

Welcome to the 53rd edition of our information bulletin, FYI (For Your Information).

You will see in slides 2 and 3 there are opportunities for parents of children/young people with a disability to share their experiences of schooling during the Covid pandemic, and an opportunity for young parents to have their voices heard for the Children & Young People's Plan. Please share these opportunities with parents and carers you may work with.

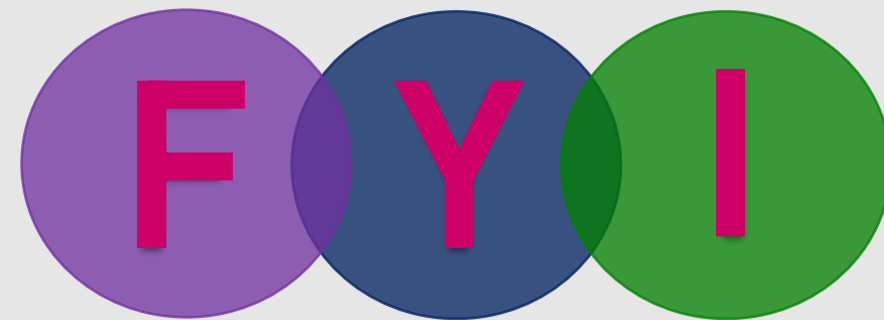
To advertise in our next edition on 25th February, please send any relevant information by Tuesday 23rd of February. Some helpful hints are on the last slide, along with dates of our next Locality Planning Group meetings which you are welcome to attend.

Stay connected!

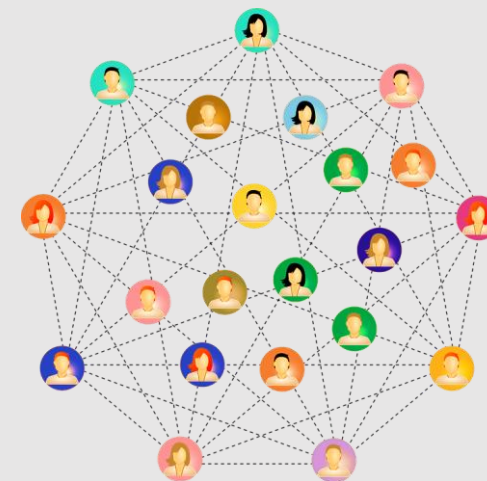
Kerry O'Hagan and Darren Curtis
Locality Development Team, Southern Trust Area

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For Your Information



Stay **connected**...

Stay **updated**...

Stay **supported**...

www.cypsp.hscni.net

Feedback from parents of children with disabilities and or additional needs re: education

The Education and Health authorities get together once a week to look at how they can make their services work together better. They are particularly concerned about the education experiences of children with disabilities and/or additional needs (in both mainstream and special schools) during the pandemic.

They have asked me to have conversations with parents to find out what their experiences are - what is working well or not working - and what needs to be done to make things better.

Over the next two months I will be having virtual meetings with parents across the region to find out about their experiences and report their concerns and ideas back to the Education/Health group every week.

I would love the opportunity to meet on-line with any relevant parents group whose members might be interested in sharing their views and having their voices heard. I can also have phone conversations with individuals if that suits.

Please let me know if there is any interest among the parents in your area.

Paula Keenan
paulakeenan@me.com

For further information and to give feedback as a parent or group, please contact Paula at
paulakeenan@me.com

Please forward to any relevant contacts.



[CLICK HERE](#)

INCLUSION OF YOUNG PARENTS

The next EA Stakeholder Engagement Event is under the theme of Inclusion of Young parents. Link to the survey

<https://www.surveymonkey.co.uk/r/YoungParents0121>

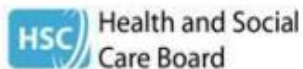
This survey is aimed at young parents to complete. If your Service works with young parents please share link as appropriate.

Virtual Engagement with Parents and Children Webinar



Programme Support Specialist Team
Adele Holmes, Anca Adams, Louise Keyes
Sheena Pierce and Tanya Cummings

January 2021




The HSCB Programme Support Specialist team have created an **Online Parental Engagement Webinar** to support the work of all 38 Sure Start projects across NI


YouTube link: <https://youtu.be/ZNDKduWbKg>




Contact the NISRA Engagement Team if your organisation would like to help: census.engagement@nisra.gov.uk
Click here for related resources: [CLICK HERE](#)

This is just some of the team that supports people with learning difficulties and autism into jobs with a future







A dedicated Employment Officer to help you prepare for work or volunteering




Help to find the job you want and keep it



Accredited training: Essential Skills English and Maths and job-specific academies




Career guidance and a Job Club



Access to NOW Group's social groups

NOW

Get in touch to find out more:
Tel: 028 9043 6400 **Email:** admin@nowgroup.org
www.nowgroup.org



This project is funded through the Northern Ireland European Social Fund Programme (2014-2020).
 We thank the European Union for its support and the Department of Education for its support.

For more information [CLICK HERE](#)



Quality Care - for you, with you

The Daily Mile™ at Home



Looking for a way to stay active at home? Why not try The Daily Mile at Home?! The Daily Mile at Home is an easy and fun way to help improve your physical and mental health & wellbeing.

Anyone can take part in The Daily Mile at Home – it's just 15 minutes of walking, jogging or running per day. The Daily Mile can be done around the garden, in parks or on the street, but please do bear in mind government social distancing regulations. With the help of London Marathon, The Daily Mile have devised weekly challenges to keep you motivated check these out at <https://thedailymile.co.uk/at-home/>. Send us your pictures and stories and if you are on twitter use the #DailyMileAtHome.



[The-Daily-Mile-at-Home-How-To-V5.pdf](#)
[The Daily Mile at Home Core Principles](#)

For further information contact
physical.activity@southerntrust.hscni.net

For further information contact
physical.activity@southerntrust.hscni.net



Young Men's Programme

- Chance to build new skills
- Try new things
- To explore issues facing young men
- Have a laugh
- Bronze YAA

Aged 14-25

If interested contact:

Caelan on 028/ 37511624
caelan@youthaction.org

Or

Teresa on 028 30861220
ruralhealthpartnership@hotmail.co.uk



Caelan Youthaction NI

Tel: 02837511684/02830861220



Special Educational Needs Inclusion Service
Down syndrome

Developing Early Language & Literacy Skills for Children with Down syndrome



- Children with communication difficulties need **lots of verbal input**.
- Try using **commentary** during play, instead of asking lots of questions.
- Use **visual supports** to help your child develop their spoken vocabulary.
- Most children with Down syndrome are able to develop an ability to read.
- Children can be taught to read using the **Match, Select, Name** approach.



Education Authorities Special Educational Needs Inclusion service for children and young people with Down Syndrome are continuing to work to make helpful resources available on our website to parents of children with Down Syndrome. We have added video lessons and resources for children in Early years, Primary and Post primary.

