



# Family Support Hubs Newsletter

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- Community Fund
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- Eu Settlement Scheme

## DOMESTIC & SEXUAL ABUSE

- Women's Aid
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## DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy Helpline/ RAPID Bins
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## COMMUNITY

- The Trussell Trust/Foodbanks
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- Western Digital Safeguarding Steering Group
- Supporting Communities
- Covid Helplines

## GOOD NEWS STORIES

- NHSCT GP Social Work
- Antrim Foodbank
- Building our Children's Developing Brain
- Barnardo's Family Connections
- Belfast FSH Network brings Christmas cheer

## COVID ADVICE/GUIDANCE

- StopCOVID NI App
- Covid-19 Vaccine

Welcome to Edition 1/2021 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 18th February 2021.

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

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

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

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

For More information or to make a referral visit

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

Where are the hubs?

Click on map:-



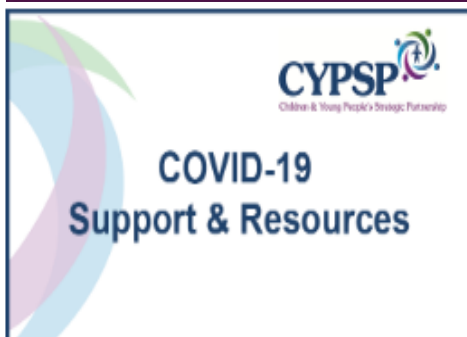


## COVID-19 SEPARATED PARENTS MEDIATION AVAILABLE NOW VIA ONLINE PLATFORMS

“ 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](mailto:enquiry@familymediationni.org.uk) or  
[administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk)

[www.familymediationni.org.uk](http://www.familymediationni.org.uk)



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.



[Tips on feeding your family and how to help them make healthy choices.](#)

# Parent Support

## Upcoming Parenting Programmes



Could you be a Short Breaks carer?

The SHSCT Short Breaks service is designed to provide short breaks, within a family setting, for children & young people with disabilities, where it has been assessed that their parents/carers require a break from their caring responsibilities. Short Breaks can be anything from a few hours a day once a month to overnight stays in the short break carers home. [CLICK HERE](#) for more info



<http://bit.ly/PMHpodcast>



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/>

## BBC Bitesize Parents Toolkit

Parents and carers, show yourselves some love - you're doing an amazing job! Practical advice and support can always be found in our Parents' Toolkit if you need it

<http://bbc.in/2M0tPSK>

BBC Bitesize — Parents' Toolkit

### Five ways to manage your wellbeing as a parent during lockdown

1. Be realistic and kind to yourself 
2. Notice what's on your mind 
3. Connect with other parents 
4. Create routine and agree your own 
5. Be honest and say sorry when you can 


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

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

**Family Support** **Childcare**

**Q Family Support**  
Find local services and information to support you and your family

**Q Childcare**  
Find registered childcare in NI and useful information including financial support



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

## Five Tips for Talking with your Child

It's vital that children know they can speak to you about any worries they might have. If something seems wrong, untrue or unsafe to them, they need support from the adults around them.

[5 tips for talking to your child about their worries | Barnardo's](#)







## Parents' Toolkit for Learning at Home

We might not know what day it is, but we do know what half-term calls for... ACTIVITIES!

If you're on half-term this week (or even if you aren't) check out these activity pages on the Parents' Toolkit for some inspiration

<http://bbc.in/3ddgAKd>

Fun, educational and inspirational activities to keep kids, teens and even parents entertained while you're at home.

### Indoor activities



**How to incorporate cooking and baking into your child's homeschooling**

Fun ideas to mix up your homeschooling day.



**Seven skills a teenager can learn in one month**

If your teen wants to shake up their free time, here are seven skills they can try...



**More indoor activities**

### Learning at home



**Fun, easy ways to keep your child reading and learning**



**Holly Smale – seven top tips for writing a novel**



**More activities for learning at home**

**NSPCC**   
Cruelty to children must stop. FULL STOP.

**Letting the Future In**  
Information for parents/carers

Leaflet for parents/carers

[NSPCC LTFI Parents leaflet.pdf](#)



### The NSPCC Helpline

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

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

Call 0808 800 5000, text 88858, email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  
or visit [nspcc.org.uk/helpline](https://nspcc.org.uk/helpline)



## The areas we cover:



## What are the Family Support Hubs?

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

Contact us today:

**ACTION FOR CHILDREN**  
Family Support Hubs Network  
4a Steeple Road, Antrim, BT41 1AF

T: 028 9446 7345

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

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

 Northern Health  
and Social Care Trust

 CYPSP  
Children & Young People's Strategic Partnership



## NO Wrong Way to Read a Book

Everyone can enjoy sharing stories together - because there is absolutely NO wrong way to read a book!

But if you'd like some storytime tips to help you get started, head this way: <https://booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/>

 **BookTrust**  
Getting children reading

## There's no wrong way to read a book



Sustained strategic funding by  
**ARTS COUNCIL  
ENGLAND**



## Worry Tree

The worry tree helps children offload worries, instead of dwelling on them.

If your child is feeling anxious or overwhelmed, why not try this activity with them? <https://bit.ly/36Hq4sU>





## Wellness Project for Children

We're announcing a new Wellness Project for children!

We're creating a service in @WesternHSCTrust and @SouthernHSCT to support the mental health of 0-3 & 11-13 year-olds, and their parents/carers. Info on Family Wellness <http://ow.ly/Jdnu50DrCHi>



## CORONAVIRUS (COVID-19)



ADVICE IF YOU'RE STRUGGLING TO PAY  
YOUR GAS AND ELECTRICITY BILLS

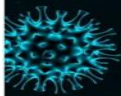
## See, Hear, Respond

will ensure vulnerable children, young people and families who are at risk, don't slip through the cracks.

