difficult delivery and felt very isolated. Dad was working from home and joined in all visits.</p> <p>Baby massage, 5 to thrive, Community resilience and Video Active guidance were all completed.</p> <p>On discharge mum wrote on her evaluation : Thank you so much for all your support I feel like its transformed how I relate to Alex and my husband, making sense of how Alex arrived. Dad commented on his evaluation "A very calming and helpful experience, my wife has felt much better every time.</p> |
| For further information contact if appropriate | ABCPiP@setrust.hscni.net |
| Insert Picture / Photo Ensure permission granted verbal / written |  |





Ards & North Down Locality Planning Group

Good News Story

| | |
|--|---|
| Story Title | Halloween Huddle Up |
| Summary | <p>Funded by the Big Lotto, uHub's Huddle Up was an in-person group project for kids in North Down to take part in craft projects with our therapists. In line with COVID 19 restrictions, Huddle Up has been adapted to an online group and we now deliver our Huddle kits to each child and share our craft activities through videos in a closed social media group. The good news? We're now able to involve even more children by doing our Huddles online!</p> <p>Our most recent Huddle was for Halloween and we had over 300 children participate in autumn themed activities, including scavenger hunts and making their own jigsaw puzzles. We're now gearing up for our next Huddle taking place throughout the month of December!</p> |
| For further information contact if appropriate | pam@uhub.org.uk |
| Insert Picture / Photo Ensure permission granted verbal / written |   |

Ards & North Down Locality Planning Group




Together for Families Good News Story

| | |
|--|--|
| Story Title | Halloween @ Ladybirds |
| Summary | <p>Ladybird Childcare Services (part of Kilcooley women's centre), celebrated their recent move to their permanent home on the Old Belfast Road by having a Spooktacular pumpkin patch for the children. Photos were taken and sent home and we also invited the local community to pop over (following COVID 19 restrictions) and get some lovely photos too.</p> |
| For further information contact if appropriate | Laura 02891093039 |
| Insert Picture / Photo Ensure permission granted verbal / written |   |



Ards & North Down Locality Planning Group

Good News Story

| | |
|--|--|
| Story Title | Autism NI Volunteer Development/Success |
| Summary | <p>In response to Covid-19, Autism NI's support group network volunteers transitioned to provide on-going 'virtual' support to the autism community across Northern Ireland. Volunteers received awareness training, further developing their skills on virtual platforms and enhancing the range of supports available to parents/carers.</p> <p>Volunteers have shared bespoke resources and responded to issues that families are facing. Focused sessions based on integral participation, were facilitated in partnership with SENAC and Employers for Childcare. To date we have delivered 49 support group meetings, with 300+ participants.</p> <p>Christmas is fast approaching and our volunteers are preparing to bring some 'Christmas Cheer' to the December online meetings. To learn more and get involved in your local support meeting visit; www.autismni.org/support-groups.</p> |
| For further information contact if appropriate | kyle.duncan@autismni.org / 07387020194 |
| Insert Picture / Photo Ensure permission granted verbal / written | <p>Support Group Meeting</p>  <p>Parental Feedback</p> <div><p>"Thank you for last night and for organising a speaker to join our virtual meeting. I really enjoyed it." (Parent)</p><p><small>To contact the Helpline call 028 90 401729 (toll free) Monday - Friday, 9am to 5pm</small></p></div> <div><p>"It was lovely to meet you all. I feel like I can actually talk to people who understand and I'm looking forward to the next session already!" (Parent)</p><p><small>To contact the Helpline call 028 90 401729 (toll free) Monday - Friday, 9am to 5pm</small></p></div> |

'At the Family First Hub, we received some funding from Save The Children which enabled us to support families who were affected financially by The COVID19 Pandemic. The support that was put in place helped with learning needs through educational play sets, vouchers for supermarkets and other outlets to help with the financial strain families were facing, this was a great support for families during these difficult times.'

Could you tell us about what you have been doing together during lockdown which might help other children and families?

- talking about our feelings.
- eating meals as a family.
- learning to appreciate others and our selves.
- writing one thing positive about our Family and our selves each day.
- learning how to cook.