You can access these resources [HERE](#)

CYPSP TRANSLATION HUB

English

Children & Young People's Strategic Partnership

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

Scan me

www.cypsp.hscni.net/translation-hub

Health

Family Support

Education

Housing

Employment

Safety

COVID-19

EU Settlement Scheme

Sign Language

Contacts

Български - Bulgarian

Children & Young People's Strategic Partnership

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

сканирай ме

www.cypsp.hscni.net/translation-hub

Здраве

Поддръжка на семейството

Образование

Жилище

Наемане на работа

Безопасност

COVID-19

Програма за установяване на легалност в ЕС

Съобщения на местността

Контакти

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

cypsp@hscni.net Please share widely

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

 **0808 8020 400**


Parents, carers,
family members...

**if you
need us
we're
here.**

Call Parentline NI today for
advice, support or guidance.



Parenting a child or young person can be hugely rewarding, however at times it can be challenging. Many carers can often feel like they are on their own with little or no support.

Parentline is here for you and offers an impartial, non-judgemental listening ear.

For advice on something specific or general support and guidance, just give us a call. It's completely FREE for anyone caring for or concerned about a child or young person.



FREE LOCAL HELPLINE
0808 8020 400

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

EMAIL: parentline@ci-ni.org.uk

OPEN 6 DAYS A WEEK:

Mon-Thur 9am-9pm

Fri 9am-5pm

Sat 9am-1pm



Parentline NI is a service operated by Children in Northern Ireland & Relatives NI. Funded by the Health and Social Care Board.



Call Parentline NI today for
advice, support or guidance.



0808 8020 400

Listen to the latest podcast on Money on your Mind [HERE](#) or watch the video version [HERE](#)

For more advice / support / guidance:

Call ParentLine **FREE** on **0808 8020 400**

[Webchat](#) / [E-mail](#) / [Podcasts](#) / [YouTube](#)

Surviving Separation



Parentline NI is running FREE and confidential one to one sessions with Parent Support Officer Kathy

- Support for any parent before, during or after separation.
- Support to recognise your existing strengths and develop new coping strategies.
- Support to find additional information and resources.
- Support to manage practical and communication difficulties.
- Support to help you provide ongoing emotional stability and best outcomes for your children.

When: Every Thursday in February and March

For more information or to book a place call free 0808 8020 400

 facebook.com/parentlineni

 @ChildreninNI



Back to Basics



"Right now, we are living in an anxiety-inducing world and we are all doing the best we can."

Following on from our very popular open anxiety sessions, we are now offering **one to one** sessions so parents can talk through their own experiences with anxiety and how it impacts them or their children.

Come join our Parent Support Officer Julie as she focuses on learning about our own anxiety, helpful strategies, techniques and mindfulness tips.

When: Every Tuesday in February and March (via Zoom)

For more information or to book a place call free 0808 8020 400



Children
in Northern
Ireland

Live Virtual Training Courses

***Are you working with families
impacted by parental ill-health?***

The Think Family Model
Date: Thursday 25th March
Time: 09:45 – 15:30

**Mental Health
Think Family Project**
Date: Mon 1st March OR
Tue 30th March
Time: 09:45 – 16:00

*(this training can
be in addition to
the Think Family
Model or act as a
stand alone
session)*



Our funding restrictions are such that our training is only available to those who work/volunteer for a voluntary, charitable, faith or community-based organisation. **Book:** www.ci-ni.org.uk/training

To Book [CLICK HERE](#)

Children
in Northern
Ireland

CiNI COMMUNITY HUB

Supporting the Children's Sector to Support You

[CiNI Community Hub](#)



Supporting Parents of Teenagers

Being a parent of a teenager can be challenging, especially now with Covid-19. Parenting NI through funding sourced from the Community Foundation New Need Fund are providing the following **FREE ONLINE** sessions for **PARENTS**

Supporting Teenagers Emotional Health
~Wed 10th Feb ~ 7-8pm

Supporting Teenagers with their Body Image
~Wed 17th Feb ~ 7-8pm

Reducing Conflict in the Home
~Wed 24th Feb ~ 7-8pm

Reducing Risk Taking Behaviour
~Wed 3rd March ~ 7-8pm

Promoting Teenagers Resilience
~Wed 10th March ~ 7-8pm

To register: <http://bit.ly/PNIevents>



Practitioner Training

Being a parent of a teenager can be challenging, especially now with Covid-19. Parenting NI are providing the following **FREE ONLINE** sessions for **PRACTITIONERS** to help them support parents of teenagers

Supporting Teenagers Emotional Health
~Thurs 11th Feb ~ 10-11am

Supporting Teenagers with their Body Image
~Thurs 18th Feb ~ 10-11am

Reducing Conflict in the Home
~Thurs 25th Feb ~ 10-11am

Reducing Risk Taking Behaviour
~Thurs 4th March ~ 10-11am

Promoting Teenagers Resilience
~Thurs 11th March ~ 10-11am

To register: <http://bit.ly/PNIevents>



Services Available Through The Hub May Include...

- Practical Support
- Drug & Alcohol Support
- Emotional Health & Wellbeing
- Signposting to Other Supports
- Family Support
- Education Support
- Advice & Guidance
- Youth Support
- Parenting Programmes
- Behaviour Support
- Parenting Support

"The hub linked me with services I didn't know existed"

"It was so simple to make a referral and I got the help I needed"

"After a friend recommended that I contact the hub, I rang and spoke to the hub co-ordinator who helped me to make a self-referral"

There Are 3 Family Support Hubs In the Southern Trust Area

ARMAGH & DUNGANNON HUB
Pat McGeough
Young People's Partnership Barnardos
39A Abbey Street, Armagh
BT61 7DY
T: 028 37522380
E: familysupporthub@barnardos.org.uk

CRAIGAVON & BANBRIDGE HUB
Lisa Grant
NIACRO
26 Carleton Street, Portadown Co. Armagh
BT62 3EP
T: 028 38331168
E: familysupporthub@niacro.co.uk

NEWRY & MOURNE HUB
Allison Slater
SPACE
24 Monaghan Street, Newry
BT36 6AA
T: 028 30836764
E: familysupporthub@space-ni.com

Believe in children Barnardos niacro space

Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes

Information for Families

family support NI Southern Health and Social Care Trust CYPSP

What is the Family Support Hub?

- The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in your area.
- Each Family Support Hub has a lead body who co-ordinates the meeting and receives the referrals.
- The members of the Family Support Hub are from a range of statutory and community/voluntary agencies who offer services in your area. These agencies include; Education Welfare, Health Visiting, Women's Aid, Homestart, Social Services Surestart and Child and Adolescent Mental Health Services.
- Referrals will not be accepted without your consent. If the young person you are seeking support for is over 16, they must also sign the referral form.
- For more information follow this link <https://vimeo.com/216493917>

Your Family Support Hub Will

- Meet once a month to discuss referrals to identify and connect you and your family to the service you need at a time when you need it.
- Work in partnership with you and your family.
- Act professionally ensuring all information is treated in a confidential manner.

How The Hub Works

A referral form is submitted to your local hub-coordinator.

The Hub Co-ordinator may contact you for more information prior to the Hub meeting.

Hub Co-ordinator will present all referrals received to the monthly meeting. The Hub members will then discuss your referral and aim to match your family to the best service for you.

Only core Hub Members attend the meeting, you will not need to attend.

You will receive a letter from the Hub Co-ordinator to let you know what service was identified as most appropriate to meet your needs.