[www.barnardos.org.uk/see-hear-respond](http://www.barnardos.org.uk/see-hear-respond)



## CORONAVIRUS (COVID-19)

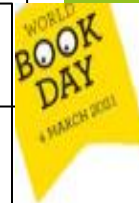


## CARERS GUIDANCE



As of January 2021, NI has moved into its third surge of the pandemic with continuing and further restrictions being placed upon us all in order to get through this next stage. It is imperative that everyone follow government guidelines in order to keep ourselves and our loved ones safe. If you are struggling in your caring role, are new to caring or your circumstances have changed, **please seek support and do not suffer in silence.**

[Click here to read Advice and guidance for Carers and Young Carers during the COVID-19 Pandemic](#)



CHECK OUT  
PARENTLINE'S  
PAGE-TURNING  
PODCAST  
TODAY!







## PlayBoard Play Ideas

Visit [www.playboard.org/play-ideas/](http://www.playboard.org/play-ideas/) for lots of fun #play ideas and activities including:

- Make a bird feeder
- Listen to the rain with a rainstick
- Go cloud spotting
- Try kite making
- Blow bubbles using socks
- Do shadow drawings
- Build a den ... and lots more!



"Parents, why not win a £5 Amazon voucher and take a 30 minute break while your child takes part in this QUB study on children living in Northern Ireland. If your child is 7-11 click on the link and help your child become a #ChildScientist. Click this link to access the Online Parental Consent Form

[https://qubpsych.eu.qualtrics.com/jfe/form/SV\\_ehrcWYM4xvdufHf](https://qubpsych.eu.qualtrics.com/jfe/form/SV_ehrcWYM4xvdufHf)



# WE'RE OPEN!

Family Mediation NI continues to offer mediation sessions via online platforms

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

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

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

\*subject to suitability

For more information, please contact **02890 243265**  
or [enquiry@familymediationni.org.uk](mailto:enquiry@familymediationni.org.uk)  
or [administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk)  
visit [www.familymediationni.org.uk](http://www.familymediationni.org.uk)



**"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](http://www.home-start.org.uk/register-to-volunteer) and give the #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](mailto:jmurray_assoc@home-start.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



For technical support contact  
solihullapproachparenting@hscni.net or 0121 296 4448 Mon-Fri 9am-5pm



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



Support and information services for families of premature or sick babies on the neonatal unit from birth across Northern Ireland. Support available includes TinyTime Groups, Baby Massage, 1:1 and online support in the community. TinyLife also offers support to parents while their baby is still in the neonatal unit, including a Breast Pump Loan service. To find out more and make a referral visit our website [www.tinylife.org.uk](http://www.tinylife.org.uk) or call 02890 81 5050.



### 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



### Childcare Voucher Allowance

Make the most of your Childcare Voucher allowance by backdating - but time is running out to ensure you can maximise your savings through Childcare Vouchers in 2020 – 21

For more info: <https://bit.ly/3qcxoEK> or call our Family Benefits Advice Service for advice 0800 028 3008







### Employers for Childcare

We're here to help parents make sure they are receiving all the financial support they are entitled to with their childcare costs. Call us today on **0800 028 3008** or email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org) for free & confidential advice. We may be able to help you save money!

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

For free, impartial and confidential advice:  
Freephone 0800 028 3008  
[hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)

**Employers  
For Childcare**

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

## FURTHER MEASURES ANNOUNCED TO SUPPORT CHILDCARE PROVIDERS



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

Department of  
**Education**  
[www.educationni.gov.uk](http://www.educationni.gov.uk)

Education Minister, Peter Weir has announced an extension to the Covid-19 Childcare Temporary Closure fund for the period January to March 2021 <https://bit.ly/2NyzeBg> Please note this fund does not open for application until 24th February. You need to inform your Early Years Team of any temporary closures since 1 Jan 21 to facilitate payment from this fund.



## MESSAGE OF THE MONTH

**Playing is fun for everyone!**

[Click on me for more info](#)



We at Abbey SureStart have been working hard to remain connected to families that access our services. We have done this by coming up with innovative ways, thinking about how we can do things differently. The programme I am going to share with you is called Strength and Nourish. This programme is looking at how we can look after our overall wellbeing by adjusting our eating habits and building in exercise. We know that the climate we are currently living in has taken its toll on us all so the positive feedback that I am going to share with you was just too good to keep to ourselves. This is just one of the activities that shows us the importance and value of what we do.

[Strength and Nourish Programme](#)



### Love the Daily Mile

Fall in love again with The Daily Mile - it's one year since we encouraged schools to sign up. Many children are now learning remotely but you can still love The Daily Mile at home. There are huge benefits for physical & mental health. <https://bit.ly/2YK15SU>

**Keep Loving It!  
Love the Daily Mile,  
Love your Heart**

The Daily Mile Initiative aims to improve the physical & mental health of our children & young people by ensuring that every child runs/jogs for 15 minutes every day in their school.

However, with many children learning remotely at the moment, children & families are being encouraged to:

**Love the Daily Mile...  
AT HOME!**



**CREATIVE  
KIDS  
ACTIVITY  
PACK**

### Stick Towers

Have fun creating some stick towers, turn it into a competition and see who can build the biggest tower. Leave them for other people to see.  
#nifsa #forestschooll #learningwithoutwalls  
#learningoutdoors #KeepPlaying



**Stick Tower**

Collect some sticks and build a stick tower.

Work together to build a big one or turn it into a competition and see who can build the biggest tower. How many sticks will you use?