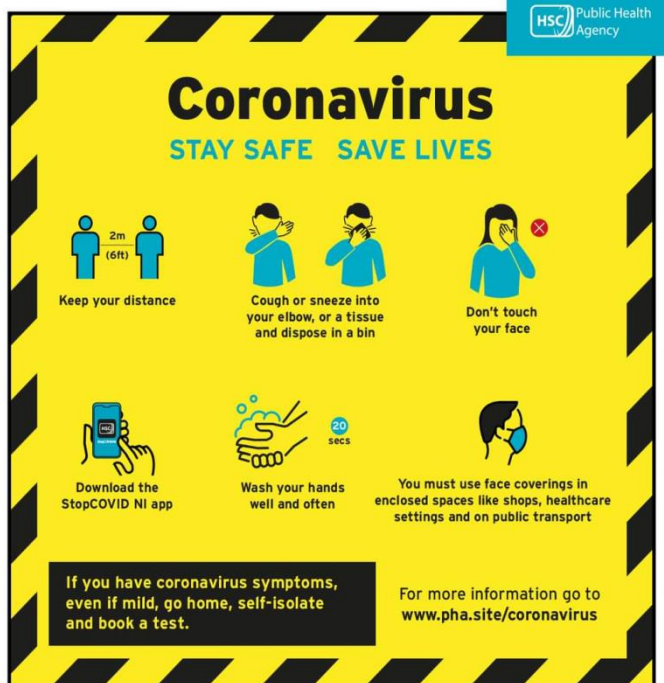
Spirit of Christmas is spreading throughout Fermanagh

The Fermanagh Hub Co-ordinator has been in contact with a member of the local community who contacted our Fermanagh Early Intervention Family Support Hub re working in partnership with one another to distribute Christmas presents and food hampers to families in need this Christmas. As the pandemic has continued, financial requests to our Fermanagh Hub has increased significantly as families are struggling financially and it is our hope that we can help families that little bit more over the festive period. The member of public expressed that she and a few friends set up this initiative asking for donations as they wanted to make a difference to families this Christmas locally in Fermanagh due to impact of Covid and poverty that many are effected by.

This kind act by local people in the community has enabled us within our Hub to continue to meet family's needs this Christmas. Many aspects make up the **Spirit of Christmas**. Giving, hope, good cheer, love, understanding, helping, goodwill towards others. This is what our Fermanagh Hub strives to do again this Christmas for families locally that need support. We have already been busy delivering these fantastic Christmas gifts spreading some Christmas cheer helping to reduce stress at what can be a stressful time for many families. Our Fermanagh Hub is made up of fantastic organization's from Statutory, Voluntary and Community Sector who are well positioned in our local communities to identify those in need who can really help lift people's spirits. Through our partnership working together we can make sure those who really need it have some festive cheer by helping provide Christmas Presents and Food Hampers.

It is important to recognise that we all need help at times and it's ok to ask, even Santa and his elves needed help from our Fermanagh Hub. We are delighted to help with support of our community working in Partnership with one another to achieve the same outcomes for families this Christmas.



Coronavirus
STAY SAFE SAVE LIVES

Keep your distance (2m / 6ft)

Cough or sneeze into your elbow, or a tissue and dispose in a bin

Don't touch your face

Download the StopCOVID NI app

Wash your hands well and often (20 secs)

You must use face coverings in enclosed spaces like shops, healthcare settings and on public transport

If you have coronavirus symptoms, even if mild, go home, self-isolate and book a test.

For more information go to www.pha.site/coronavirus

Symptoms of COVID-19



New continuous cough

High temperature

Loss of, or change in, sense of taste or smell

If you have any of these symptoms, get tested

HSC Public Health Agency



StopCOVID NI
DOWNLOAD THE APP NOW

Available on the App Store and Google Play

The app will tell you automatically if you've been near another app user who tests positive. Download the App now.

Apple App Store: <https://buff.ly/2P9vzHN>

Google Play: <https://buff.ly/3hTFfST>



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

GET TESTED

HSC Public Health Agency

If you have symptoms get tested!