The service that was identified as most appropriate will then contact you directly.

You can choose whether or not you wish to accept the support that has been offered. You are in control.

What Are The Criteria For Making A Referral To The Hub?

- Your family would like support - this is a voluntary process and you can withdraw your referral at any time.
- You are a family with children aged 0 -17 years.
- No social worker currently involved with your family.

Some of the challenges the Hub can help with

- Children's wellbeing
- Managing behaviours
- Social isolation
- Family routines
- Domestic violence
- Change of family situation
- Support with young children
- Alcohol / drug misuse
- Establishing boundaries i.e tech
- Teen issues

Who Can Refer To The Hub?

- You can make a self-referral to the family support hub or a referral can be made by anyone working on your behalf i.e. teacher, doctor, health visitor or community group.
- You can download a referral form from <http://www.cypsp.hscni.net/family-support-hubs/> or just pick up the phone and call your local family support hub co-ordinator. Details can be found on the back of this leaflet.

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

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

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

Family Benefits Advice Service

We are here to help parents make sure they are receiving all the help they are entitled to with their childcare costs. Most families are entitled to some form of financial support, including those who are working.

Contact us today
0800 028 3008
hello@employersforchildcare.org
www.employersforchildcare.org

**Employers
For Childcare**



Free online advice sessions on financial support for parents groups – schedule yours now!

Are you a childcare provider, employer, elected representative, or do you run a parents group?

Our Family Benefits Advice Service is offering free online advice sessions for parents covering:

- financial support with childcare costs
- support for new parents
- parental leave and entitlements
- support for parents of children with special or additional needs
- impact of COVID-19 and financial support



**Call or email us to discuss your needs
and schedule a session for your group**

hello@employersforchildcare.org
0800 028 3008



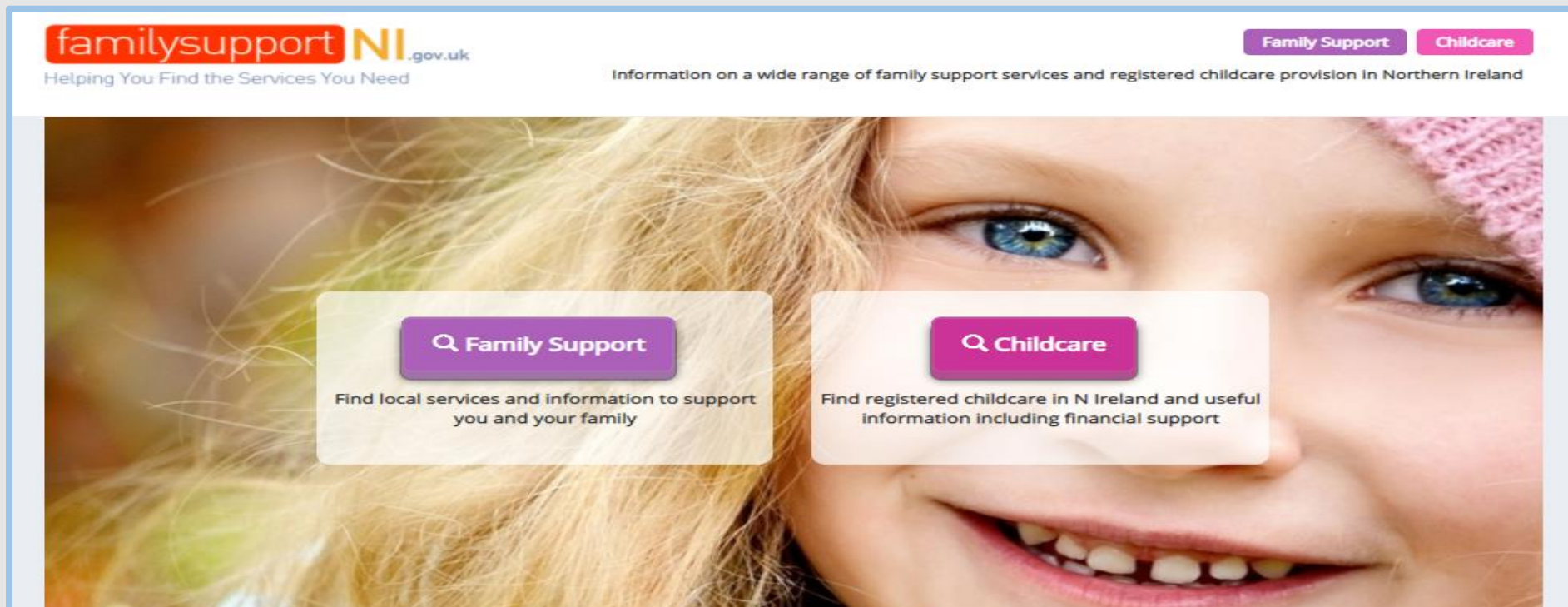
**Employers
For Childcare**

ONLINE RESOURCES & INFORMATION



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

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




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

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

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

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

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





Need some IT help?

Sign up for a free Zoom session on any of the following topics:

- iPads
- Emails
- Messenger
- Androids
- Scams
- WhatsApp
- Kindle
- eBooks
- eMagazines
- Skype

See our Zoom programme for more details or visit librariesni.org.uk

Please note: we cannot guarantee places that are not booked at least 24 hours in advance. If you have any difficulty, please contact our Help Line on 028 9039 5989 during office hours and Library Staff will respond within 48 hours.

iPad Camera and Photos - Part 2 (Class delivered on Zoom)	In this Zoom session, find out how you can edit your photographs or put them into albums.	Friday 12 February	2:00pm - 3:00pm	t: 07912 296792 e: Sheila.Mclean@librariesni.org.uk During Office Hours Monday - Friday
Introduction to the iPad - Part 3 (Class delivered on Zoom)	In iPad Zoom Session 3, meet Siri, your virtual assistant, get up to speed with your privacy settings and location services, and find out how to multitask. <i>If you've enjoyed these iPad Zoom sessions from Libraries NI, look out for the next series, called More on the iPad. Hope we see you there!</i>	Monday 15 February	11:00am - 12noon	t: 07912 296811 e: Karen.Maginess@librariesni.org.uk During Office Hours Monday - Friday
Entertainment (Class delivered on Zoom)	Missed your favourite television programme? There are several free and subscription applications which allow you to watch programmes at your leisure or on the go. Come along and learn all about them.	Monday 15 February	2:00pm - 3:00pm	t: 07912 296830 e: niall.mcveigh@librariesni.org.uk During Office Hours Monday - Thursday

Please note: one-to-one sessions are available by arrangement

Further information on February Zoom Programme [CLICK HERE](#)

#BeingAwesome21



BEING AWESOME

Autism & Adulthood 2021

Thursday 11 March 2021
9.30am-1pm

Online event via Remo
Booking via Eventbrite

A co-designed conduit for change, this event will bring together adults with autism, family members and a wide range of professionals from Health, Housing, Business, Third Sector, Education, and local Councils.

This Conference is a celebration of what is possible when the appropriate supports and services are connected and available to support young adults to achieve their potential. We want to show how "Being Awesome" is within reach for all.