**FREE Creative Kids Activity Pack now available to download**

Get Creative at home and let your imagination loose with our Creative Kids Activity Pack! The pack has been created by different local artists with fun art activities they think you'll enjoy:

<https://roevalleyarts.com/events/creative-kids-activity-pack>





### Make a Glitter Bottle

A glitter bottle can help calm your child when they feel stressed or overwhelmed, and you can make one at home! Here's how to make it:

[Activity: make a glitter bottle to help calm your child - Support for Parents from Action For Children](#)



### Keep Entertained at home

Don't forget #BookTrustHomeTime is packed with fun stuff - activities to print, drawalongs with top illustrators, online storybooks and author readings, quizzes, competitions and heaps more!

<https://booktrust.org.uk/hometime>

**Keep entertained  
at home with  
activities for all  
the family**

#BookTrustHomeTime



### Kindness Week

Did you know it's [#KindnessWeek](#)? It's so important that we look out for each other, especially during times like these. To inspire you, check out our list of gorgeous books with themes of compassion and empathy:

<https://booktrust.org.uk/booklists/k/kindness/>



### Wee Critters

Planning home learning resources for your classes?

We are currently offering online interactive animal education sessions (via Google Meets, Microsoft Teams or Zoom). For more information call

**079 1278 5047** or email [hello@weecritters.org](mailto:hello@weecritters.org)!





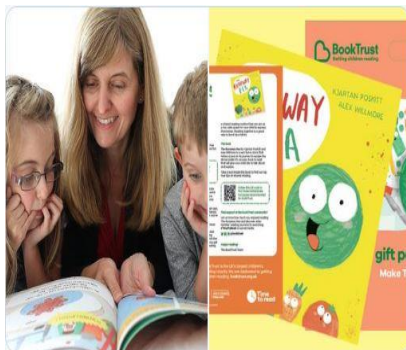


## Exciting Explorers

Do you have kids aged 5-7?

Check out Exciting Explorers! Take a trip back in time with the people who travelled the world... and beyond. World map

Play now! <http://bbc.in/ExcitingExplorers>



## Time to Read Campaign

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

[FIND OUT MORE](#)

## Stair Maths

We're sharing a variety of tips and tricks to approach maths learning with your children. Have a look at what we recommend below!

<https://www.playboard.org/play-ideas>



## Stair maths

This activity can be adapted for your child's age and you can use as many cards as needed - examples for older children are on the right-hand side of the photo and for younger children on the left.

Children can order each card from biggest to smallest. They can only swap once until they have to return to the bottom of the staircase.

Use a ball or another item to throw at each piece of card to knock it over and call out the figure.

What other activities can you come up with?



Curriculum link - Mathematics and Numeracy, Physical Education

[www.playboard.org/play-ideas](https://www.playboard.org/play-ideas)



## RELATIONSHIPS AND SEXUALITY EDUCATION

COMMON YOUTH.

Online resources available from **Common Youth** during this lockdown period:

Free RSE sessions for young people online.

A series of factsheets available at [www.commonyouth.com](http://www.commonyouth.com) which can be accessed by both young people and professionals.

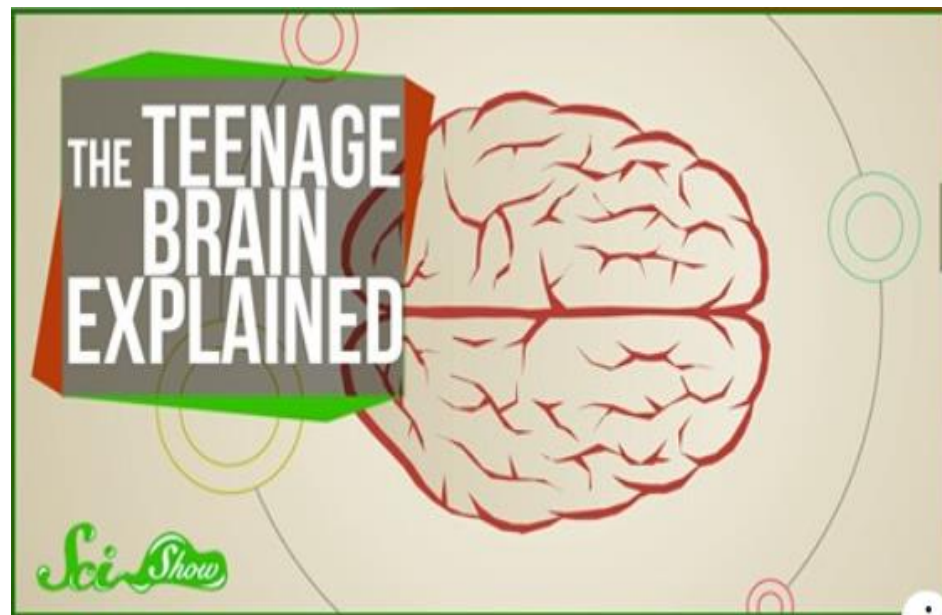
[RSE Information Leaflet](#)

## StopCOVID NI APP



NOW  
AVAILABLE  
FOR 11-17  
YEAR-OLDS

[FIND OUT MORE](#)



[https://www.youtube.com/watch?v=hiduiTq1ei8&fbclid=IwAR18e-v9N4ZMPRTVRIGGYXlXW6-YtKV50aVI\\_VGdGbp58xdQbdT0pOjmKE](https://www.youtube.com/watch?v=hiduiTq1ei8&fbclid=IwAR18e-v9N4ZMPRTVRIGGYXlXW6-YtKV50aVI_VGdGbp58xdQbdT0pOjmKE)



NATIONAL CHILDREN'S BUREAU

OUR MINDS  
OUR FUTURE



COMMUNITY FUND



### Our Minds, Our Future NI

A Youth-Led Charter for Mental Health Services in Northern Ireland

This is what young people expect from mental health services in Northern Ireland. Sign up to the charter and support these principles.