For more info on locations & how to get a test visit www.pha.site/cvtesting



ADD THE NUMBER TO YOUR PHONE

(028) 9536 8888

Contact Tracing Service

(028) 9536 8888

HSC Public Health Agency

If you receive a positive COVID-19 test result, or you are a close contact of someone who has tested positive, the PHA's Contact Tracing Service will ring you from (028) 95368888. It is essential that you answer this call. Please add this number to your phone's contacts now so it'll recognise who's calling if we need to get in touch.



TEXT FROM 'HSC TESTING' ASKING YOU TO SELF-ISOLATE? DO IT IMMEDIATELY.

HSC Testing

You have been in close contact with someone who has COVID-19

You are at high risk of having and spreading it. Self-isolate now for 14 days

For more guidance visit www.pha.site

HSC Public Health Agency

A new text alert service for close contacts of positive COVID-19 cases has been introduced. It will strengthen the speed of the Contact Tracing Service and enable contacts to take action quickly to reduce the risk of further spread.

Read more at www.pha.site/TextService



Coronavirus

Advice on car sharing



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

Wash hands or use sanitiser before and after journey

Wear face coverings

Share with the same small group only

Keep windows open

Sit as far away as possible

Clean car surfaces after every journey (including seatbelts and internal/external handles)

Got coronavirus symptoms?

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

Self-isolate

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

Get tested

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

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

HSC Public Health Agency

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www.pha.health.nhs.uk

Find us on:
Facebook, Twitter, Instagram, YouTube

Adapted with permission from Swindon Borough Council

COVID-19

Approx. the length of Rudolf

keep your distance

www.pha.site/coronavirus

HSC Public Health Agency

INFORMATION FOR PARENTS & CARERS

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

DON'T SEND YOUR CHILD TO SCHOOL IF THEY HAVE COVID-19 SYMPTOMS.

VISIT NIDIRECT.GOV.UK/CORONAVIRUS TO BOOK A TEST ONLINE. CALL 119 IF YOU CANNOT BOOK A TEST ONLINE.

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 for 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 THEIR 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:

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| YOUR CHILD HAS COVID-19 SYMPTOMS WHAT TO DO? <ul style="list-style-type: none"> DO NOT SEND YOUR CHILD TO SCHOOL Book a COVID-19 test Household self-isolates Inform school immediately about test result WHEN CAN MY CHILD RETURN? <p>Your child can return to school if the test is negative providing they are well enough. Tests not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.</p> | YOUR CHILD TESTS POSITIVE FOR COVID-19 WHAT TO DO? <ul style="list-style-type: none"> DO NOT SEND YOUR CHILD TO SCHOOL Inform school immediately about test result Self-isolate for at least 10 days as advised by the PHA WHEN CAN MY CHILD RETURN? <p>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.</p> | SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS WHAT TO DO? <ul style="list-style-type: none"> DO NOT SEND YOUR CHILD TO SCHOOL The household member should book a COVID-19 test Household self-isolates Inform school immediately about test result WHEN CAN MY CHILD RETURN? <p>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.</p> | SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19 WHAT TO DO? <ul style="list-style-type: none"> DO NOT SEND YOUR CHILD TO SCHOOL Inform school immediately about test result WHEN CAN MY CHILD RETURN? <p>Your child can return to school where they have completed 14 days of self-isolation without any symptoms.</p> |
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| CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT WHAT TO DO? <ul style="list-style-type: none"> DO NOT SEND YOUR CHILD TO SCHOOL Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service WHEN CAN MY CHILD RETURN? <p>Your child can return to school when they have completed 14 days of self-isolation without any symptoms.</p> | YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT WHAT TO DO? <ul style="list-style-type: none"> Affected 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? <p>Your child can return to school where they have completed 14 days of self-isolation without any symptoms.</p> | YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE WHAT TO DO? <ul style="list-style-type: none"> DO NOT SEND YOUR CHILD TO SCHOOL Self-isolate for 14 days in line with quarantine advice WHEN CAN MY CHILD RETURN? <p>Your child can return to school where they have completed 14 days of self-isolation without any symptoms.</p> |
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***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

For further information on Family Support Hubs in your area?

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