This event will provide a platform to listen, reflect and strive for change!

Sign up to this fantastic event and help shape and influence a more inclusive future for Adults with Autism and their families.

Keynote Speakers & Contributors

MC: Ms Sarah Travers - Freelance journalist, presenter, and former anchor of BBC Newsline

Opening Address: Shane Devlin - CEO, Southern Health & Social Care Trust

"Living with Autism and being Awesome": Contributors highlight their adult journey with autism. The most important people in the virtual room!

"Talking about Autism": Adam Harris, Founder and CEO, of AslAm.ie. From Greystones in Co Wicklow, Adam was appointed to the Irish Human Rights and Equality Commission in July 2020.

"The Anti-social Social worker": Jude Morrow, Founder of Neurodiversity Training, Social Worker, International Speaker and Author.

"The Therapeutic Voice": Dr Liz McMonagle AFBPs - Consultant Lead Clinical Psychologist Adult Mental Health and Adult ASD Diagnostician, Southern Health & Social Care Trust.

Who should attend?

Everyone's welcome, we are committed to empowering and supporting Adults with Autism and their families. This event will be of particular interest to the following:

- People with autism and families/ support networks
- Health and Social Care Staff
- Teaching Staff/ Educators
- Employers
- Housing Officials
- Third Sector Providers

Why attend?

Hear from highly regarded and internationally recognised speakers and experts on Adults with Autism, each bringing their own unique insight and information to the Conference

Hear about the lived experiences of Adults with Autism and their families

Increase your understanding of the limitless potential for Adults with Autism

Gain useful tips and effective strategies for your workplace, college or home

Engage in 'Blue Sky Thinking' sessions to Influence positive recommendations for improved outcomes for Adults with Autism

Grow your network, and collaborate for change using the online networking opportunity



For more information contact:
joanne@bolstercommunity.org



Southern Health
and Social Care Trust





Welcome to RISE NI Parent Website



What is RISE NI?

I need advice ...
RISE NI Advice leaflets &
resources

I want to contact my
local RISE NI team ...

I want to view parent
training.....

Please give us your
feedback
It will take less than 1min!

Useful
Contacts

Links to
useful
resources

New RISE NI Parent website launched

More information can be found at <https://view.pagetiger.com/RISENI/parents>

CARERS TRUST
NORTHERN IRELAND

make
carers
count 213,980
reasons to care
Northern Ireland

**Carers – Book & Benefit from our
Optimistic Me Programme!
with Wendy Porter**
Come and join in with other Carers
have some fun and boost your
Self-esteem and Confidence
Because You are Worth It!



ZOOM CLASSES

DATE: Thus 18th & 25th Feb 2021

TIME: 11.30AM 12.30PM

This **FREE** 2-week Zoom programme is very informal and available to carers of people living in the Southern Health Trust area, however places are limited so registration is required.

How do I register?

Contact: Ruth Allen
Carers Trust NI
E: rallen@carers.org
M: 07702 819112

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

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32-36 Leman Street, London SE1 0EH.



CARERS TRUST
NORTHERN IRELAND

make
carers
count 213,980
reasons to care
Northern Ireland



CARERS TRUST - ART JOURNALING 3 WEEK COURSE WITH WENDY

Thurs 14th, 21st & 28th Jan

@11.30AM-12.30pm

**ALL CARERS in the SOUTHERN TRUST
AREA ARE WELCOME!**

**POP ON FOR OUR ZOOM WORKSHOP
and A BIT OF CRAIC!**

**Keeping Connected - Keeping -
in Touch!**

**Please email rallen@carers.org
to receive your link to Join Us
for our Live Workshop!**

**Looking forward to meeting
YOU!**



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

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

© Carers Trust. Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Carers Trust, Unit 101, 164-180 Union Street, London SE1 0LH.

Email rallen@carers.org



Application pack for Level 1 BCPP funding of £2,500 is available to download [HERE](#) – the Level 2 application pack will be available early February.

The Building the Community-Pharmacy Partnership (BCPP) Programme supports communities and community pharmacists to work in partnership to address locally defined needs so that people make connections, listen to and understand each other better and work together to address the social determinants of health and health inequalities.

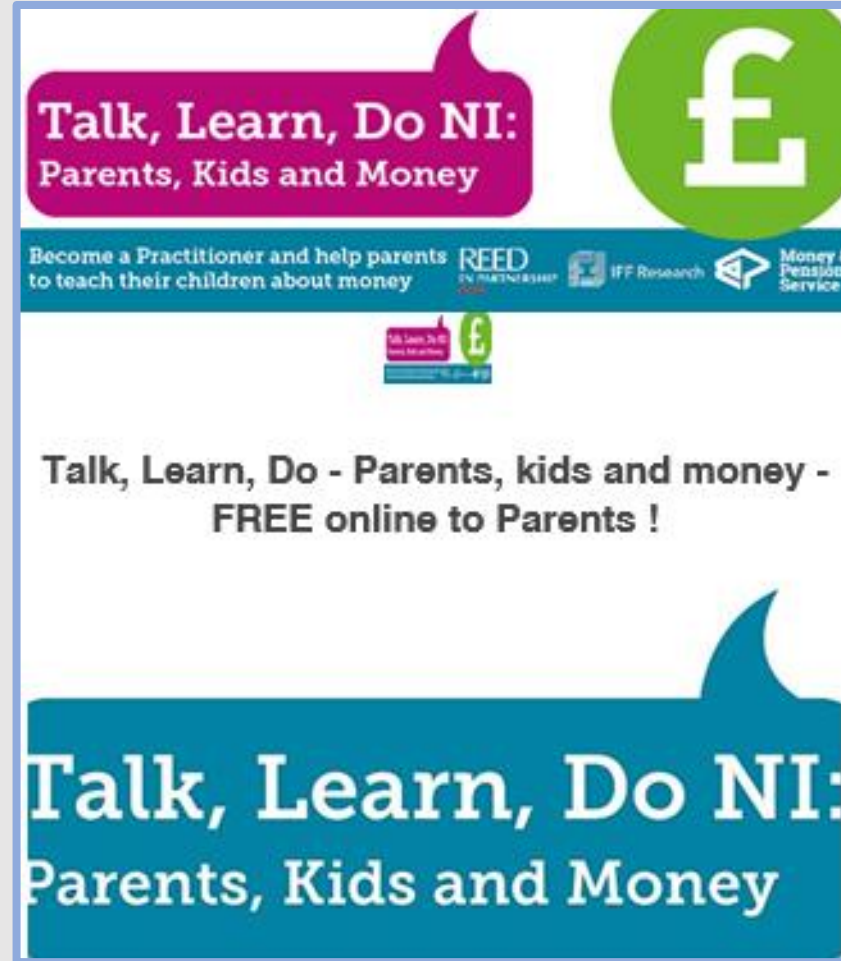
To find out more on the programme, Click [HERE](#) for the information leaflet



Sport NI is delighted to announce Project Re-boot as part of the initiative 'Supporting Sport to Build Back Better.'