<http://bit.ly/3t2yGnC>





FAMILY

## Family Support Service for Families of Children with a Disability



### SERVICES:

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

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



Call us for more info 028 3083 5764

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

**BOLSTER**  
COMMUNITY

In partnership with:



Southern Health  
and Social Care Trust





## Southern Trust Short Breaks Service

### Could you be a Short Breaks carer?

The Short Breaks service is designed to provide short breaks, within a family setting, for children & young people with disabilities, where it has been assessed that their parents/carers require a break from their caring responsibilities. Short Breaks can be anything from a few hours a day once a month to overnight stays in the short break carers home. Our current Short Break carers are people from a variety of backgrounds who are compassionate, caring & willing to open their homes to provide short breaks to children and young people with a disability. Carers may own or rent their home, work or receive benefits and may or may not have children of their own, carers may be married, cohabiting or single. Our current waiting list consists of children who urgently require short breaks but we do not have enough carers to meet this need. To become a Short Breaks carer you do not need any specific skills or qualifications just the willingness to make a positive difference to a child's life. We offer allowances, training, dedicated support and flexibility around your schedule. Due to the current COVID-19 pandemic we URGENTLY require more carers than ever before given the pressures that parents are currently facing. We welcome all enquiries. If you would like further information please contact a member of the Short Breaks team today! We would love to hear from you!



### Short Breaks Team:

T: 028 37 564350

E: [shortbreaks.team@southerntrust.hscni.net](mailto:shortbreaks.team@southerntrust.hscni.net)

W: <https://southerntrust.hscni.net/service/children-with-disabilities/short-breaks-team/>



### Autism NI Helpline

Margaret and our Helpline team are available to call for information, advice, support and resources. Our Helpline is available on 028 9040 1729 option 1 from Monday-Friday 9am-5pm.



**Margaret Field**  
Helpline Officer


#### Helpline

Autism NI's Helpline is the first point of call for many autistic adults and their families who seek support, advice and information. To contact Margaret on our Helpline, call 028 9040 1729 option 1.



Autism NI is a company limited by guarantee (Company Number NI 520545). Registered with The Charity Commission for Northern Ireland NI 520545.

### SENSORY ACTIVITIES RESOURCE!

Most people with autism have some sensory differences. People with autism can be hypersensitive, hyposensitive or both. We have created a Sensory Activity Resource Pack with a number of different sensory activities for you to do at home with your family to help build on your child's sensory experiences. You can download this on our website 

<https://www.autismni.org/sensory-activities>



Research, led by Dr Bronagh Byrne and Dr Gillian O'Hagan, and funded by the School of Social Sciences, Education and Social Work, engages the participatory arts based research method of Photo voice whereby autistic young people aged between 11-15 years of age used photography to document their lives in Northern Ireland during the period of lockdown March - June 2020.

To access a copy of the report please see [here](#).



### Deaf Works Everywhere Toolkit

Are you an #education professional who works with deaf young people?

We've created our Deaf Works Everywhere toolkit to help you support and empower #deaf young people as they plan for a bright future. Tailored for use in NI. Download for free -

<https://bit.ly/3be3oCf>

### NDCS Mentorship Programme

We're delighted to launch our new text based mentorship programme. Deaf young people (aged 15-18) will be matched with a positive #deaf model to receive personalised support and guidance on a range of topics like wellbeing and future careers.

<https://bit.ly/2LgdU7>



### Family Fund – Apply for a Grant

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



**Family Fund**  
Helping disabled children

### Disabled Young People Staying Safe Online

Disabled young people share their tips on how other young people can stay safe online

Clapping hands sign

#CyberBullyingAwareness #Bullying

<https://youtu.be/gfa52a2ppHs>







## Mental Health and Young People Books

Books can be so helpful when it comes to discussing mental health with young people - from exploring difficult feelings to helping them feel less alone! You can find great reading recommendations and advice

here: <https://booktrust.org.uk/books-and-reading/bookmark-disability-and-books/mental-health/>



## Top Internet Tips for 11-19s

Some top tips for young people to help have An internet we trust - 'Exploring reliability in the online world'.

### Top tips for 11-19s

- 1 Protect your online reputation: use the services provided to manage your digital footprints and 'think before you post.' Content posted online can last forever and could be shared publicly by anyone.
- 2 Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it's never too late to tell someone.
- 3 Don't give in to pressure: if you lose your inhibitions you've lost control; once you've pressed send you can't take it back.
- 4 Respect the law: use reliable services and know how to legally access the music, film and TV you want.
- 5 Acknowledge your sources: use trustworthy content and remember to give credit when using others' work/ideas.



**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/>

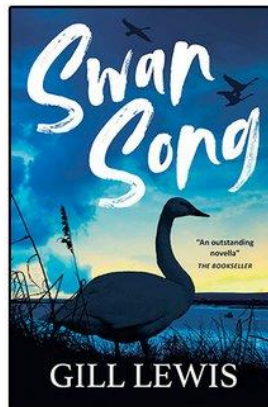


### How to Practice Mindfulness at Home with Children

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](#)

### Book Trust – Book of the Day

With exquisite descriptions of the natural world and touching relationships to be captivated by, our [#BookOfTheDay](#) is another wonderful story from [@gill\\_lewis](#) - it's the magnificent [#SwanSong](#): <https://booktrust.org.uk/book/s/swan-song/>



**'this moving novel sensitively explores some of the pressures faced by teenagers'**



### Wellbeing for Students

With lockdown disrupting educational & social lives, this week, [@InspireWBProf](#) are sharing info on the topic of wellbeing for students. You can read all their helpful tips this week on their social or on the [#CovidWellbeingNI](#) website>> <http://covidwellbeingni.info/wellbeing>

## Wellbeing at home for Students

covidwellbeing  
ni.info



### Mindset Session for Students

[@amhNI](#) Menssana team are providing a programme via Zoom specifically for students in further and higher education on Thursday 25th February at 2pm -4.30pm To find out more and to register visit: <https://mindset-students-in-f-h-education.eventbrite.co.uk>



**A Mental & Emotional Health & Well-being Awareness Programme**

**Thursday 25 February  
2pm - 4:30pm**

The AMH Menssana team are providing a programme via Zoom specifically for students in further & higher education in the Northern, Belfast, South Eastern & Western Trust areas.