Apply [HERE](#) Applications should be submitted on- line



Welcome to Talk Learn Do - Parents Kids and money! Book place [CLICK HERE](#)

NI Rare Disease Virtual Support Hub



Please don't struggle alone!
Contact the hub for:

advice
support
assistance

Tel: 07704476930/07704476929

Email: info@nirdp.org.uk

Join us for updates

#StrongerTogether



Development Awards



Aged 16-30? Get funding to train, learn or help get a job

We can help cover costs such as course fees, transport or equipment like workwear and tools to help you achieve your plan to get into education, training or employment.

If you meet the eligibility criteria you can receive up to £160.

Get in touch with Prince's Trust Northern Ireland on social media or call 0800 842 842.



**START
SOMETHING**

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



Thinking of a career in Childcare?

- Why not take advantage of lockdown and gain a Level 1 Qualification in Childcare? (eligibility criteria applies)
- Starting in February 2021
- 4-week course from the comfort of your own home with 1:1 support and mentoring.

Contact:

**bernie.johnston@swc.ac.uk or call
07799348295 for more details**





UPCOMING EVENT

YOU HAVE AN INVITATION TO
OUR UPCOMING PROGRAMME.

MARCH 16th 2021

YES, LET'S GO | COUNT ME IN

Futures Project

Peace 
Northern Ireland - Ireland
European Regional Development Fund

Further Information Email futures@belfastmet.ac.uk

STARTS 16TH MARCH

ARE YOU 16-24 AND LIVE IN NORTHERN IRELAND?
DO YOU HAVE A LAPTOP/TABLET/SMARTPHONE?

	ONLINE SESSIONS, WEEKLY TASKS, SUPPORT WITH EDUCATION/EMPLOYMENT/TRAINING
	EARN UP TO £40 PER WEEK
	1-1 MENTORING
	OCN LEVEL 2 QUALIFICATION
	MEET NEW PEOPLE LEARN NEW SKILLS
	FUTURES@BELFASTMET.AC.UK

- 2 online sessions per week on Tuesdays/Thursdays/Fridays
- Payments subject to eligibility and do not affect benefits
- Face to face sessions, activities, trips and residentials dependent on restrictions
- Young people will also receive Belfast Met student ID through Unidays app

DATE	VENUE / GROUP	GROUP EVENT
Wednesday 13 th January 7.30pm	Pregnancy Loss Meeting To register please follow the link below: https://us02.web.zoom.us/j/zooming/register?ZMId=forC4G6HnukTz8L2BvAxpQ3Nwlf	Pregnancy Loss-Fertility Network have organised an online meeting for anyone who has experienced pregnancy loss. The meeting will be led by Anne Chua, who is a specialist Fertility Counsellor.
Wednesday 13 th January 8pm	Webinar from The Fertility Show To register, please follow the link below: https://www.thefertilityshow.com/showroom/online-events/webinars/2020-01-13-the-fertility-show-live-webinar-from-the-fertility-show/	Webinar: Questions you should to ask your doctor when starting out on fertility treatment! - Part One
Thursday 14 th January at 6.30pm. (14 th , 21 st , 28 th Jan and 4 th , 11 th and 18 th Feb)	Yoga: To join the yoga please follow the link to register below. https://fertilitynetworkuk.org/events/join-fertility-yoga-jan-feb-17/	Yoga: Back by popular demand, we have 6 more weeks planned of online yoga with Annie Perry, no previous experience required!
Tues 19 th January 7.30pm	ONLINE SUPPORT GROUP NI- Email Rachel or Hilary for the link rachel@fertilitynetworkuk.org hilary@fertilitynetworkuk.org	Focus Group on Injectable Fertility Treatment: join us for a short discussion on behalf of Ferring on injectable medications, followed by a chat and catch up. All welcome.
Wednesday 20 th January 8pm	Webinar from The Fertility Show To register, please follow the link below: https://www.thefertilityshow.com/showroom/online-events/webinars/2020-01-20-the-fertility-show-live-webinar-from-the-fertility-show/	Webinar: Questions you should to ask your doctor when starting out on fertility treatment! - Part Two
Wednesday 22 nd January 8pm	Book Club To register, please follow the link below: https://www.thefertilityshow.com/showroom/online-events/webinars/2020-01-22-the-fertility-show-live-webinar-from-the-fertility-show/	Book Club with Jessica Hogburn and Sarah Banks
Tues 2 nd February 7.30pm	ONLINE SUPPORT GROUP NI- Email Rachel or Hilary for the link rachel@fertilitynetworkuk.org hilary@fertilitynetworkuk.org	Recurrent Miscarriage- join Professor Sheena Lewis to discuss her recent research on sperm DNA fragmentation and early pregnancy loss.
Tues 16 th February 7.30pm	ONLINE SUPPORT GROUP NI- Email Rachel or Hilary for the link rachel@fertilitynetworkuk.org hilary@fertilitynetworkuk.org	Fit and Fun- join Kathy with lots of tips and advice on realistic ways to keep fit and flexible!

All the events are FREE to attend but we welcome voluntary charity donations. Contact details for any queries: [Hillary Knight: hillyary@fertilitynetworkuk.org](mailto:Hillary.Knight@fertilitynetworkuk.org) [Rachel Ross: rachel@fertilitynetworkuk.org](mailto:Rachel.Ross@fertilitynetworkuk.org)
For further information on Fertility Network: www.fertilitynetworkuk.org FB <https://www.facebook.com/FNUK09>

E: hilary@fertilitynetworkuk.org
rachel@fertilitynetworkuk.org



Email info@centredsoul.co.uk

COVID-19 Community Recovery Online Survey



First Steps Women's Centre is keen to gather ideas, thoughts and opinions as to how we can best serve our community in the future.

To complete our online survey just click on the link below:

<https://forms.office.com/Pages/ResponsePage.aspx?id=6bue6l83xUSvLT3VZbq5VjoTMMKleZVCuXyOgLOz4fIUMUs5UjhCNIBJTKVESFQzOFQ3OFUxMVRTNy4u>

There are 45 questions to answer and this should take no more than 10-15 minutes to complete.

Please feel free to share this survey. Closing date for returns is 26th February 2021.

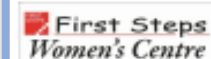
Thank you for your time!

If you have any questions about the questionnaire or First Steps Women's Centre please contact thewomenscentre@googlemail.com or call (028) 87727648.



To complete our online survey just click on the link below:

[CLICK HERE](#)



PROVISIONAL WINTER TIMETABLE 2021

Course Title	Start Date	Day	Time	Duration
Computer Courses - Online				
Sage Payroll	22/02/2021	Monday	12.30 pm – 2.30pm Plus 1 x 2-hour day/evening session per week to be agreed with Students	6 Weeks
Sage Accounts	22/02/2021	Monday	9.45 am – 11.45 am Plus 1 x 2-hour day/evening session per week to be agreed with Students	6 Weeks
Introduction to Zoom	23/02/2021	Tuesday	10.00 am – 11.30 am	6 Weeks
Smartphone	23/02/2021	Tuesday	12.30 pm – 2.30 pm	6 Weeks
WELLBEING – Online				
Building Resilience /How to Bounce Back	11/01/2021	Monday	1 pm – 3 pm	8 Weeks
Pilates	19/01/2021	Tuesday	1 pm – 2 pm	6 Weeks
Dancing Your Way to Health & Happiness	20/01/2021	Wednesday	1 pm – 3 pm	6 Weeks
Yoga	20/01/2021	Wednesday	10 am – 11 am	6 Weeks
Tone at Home	21/01/2021	Thursday	1.30 pm – 2.30 pm	6 Weeks
Hormone Harmony & Female Health	23/02/2021	Tuesday	1 pm – 3 pm	6 Weeks
WELLBEING – In-house				
Holistic Therapies Taster	TBC	TBC	TBC	TBC
ESOL				
ESOL Entry 1 Speaking & Listening	21/09/2020	Mon & Tues	9.45 am – 11.45 am	Ongoing
ESOL Entry 2 Speaking & Listening	22/09/2020	Tues & Thurs	1.00 pm – 3.00 pm	Ongoing
ESOL Entry 3 Speaking & Listening	22/09/2020	Tues & Thurs	9.45 am – 12.45 pm	Ongoing
ESOL Level 1	21/09/2020	Mon & Wed	9.45 am – 12.45 pm	Ongoing
LIFESKILLS				
Essential Skills English	22/09/2020	Tues / Wed	9.45 am -11.45 am	Ongoing

Email: fswc.enquiries@gmail.com

Apply online Click [HERE](#)



CORONAVIRUS (COVID-19)

www.nidirect.gov.uk

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



STAY HOME



KEEP DISTANCE



WASH HANDS

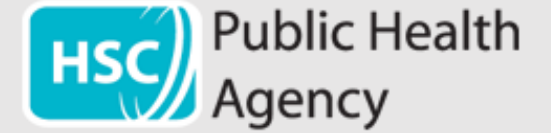
FOR ONGOING CORONAVIRUS INFORMATION, ADVICE & UPDATES VISIT:



[HERE](#)



[HERE](#)



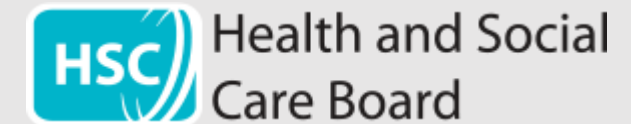
[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)



[HERE](#)

PHONE FIRST

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

0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

Get directed to
the right care

Avoid busy
waiting rooms

Stay safe

Save time



FOR EMERGENCIES - 999

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

ALWAYS CALL 999 IMMEDIATELY



Health and
Social Care



DoH
www.health-ni.gov.uk

How to access Urgent and Emergency Care Services

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



**FOR EMERGENCIES THAT
ARE LIFE THREATENING
999**

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

**ALWAYS CALL 999
IMMEDIATELY**

0300 123 3 111

TEXT RELAY: 18001 0300 123 3 111

Operating Monday to Friday 9am to 6pm

AMBULANCE

An ambulance will be
sent as appropriate



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





CATCH IT.



BIN IT.



KILL IT.

COVID-19: ADVICE FOR CARERS AND YOUNG CARERS
DURING COVID-19 PANDEMIC

[CLICK HERE](#)

VAX & GO


Working in partnership with
 Southern Health and Social Care Trust

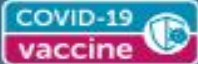
**FREE WHEELCHAIR FRIENDLY COVID SAFE
TRANSPORT TO YOUR VACCINATION APPOINTMENT**


Social Distancing on board
 Temperature Check
 Mask worn on board
 Pre-Journey Health Check
 Hand Sanitising

**BOOK NOW T:028 38 317810 (Craigavon & Banbridge) or
T:028 3751 8151 (Armagh)**





Vax & Go is a Covid Support Service provided across ABC Council area by
 Armagh Rural Transport & Down Armagh Rural Transport Partnerships
 EMAIL: info@dartpartnership.co.uk / info@armaghruraltransport.com

 DoH
www.health.nhs.uk

 COVID-19
vaccine

 HSC Health and
Social Care

COVID-19 vaccine - a guide for people with a learning disability

	What is COVID-19? COVID-19 is a new illness spreading across the world. It is a bit like flu but can be very serious for some people.
	
	What is a vaccine? A vaccine helps your body fight diseases.
	Why do I need a vaccine? It will help protect you from getting very sick from COVID-19.

Link to easy read version of a guide to COVID
vaccines [CLICK HERE](#)



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

"Bereavement Helpline"

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

028 375 67990

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

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

t: 028 375 67990



Quality Care - for you, with you

VISITING ARRANGEMENTS



Due to the ongoing impact of COVID-19 we are regularly updating our visiting arrangements.

Virtual visiting our patients (by phone or tablet device) remains the preference.

Thank you for your co-operation

Virtual Visiting Service Pilot

Relatives wishing to avail should call Virtual Visiting co-ordinator between 9am and 5pm on 077 7651 6419

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

Armagh City Banbridge & Craigavon Borough Council

RESIDENT COUNCIL BUSINESS NEWS JOBS

Home > Information and Advice Covid-19 (Coronavirus)

Information and Advice Covid-19 (Coronavirus)

Business Support

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

Community Engagement

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

Health & Wellbeing

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

[HERE](#)

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

New Telephone Numbers

Text Size: - Reset +

Facebook Twitter

Home Residents Business Council

SEARCH Enter Keyword

Coronavirus

Access To Council Offices And Public Buildings

Bin Collections & Recycling

Births, Deaths, Marriages & Civil Partnerships

General News

Business Support & Self Employed

Car Parking, Charges & Enforcement

Communities & How You Can Help?

Coronavirus Updates

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

Coronavirus Update

[HERE](#)

Comhairle Ceantair Lár Uladh Mid Ulster District Council

03000 132 132

Home Your Council Resident Business Visitor Leisure Jobs Contact Us

COVID-19 Service Update

Find out more

How can we help?

Search Mid Ulster District Council

[HERE](#)

FAMILY

PARENTING
WORKSHOP

MANAGING BEHAVIOURS

As we continue to work and home school managing behaviours can be an ongoing struggle for parents.

Why not join our "Managing Behaviours" parenting workshop
9th Feb via zoom @ 11am

The managing behaviours workshop looks at:

- Praise and effective limit setting,
- Introducing concepts and tools to help you set limits and follow through on consequences,
- Persistent coaching,
- Effective praise and attention principle.

Are you struggling with
regular displays of
inappropriate behaviours and
feel like your child just isn't
listening?



Call us to register on 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY



Southern Health
and Social Care Trust

FAMILY

PARENTING
WORKSHOP

TALK, LEARN, DO

Did you know that 8 out of 10 children learn about money from their parents? However some parents do not feel comfortable talking about money. This workshop is aimed at parents of 3-11 year olds to help them avoid financial issues later on in their lives.

Our FREE "Talk Learn Do" workshop takes place
2nd Feb Via zoom @7pm

The workshop helps parents to:

- teach children about money in everyday situations,
- explore the concepts of saving money, relevant to their children's age and family situation,
- think about the message children get and the role parents play in educating their children in the value of money,
- it provides skills to start valuable discussions about saving and spending money.