Interested in attending? Please register via the Eventbrite link



HSC Public Health Agency  
Project supported by the PHA

amh  
menssana

action  
mental  
health





# ACTION CALENDAR: FRIENDLY FEBRUARY 2021



## MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

## TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

## WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

## THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

## FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

## SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

## SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

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

Happier · Kinder · Together



# Mental Health Support Services & Crisis HELPLINES



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

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

For help and advice on taking care of your mental and emotional wellbeing,  
visit [mindingyourhead.info](http://mindingyourhead.info)



Armagh City  
Banbridge &  
Craigavon  
Borough Council



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



**Helplines NI**

listen. support. inform

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

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



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

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

[Click here for more information](#)

**covidwellbeing**  
ni.info



<http://CovidwellbeingNI.info>





### AwareNI Online Support Groups

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

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



covidwellbeing  
ni.info

### Self-Help Toolkits

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

covidwellbeing  
ni.info



### CRUSE NATIONAL HELPLINE

**0808 808 1677**

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



World Health  
Organization

### Maintaining your Mental Health

If you're working from home due to COVID-19, look after your mental health by:

- 🕒 sticking to regular hours
- 📅 taking breaks during the day to reduce stress and stay productive.

Organization, time management, and open communication promote balance and productivity at work while maintaining mental health.



#mentalhealth #COVID19 #coronavirus

World Health  
Organization  
Western Pacific Region



### CRUSE Bereavement Helpline

When you call our free Helpline, we'll give you space to talk about your [#bereavement](#) and how you're coping. Our [#volunteers](#) offer support to anyone affected by the death of a loved one, and will be there for you – whatever you're feeling. Call us now on **0808 808 1677**



### Understand Physical Grief

When someone dies it is very common for our bodies to react in a way we don't expect. It can be really worrying and confusing. Read our guide to the physical effects of [#grief](#) and [#bereavement](#) <http://ow.ly/gnX550CSXrx>



### Coping with Death of a Parent

The death of a parent is something that can be incredibly painful and difficult to cope with.

There is no 'right' way to grieve, and everyone experiences [#bereavement](#) differently.

Read our guide to coping with the death of a parent here <http://ow.ly/MhJp50C7irw>



### Grief and Young People

Many people think grief doesn't affect young people that much because they're too young to understand. This is not only untrue but also unhelpful. Here is the most common understandings of death by children at certain stages of their development

<http://ow.ly/dZEc50BWone>







## The National Lottery Community Fund – BAME

The National Lottery Community Fund want to involve people from Black, Asian and Minority Ethnic communities in grant making. They are developing a pilot programme with Black, Asian and Minority Ethnic (BAME) communities in Northern Ireland.

### Interested?

If you are interested, please send an email to [sara.houston@tnlcommunityfund.org.uk](mailto:sara.houston@tnlcommunityfund.org.uk).

The email should include:

Your name

Contact details including email address and phone number

A bit about yourself and why you are interested in taking part

This can include who you are, your experience, knowledge of the community and voluntary sector and/or any experience with funders

We understand that your lived experience provides valuable insights and knowledge for positive change. But you don't need to tell us the details of your own personal history or story.

**If you have any questions or would like to discuss any of this, you can email the above address or call on 079 7033 3667.**

<https://www.tnlcommunityfund.org.uk/funding/northern-ireland>

## Entitlement to NHS services and first time registration

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

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

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

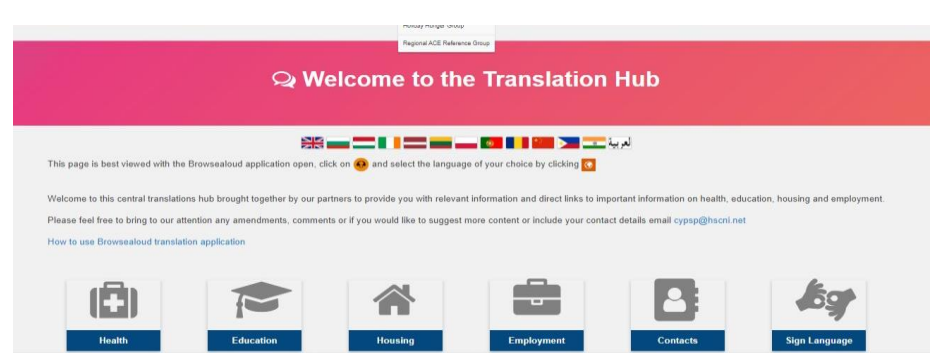
### Translatable Covid 19 Information

<http://www.cypsp.hscni.net/translation-covid19/>



## Helping everyone to feel included

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



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



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

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

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

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

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

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



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



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





## Women's Aid Across NI

Women's Aid is the lead voluntary organisation challenging and addressing domestic violence and abuse in Northern Ireland. WAFNI is the umbrella body of nine Women's Aid groups across NI. Women's Aid groups throughout NI provide refuge and a range of emotional and practical support services, including outreach and aftercare to women and children suffering from domestic violence and abuse.



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

Open Monday - Friday 09:00 - 17:00

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

**Housing Executive**

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

**INFORMATION & SUPPORT LINE**

0800 0246 991

Mondays & Thursdays  
6pm-8pm

Listening, Believing & Support for All

[www.rapecrisisni.org.uk](http://www.rapecrisisni.org.uk)



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

**Belfast. 028 9024 1929**

**Foyle. 028 7116 0001**

**ANYONE**

Call the Domestic and Sexual Abuse Helpline

**0808 802 1414**

We are here for you confidentially 24/7.  
You will be heard, you will be believed.

**Victim Support NI**

Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086

[belfast@victimsupportni.org.uk](mailto:belfast@victimsupportni.org.uk) | [foyle@victimsupportni.org.uk](mailto:foyle@victimsupportni.org.uk)



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

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

0800 2545 123 daisy@ascert.biz



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

**NORTHERN IRELAND**  
MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

**drugsand alcoholni**  
Supporting recovery and better health

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

**WIBACTS facebook twitter**

[www.drugsandalcoholni.info/RAPID](http://www.drugsandalcoholni.info/RAPID)

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

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

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

# Coronavirus COVID-19



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

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

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

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

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

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



Adapted with permission from the Health Service Executive.

02/20

**PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.**

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

**PBNI** Probation Board for Northern Ireland

**HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED**

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

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

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

**addictionni**

**Focus on alcohol**  
A guide to drinking and health

**REDUCE THE RISK KNOW YOUR LIMITS**  
GOOD NIGHT OUT  
GET HOME SAFELY  
SOCIAL DRINKING  
CUTTING DOWN  
MOUTH CANCER  
DEHYDRATION  
ROAD DEATHS  
HEAD INJURIES  
HANGOVER  
ALCOHOL  
ACCIDENTAL  
FIRE DEATHS  
LIVER DISEASE  
TAKE CARE OF YOURSELF

**WEEKLY GUIDELINES**  
WHAT'S IN A DRINK?  
HOW MUCH IS TOO MUCH?  
PLANNING A PREVENTIVE  
HEART HEALTH  
DRINKING AT HOME  
PLANNING AHEAD  
BLOOD PRESSURE  
CALORIES

**COUNTING UNITS**

**HSC Public Health Agency**

**WORKBOOK AND SELF-HELP TOOLS**

**ALCOHOL and you**

**IS IT TIME FOR A CHANGE?**






## 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: [info@foyle.foodbank.org.uk](mailto:info@foyle.foodbank.org.uk)  
[facebook.com/foylefoodbank](https://www.facebook.com/foylefoodbank)  
 02871263699

Opening Hours:  
 Mon: 11am-3pm  
 Wed: 11am-3pm, 6-8pm  
 Fri: 11am-3pm

Unit 15, Springtown Industrial Estate



## Find a Food Bank Near You




## COVID 19 ISOLATION HELPLINE

FOR MEN AGED 50+

• Community Information • Listening Ear • Signposting

Register your interest for a call back  
**02871 377777**

f Man In Derry NI @man\_in\_derry

Appointments via Telephone or Online  
 Email: [admin@man-ni.org](mailto: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**

f Man In Derry NI @man\_in\_derry

Appointments via Telephone or Online  
 Email: [FermanaghOmagh@man-ni.org](mailto:FermanaghOmagh@man-ni.org)



## The Community Foundation

Northern Ireland

[Current Grant Opportunities](#)

## CORONAVIRUS (COVID-19)

## COMMUNITY HELPLINE

**0808 802 0020**

COVID19@ADVICENI.NET  
 TEXT ACTION TO 81025



## 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  
 f Housing Support Service - Ards & North Down



### ETHNIC MINORITIES SUPPORT

BILINGUAL ADVOCACY SUPPORT FOR MIGRANTS & REFUGEES, INC E.U.S.S.  
 ☎ 07591 840529  
 f 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 f YMCA After School Club

☎ 07483 122843  
 f YMCA North Down @northdownymca @northdownymca

✉ [info@northdownymca.org](mailto:info@northdownymca.org)





# Western DIGITAL

## Safeguarding Steering Group

PROMOTE PREVENT PROTECT

Making technology safer for everyone...

There is going to be a feature in the next WHSCT Staff Newsletter for the Staff Awards that did not go ahead last March due to the pandemic.

Congratulations to us all, we were "Highly Commended" under "Great Place to Live Well" Category. A certificate has been sent to my office so I will scan and share with you once I receive it.

Well done everyone, really nice to get this kind of acknowledgement of all the hard work we do!

Keeping Safe Online- [Western Digital Safeguarding Steering Group Page Tiger](#) and [Webpage](#)



supportingcommunities.org



Supporting  
Communities  
Empowering Society

# E-Zine

## Healthy recipes



www.choosetolivebetter.com

HSC Public Health  
Agency

## What's on in the Arts

04 March 2021  
LINK: [www.kabosh.net](http://www.kabosh.net)

In Your Space Circus Presents:  
**Seedlings  
Circus Online!**

**BEFORE YOU GO**

A NEW PLAY ABOUT THE FRAUGHTS OF LOVE...  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON  
LADDER: MCKINNON



# HAVE YOUR PLANS CHANGED? ARE YOU AT A LOOSE END FOR 2021? M-POWER NORTH DOWN COULD BE FOR YOU!

Attend **3 days per week**, earn  
**£8 per day** and:

Meet **new people** // **Gain qualifications**  
Enjoy **outdoor activities** // & **much more!**



✓ M-Power North Down kicks  
off in February 2021

☎ Call / text Julie on 078 146  
43548

✓ Open to 16 - 24 year olds

📍 Based in Bangor Main Street

covidwellbeing  
ni.info

## Helplines

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

covidwellbeing  
ni.info



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

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

Interpreter Now – [Visit site](#)



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



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



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





# Northern Health and Social Care Trust

## Update on the NHSCT General Practice Social Work

The Social Work (SW) contribution to Multi-Disciplinary Teams currently remains populating 6 of our 18 surgeries but please be assured, Alex is extremely proactive, in partnership with Dr Johnny Burns and Dr Peter Reid, in canvassing and arguing the urgent need to place Social Workers and Social Work assistants in the remaining practices.