Call us to register on 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY



Southern Health
and Social Care Trust

This is just some of the team that supports people with learning difficulties and autism into jobs with a future





A dedicated Employment Officer to help you prepare for work or volunteering



Help to find the job you want and keep it



Accredited training: Essential Skills English and Maths and job specific academies



Career guidance and a Job Club



Access to NOW Group's social groups

NOW

Get in touch to find out more:
Tel: 028 9043 6400 **Email:** admin@nowgroup.org
www.nowgroup.org



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

NOW Group works with people with learning difficulties and autism to support them in to jobs with a future

If you think Josephine can help call her on

077 1954 8825

www.nowgroup.org

Josephine O'Hare Employment Officer
 Newry, Mourne and Down



Community
Services,
Facilities
and Events

FAMILY FITNESS & SELF DEFENCE TIPS

FREE 5 Week Introductory Online Sessions

This 5 week taster course will provide the whole family with fitness sessions that are fun and informal, with the addition of learning a few self defence top tips.



Suitable for the whole family

Sign up and give it a go

SATURDAY
11:30am – 12noon

Week 1 – 20th February
Week 2 – 27th February
Week 3 – 6th March
Week 4 – 13th March
Week 5 – 20th March

FREE COURSE



Online Course will be provided by: Cathal Fegan
Chief Instructor of Northern Ireland ITF TaeKwon-Do

Pre-Booking is essential - Limited spaces available

Please Email: ccbookings@nmandd.org

State the title of the activity you are interested in, along with your name, postcode and contact details.

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



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

Community
Services,
Facilities
and Events

Kids Self Defence and Awareness

FREE 5 Week Introductory Online Sessions

This 5 week taster course will provide kids (5years - 12years) with tips and techniques on how to get out of situations and provide them with an awareness of their general safety.

This course is fun, informal and suitable for all abilities
Just light, physical movement required. Sign up and give it a go.



Tuesday
5:30pm - 6:00pm

STAY SAFE!

Week 1 – 16th February
Week 2 – 23rd February
Week 3 – 2nd March
Week 4 – 9th March
Week 5 – 16th March

FREE COURSE



Online Course will be provided by: Cathal Fegan
Chief Instructor of Northern Ireland ITF TaeKwon-Do

Pre-Booking is essential - Limited spaces available

Please Email: ccbookings@nmandd.org

State the title of the activity you are interested in, along with your name, postcode and contact details.

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



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

Pre-Booking is essential Email: ccbookings@nmandd.org

FREE 6 Week Online Sessions

This 6-week taster course will introduce babies (age 3m+) to a variety of sounds, give them an opportunity to play and provide opportunities for active music making.



Mondays
10.30 - 11:00am

Week 1 – 22nd February
Week 2 – 1st March
Week 3 – 8th March
Week 4 – 15th March
Week 5 – 22nd March
Week 6 – 29th March



Online Course will be provided by:
Bethel Brown
Jo Jingles

Community Services, Facilities and Events

**Well Time for Me****FREE 3 Week Introductory Online Sessions**

Choose from the dates and times below and take time for yourself- a short 3 week taster course will provide you with an introduction to mindfulness, coping techniques to manage stress, meditation and understanding stress.

FEBRUARY		
Thursday morning	10am – 11am	11 th , 18 th & 25 th February
Wednesday evening	7pm – 8pm	10 th , 17 th & 24 th February
MARCH		
Thursday morning	10am – 11am	11 th , 18 th & 25 th March
Wednesday evening	7pm – 8pm	10 th , 17 th & 24 th March



Wellbeing NI

Online Course will be provided by:

Lorraine Rooney
Wellbeing NI

Each weekly session will be delivered via a live Zoom video link



Pre-Booking is essential – Limited spaces available

Please Email: ccbookings@nmandd.org

State the title of the activity and dates you are interested in, along with your name, postcode and contact details.

Ag freastal ar an Dún
agus Ard Mhacha Theas
Serving Down
and South Armagh



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

Pre-Booking is essential Email: ccbookings@nmandd.org



YOU THUPFRONT

**CALLING OUR FUTURE
COMMUNITY LEADERS**

Youth Upfront needs year 10 & 11s to step up to the challenge and join us on our inspirational leadership program



Youth Leadership Project for young people in years 10 & 11

Why?

Youth Upfront will give you the opportunity to plan and organise a community event of your choice - this could be an awareness campaign, support for the homeless, an LGBT equality event, a beach clean, a bake off. If you want to take things further, there's also an opportunity to earn OCN NI Level 2 Award in Youth Leadership.

Youth Upfront supports your development of essential life skills, builds your confidence and equips you with the leadership tools you need. Give yourself a platform as a future leader who can step up and contribute to our community.

What?

Youth Upfront is a programme of 4 interactive workshops followed by a weekend-long residential and finally a community event to complete the scheme. Workshops will be lead by successful expert speakers. These influential leaders will share their journey and experience with you, the leaders of the future.

We'll also go on an awesome residential trip to Fermanagh where you can meet people, learn essential leadership skills, and challenge yourself with our exciting team building exercises.


When?

The programme runs from February-July 2021

1 hour meetings every week (remotely, or in-person)

An overnight weekend stay for activities in Fermanagh (covid-compliant)

Interested? Get involved!

 tom@bolstercommunity.org

 074 4252 2255



This Project has been funded by the EU's Peace IV Programme,
managed by the Special EU Programmes Body (SEUPB)

Email: tom@bolstercommunity.org



Youth Leadership Project for young people in years 10 & 11

Youth Upfront participants will realise and maximise their capacity to form positive and effective relationships with others, make a positive contribution to building a cohesive society, and develop leadership skills required to organise events.

The project runs via regular workshops and interactive seminars with guest facilitators and speakers, and includes free residential weekends and community events.

Bolster Community will ensure that all events comply with Covid 19 Public Guidelines



Youth Leadership Project for young people in years 10 & 11

An engaging and rewarding programme designed for young people aged 13-15, Youth Upfront is a fantastic opportunity to:

- Gain OCN NI Level 2 Award in Youth Leadership
- Get social on overnight residential stays with activities to develop leadership & teamwork
- Organise community events (upon completion of project)

Workshop Themes

- Creating Leaders Today for Tomorrow's Future
- Exploring Leadership - Understanding Traits and Types of Leadership
- Community Development
- Building Confidence and Self Esteem
- Realising & Maximising Your Potential
- Physical & Mental Wellness
- Exploring Differences & Finding Common Ground

Bolster Community will ensure that all events comply with Covid 19 Public Guidelines

Interested? Get involved!

tom@bolstercommunity.org 074 4252 2255



This Project has been funded by the EU's Peace IV Programme, managed by the Special EU Programmes Body (SEUPB)

Email: tom@bolstercommunity.org

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





In partnership with:



Southern Health and Social Care Trust


Bolster Website [Click Here](https://bolstercommunity.org)

Peace4Youth  Peace 

Youthscape - helping young people through lockdown and beyond!


Youthscape is a cross-border, cross-community Peace IV programme for 14-24 year olds operating in the Dungannon area as well as Enniskillen, Omagh and Donegal. It is a free, 28 week programme.

Operating since 2018, Youthscape delivers an OCN qualification made up of Personal Development, Good Relations, Citizenship and Health and Well-Being – as well as one to one mentoring with a dedicated youth worker to help young people reach the next goal in their life, whether that is back to school, into further education or training, or into employment.