The current Social Work members, 8 Senior Social Workers and 5 Social Work assistants, continue to offer a direct service to patients presenting with social difficulties related to or a cause of the presenting health concern. We have seen a welcome and steady increase in referrals being received by the practitioners.

Read the full story: - <http://www.cypsp.hscni.net/general-practice-social-work-update-feb21/>

## ANTRIM FOODBANK

# HELPING LOCAL PEOPLE IN CRISIS

## Good News Stories from Antrim Foodbank

There is one lady on her own that has told me that when she has received the packs and vouchers from the foodbank it means she can afford to put the heating on for an extra hour every day and that makes all the difference to her.

Some of the other families have told me the same story lately, that since the children have been home from school they are bored and are always hungry. The parents receiving the foodbank packs have all said they couldn't have managed to feed their children without the packs. They look forward to their packs on a Thursday or Friday because they know they'll not have to worry about food for a few days.

The families are always commenting on the packs when I see them and how grateful they are.

**Foodbank Mobile: 07515813374 Monday - Thursday  
09:30am - 13:30pm  
or Oasis Mobile: 07902895525 or Oasis Landline:  
02894469020**





## **Building our Children's Developing Brain: a resource for parents and carers**

Challenging behaviour from children creates pressure on parents. It is often a sign that children cannot handle their big emotions (e.g., mad, sad, scared). When children feel overwhelmed, they cannot self-regulate. Self-regulation is the ability to monitor and manage emotions, thoughts, and behaviours in ways that are acceptable and produce positive results.

Research shows that when children learn and practice self-regulation skills, they are forming pathways in their brains that increase their ability to manage stress in the future. Building our Children's Developing Brain helps increase that emotional regulation by exploring with parents how the brain works from 'The Whole-Brain Child' by Dan Siegel & Tina Bryson with practical strategies to help the different parts of our children's brains work together. Read more: -<http://www.cypsp.hscni.net/building-our-childrens-developing-brain/>



For more information contact Ed Sipler at [ed.sipler@setrust.hscni.net](mailto:ed.sipler@setrust.hscni.net)



Family Connections



**South and East Belfast Family Connections** have been supporting families throughout the pandemic through a range of programmes and individual support. We have tailored our service delivery to respond to the expressed needs of families and have used creative and accessible methods to engage with parents.

### **Parents Wellbeing Group**

As we went into Lockdown 3 we noticed that many parents were really struggling with their own stress levels and wellbeing. We responded by developing a Parent Wellbeing Group which was delivered online. 20 parents from across South & East Belfast registered for the programme.

### **Awesome At Home**

Parent of children with additional needs reported that they were finding lockdown particularly challenging. In response to this we developed the Awesome at Home programme which aimed to provide much needed support to these families.

We used the Five to Thrive Autism approach (KCA) as our evidence base for developing the programme. This approach provides five building blocks (RESPOND, CUDDLE, RELAX, PLAY, TALK) for promoting healthy brain development and positive relationships. It is particularly suitable for use with children with ASD and speech and language delay.

We also incorporated resources from Oakwood and Middletown Autism support services. To read the feedback <http://www.cypsp.hscni.net/family-connections-good-news-stories/>





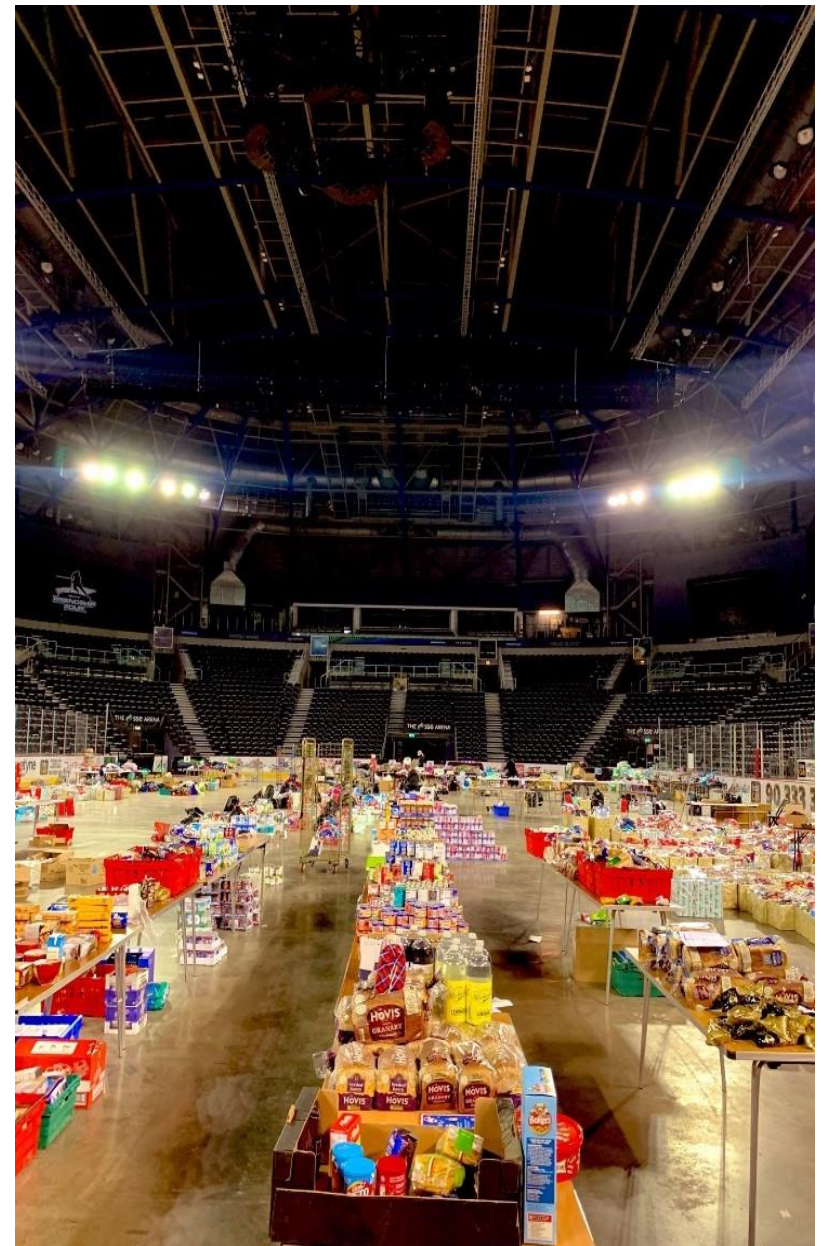
## Partnership working brings Christmas cheer to 3,500 Belfast families