Youthscape has been mainly online since March 2020, allowing young people to stay home and stay safe. At this time, one-to-one mentoring is by phone, messaging or Zoom, with group work on Zoom, Nearpod and Facebook. Young people have:

- A space to interact with other young people and make new friends
- An opportunity to gain an OCN Level 1 qualification in Vocational Skills
- One to one mentoring and support, and signposting to other support where needed
- Group work, chats, games, quizzes and more
- £8 per day for those eligible
- Support with costs of data, childcare and travel for those who need it
- Age-appropriate fun guides to good mental and physical health
- Help to design a personal development plan for their future



On Youthscape, young people can choose to take part in a variety of fun activities, such as:



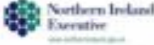

- WEEKLY FUN QUIZZES
- FACEBOOK TUTORIALS - COOKING, HAIR AND MAKE-UP
- YOUTHSCAPE RADIO, BROADCAST WEEKLY
- YOUTHSCAPE PODCAST
- FITNESS CHALLENGES
- YOUTHSCAPE YOUTH FORUM
- VIRTUAL TRIPS
- ONLINE CHALLENGES AND GAMES
- FUN PROJECTS LIKE VIDEO-MAKING



For more information, or to sign up call or text:
Dungannon: Paula 07818510192, Orla 07557178195 or Fionnuala 07464529215

FIND US ON FACEBOOK, INSTAGRAM AND TWITTER

Youthscape has been allocated almost €4 million by the EU, and is a partnership between Southwest College, Donegal Youth Service and Tides Training and Consultancy. The funding is managed by the Special EU Programmes Body.

Tel: Paula 07818510192, Orla 07557178195 or Fionnuala 07464529215

COMMUNITY GROUP SUPPORT & TRAINING

Do you require support in developing a new community group or improving committee skills, action planning or managing finance?

If so Armagh City, Banbridge and Craigavon Borough Council is offering a flexible training programme delivered through one to one group mentoring sessions and individual advice clinics to help you develop your group to its best potential.

Training is free and will be delivered online using Zoom so participants will require a smart phone, tablet or laptop.

Training will commence w/c 25th January and subject to demand will run through to 31st March 2021. Prior to this, participants will be asked to complete an Expression of Interest form detailing the support which they require.

For further information please contact Glen Dickson on 028 38312420
or via email on glen.dickson@armaghibanbridgecraigavon.gov.uk



— UNBLOCKING POTENTIAL —

WOULD YOU LIKE TO ...

- ★ OVERCOME BARRIERS TO LEARNING?
- ★ DEVELOP THE SKILLS TO STUDY AT UNIVERSITY?
- ★ BUILD YOUR SELF CONFIDENCE?

If you are wanting to help make your local area a better place to live and understand more about community development then this new online programme is

for you!

Online

THURSDAY 28th JANUARY
TO

THURSDAY 4th MARCH
2021

6:00PM – 9:00PM

To apply Contact Ursula McTaggart +44 (0) 2890 366290, E: um.mctaggart@ulster.ac.uk
To chat about the programme contact - Isy T. 02890368546, E: jhawthorne@ulster.ac.uk
Johnny T. +447928418479, E: johnny@ulster.ac.uk

Armagh City, Banbridge & Craigavon Borough Council are currently delivering a borough wide PEACE IV funded programme of activities and initiatives in partnership with Ulster University

ABC Council shall fund borough members

All others; may be eligible for a bursary if you meet the criteria... *Apply to find out*

This project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body



Email: um.mctaggart@ulster.ac.uk

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



Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups in the voluntary, community and social enterprise sector through the following grant programme

Covid-19 Community Support Grant 2020 - 2021

**APPLICATIONS ARE OPEN FROM
MONDAY, 1ST FEBRUARY 2021 UNTIL 12 NOON
ON FRIDAY, 19TH FEBRUARY 2021.**

Further information, including details of how to apply, is available from www.armaghbanbridgecraigavon.gov.uk/resident/community-grants

**Any queries should be directed to
fap@armaghbanbridgecraigavon.gov.uk
or by phoning 07788 548753**



Armagh City
Banbridge
& Craigavon
Borough Council



Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups in the voluntary, community and social enterprise sector for capital projects through the:

- 1 Large Capital Project Fund 2021 / 2022**
Opens for applications Monday, 25th January at 9am and closes 12 noon Friday, 29th October 2021 or when the budget is committed, whichever comes first.
- 2 Small Scale Capital Project Fund 2021 / 2022**
Opens for applications on Monday, 1st February at 9am and closes 12 noon Friday, 19th February 2021.

Projects must not commence before the 1st April 2021.

Groups wishing to be notified of future funding opportunities and other relevant information should request their details be added to the Council's database by emailing fap@armaghbanbridgecraigavon.gov.uk

Further information, including details of how to apply and dates of proposed Virtual Information Sessions is available from www.armaghbanbridgecraigavon.gov.uk/resident/community-grants

First point of contact is Valerie Leatham
07515607480.



Armagh City
Banbridge
& Craigavon
Borough Council

Further information [CLICK HERE](#)

COUNSELLING SERVICES



FREE Counselling Services at
West Armagh Consortium Healthy Living
Centre, 20 Cathedral Rd.

To register your interest please contact
the counsellors on 07729357403.

Online / telephone counselling
available if preferred

Tel: 07729357403

Walk ABC

Get Moving **Virtual Activity Challenge**

For individuals & families | Starting 01 February 2021



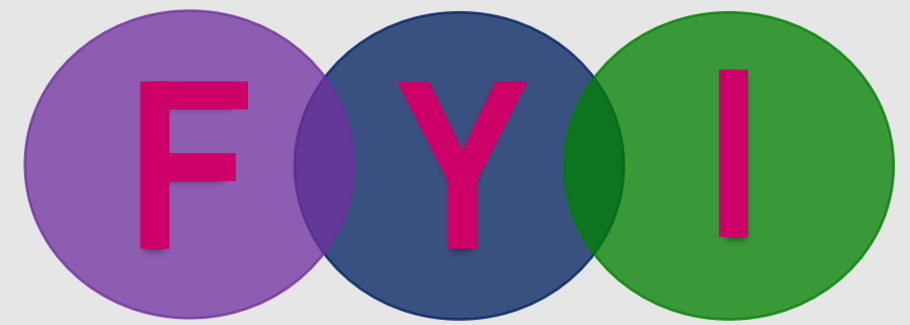
Armagh City
Banbridge
& Craigavon
Borough Council

SUPPORTING

MACMILLAN
CANCER SUPPORT



To register for the Walk ABC Challenge, visit www.getactiveabc.com/hw_programs/walk-abc-challenge/



For Your Information

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

Newry LPG:	10 th March 2021
Armagh LPG:	4 th March 2021
Craigavon LPG:	16 th March 2021
Banbridge LPG:	24 th March 2021
Dungannon LPG:	13 th April 2021
South Armagh LPG:	16 th February 2021

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

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[Issue 52 – 28th January](#) [Issue 51 – 7th January](#)

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

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

For general newsletter information, contact:

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

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