The ten Family Support Hubs that make up the Belfast Family Support Hub Network were delighted to take up an offer from North Belfast Advice Partnership (NBAP) to work in partnership to deliver practical support to families in Belfast over the Christmas and New Year period.

This major Christmas Appeal initiative, co-ordinated by Sinead McKinley from NBAP, secured the SSE Arena as a base, which was transformed in early December to a drop off point for donations of Christmas goods and toys from businesses and organisations from across the city.

The Christmas Appeal was an excellent way to promote the work of Family Support Hubs to other organisations and to highlight the reach Family Support Hubs have across Belfast. It was also a great way to build new partnerships, with an extensive range of organisations assisting with the appeal. including, TESCO, TAMHI, NI Fire and Rescue Service, Jobs and Benefits staff, Belfast Giants, PSNI, Newington Housing Association, Prince's Trust and many private businesses.

To read the full article click on the link below: -  
<http://www.cypsp.hscni.net/partnership-working-brings-christmas-cheer-to-3500-belfast-families/>





The PHA has published a simple guide to the COVID-19 vaccine and it is available to download here.  
<http://pha.site/covid19simpleguide>

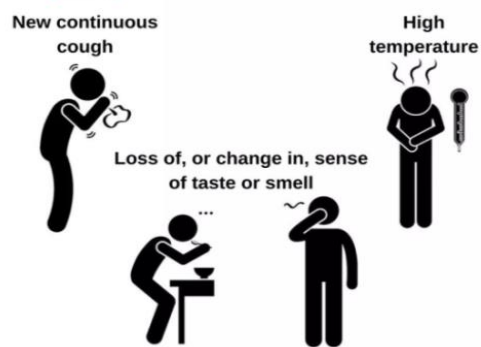


## A simple guide

[pha.site/covid19simpleguide](http://pha.site/covid19simpleguide)



## Symptoms of COVID-19



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



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>



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.



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](http://www.pha.site/TextService)

People in NI who received a shielding letter because they are Clinically Extremely Vulnerable (CEV) to COVID-19 will be able to book an vaccination appointment

<https://health-ni.gov.uk/news/vaccination-booking-extension-announced>

<https://covid-19.hscni.net>







## COVID-19 Myth Buster

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

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

### COVID-19 MYTHBUSTER

## COVID-19 VACCINES AND FERTILITY



## Coronavirus

### Advice on car sharing



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

Wash hands or use sanitiser before and after journey



Wear face coverings



Share with the same small group only



Keep windows open



Sit as far away as possible

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



### Got coronavirus symptoms?

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

### Self-isolate

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

### Get tested

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

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



Public Health Agency  
1-800-555-5555  
14-0000 555 5555  
[www.hscni.net](http://www.hscni.net)



Adapted with permission from Swindon Borough Council

## INFORMATION FOR PARENTS & CARERS

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

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

#### A HIGH TEMPERATURE

This means they feel hot to touch on their chest or back (you do not need to measure their temperature).

OR

#### A NEW CONTINUOUS COUGH

This means coughing a lot but more than an hour, or 3 or more coughing episodes in 24 hours if they usually have a cough. It may be worse than usual.

OR

#### A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE

This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

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

### HERE'S WHAT TO DO IF:

#### YOUR CHILD HAS COVID-19 SYMPTOMS

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - Book a COVID-19 test
  - Household self-isolates
  - Inform school immediately about test result

#### WHEN CAN MY CHILD RETURN?

Your child can return to school if the test is negative providing they are well enough, have not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

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

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - Inform school immediately about test result
  - Self-isolate for at least 10 days as advised by the PHA

#### WHEN CAN MY CHILD RETURN?

Your child can return to school after 10 days even if they still have a cough / loss of smell or taste. These symptoms can last for several weeks.

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

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - The household member should book a COVID-19 test
  - Household self-isolates
  - Inform school immediately about test result

#### WHEN CAN MY CHILD RETURN?

Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.

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

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

#### WHEN CAN MY CHILD RETURN?

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

#### CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT

- WHAT TO DO?**
- DO NOT SEND YOUR CHILD TO SCHOOL
  - Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service

#### WHEN CAN MY CHILD RETURN?

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

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

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

#### WHEN CAN MY CHILD RETURN?

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

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

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

#### WHEN CAN MY CHILD RETURN?

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

\*If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result.

Further information, including frequently asked questions for Parents and Carers, can be found on the Department of Education's website at [www.education-ni.gov.uk](http://www.education-ni.gov.uk)

### EDUCATION RESTART

WE ALL MUST DO IT TO GET THROUGH IT



For further information on Family Support Hubs in your area?

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