Down and Ards & North Down CYPSP Locality Planning Groups

Fortnightly News

April 2021

Issue 41

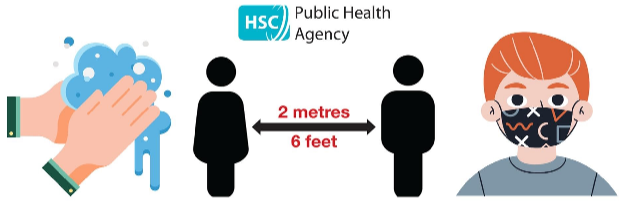
- Welcome to the 41st edition of the fortnightly news.
- Instead of filling up your inbox with individual circulations, I will put them into a fortnightly newsletter.
- If you wish to advertise any upcoming programmes or activities please see the guidance on the back page

Noelle.Hollywood@setrust.hscni.net

Mobile number **07872422101**

COVID-19

Simple steps save lives



Wash your hands regularly.
Keep your distance.
Wear a face covering where needed.

CYPSP Children & Young People's Strategic Partnership

Together for Families Ards & North Down

working together and with families DOWN LOCALITY PLANNING GROUP

Locality Planning Groups as part of the CYPSP structure

For further information please visit;

Children and Young People's Strategic Partnership

www.cypsp.hscni.net

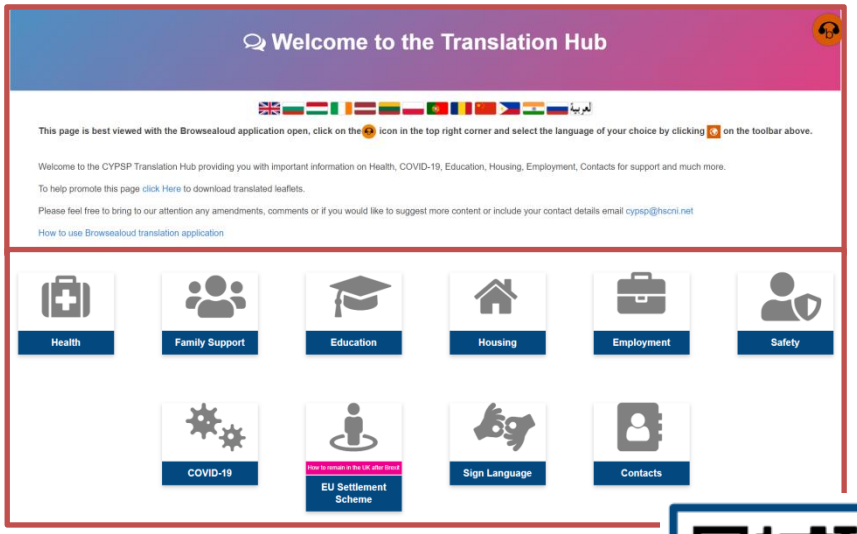
For all the latest news from the CYPSP
www.cypsp.hscni.net

www.cypsp.hscni.net/translation-hub

Learning from the Pandemic

New report released by Equality commission for information/action planning

https://www.equalityni.org/ECNI/media/ECNI/Publications/Delivering%20Equality/Education-LearningFromPandemic.pdf



CYPSP
Children & Young People's Strategic Partnership

Fortnightly News Contents

- CYPSP News…….P2/3
- NOW Group …..P5
- Regional Nutrition Webinar……P6
- Family Support Hub…….P7/8
- SureStart…..P9-11
- Domestic Abuse/Women's Aid…….P12
- RISE NI……P13
- Infant Mental Health Strategy….. P14
- Action for Children …..P15
- Help Kids Talk…..P16
- Poverty….P17/18
- Action Mental Health …..P19
- Belfast City Mission P20
- Parenting NI ….P21
- Parentline…..P22
- Maternity Advice line…..P23
- Libraries NI….P24
- Place 2 B….. P25
- Free School Meals….. P26
- Homestart…..P27
- Family Mediation Ni….P28
- Gateway….P29
- Helplines….P30
- Breast feeding….P31
- Aware Ni….P32
- Autism NI P33
- YMCA….P34
- Co Down Rural Community Network …P35
- North Down Community Network…P36
- Ards Community Network….P37
- Peninsula Healthy Living…P38
- Drug and Alcohol advice ..P39
- Smoking cessation service…P40
- Steps to Cope …P41
- Youth Health Advice …P42
- Ards & North Down Borough Council… P43
- Newry Mourne & Down… P44
- Recovery College….P45
- Suicide Prevention Training P46
- Dates for Locality Planning meetings …P47

Accredited Training	Non-Accredited Training	Pre-Employment Training and Non- Accredited
Health and Beauty	Mental Health Health and Fitness	Effective Communication in the Workplace
Catering	Cooking Skills	Team Work Skills
Retail	Independence Skills	Using Initiative
Hospitality	ICT Skills Driving Theory	Appropriate Workplace Behaviour
Cleaning	Money Management	Diversity in the Workplace
Warehousing and Merchandising	Healthy Eating	Preparing for Workplacement

Regional Nutrition Webinars - May

Food and Mood

This webinar looks at healthy eating and explores the links between food and mood.

Thur 13th May 11-12pm

Link:
https://tinyurl.com/foodandmood-May

Nutrition for Your Teenager

Find out more about nutrition for teens if you are a parent/carer of a young person or someone who works with this age group.

Tues 18th May 6.30-7.30pm

Link:
https://tinyurl.com/Teenagers-May
Meeting ID: 850 7082 4031
Passcode: 40029581

Healthier diet, healthier you

This webinar is for anyone who wants to find out more about healthy eating.

Tue 25th May 11-12pm

Link:
https://tinyurl.com/HDHY-May
Meeting ID: 875 0424 4529
Passcode: 24815705

Feeding Under Fives

This webinar is for anyone interested in finding out more about nutrition for toddlers and children under 5 years old.

Mon 26th May 11-12pm

Link:
https://tinyurl.com/HHK-May
Webinar ID: 874 7791 4233
Passcode: 300947

HSC Public Health Agency
Project supported by the PHA

HSC Health and Social Care

South Eastern Trust
Family Support Hub Service during COVID-19

South Eastern Health and Social Care Trust

The Trust Family Support Hubs will continue to operate to support families in need of support during the COVID-19 crisis. We will be working closely with voluntary and community partners to best meet the needs of families during this time.

- **Referrals will continue to be made via the Trust Family Support Hub using the same referral criteria.**
- **During the Covid-19 Crisis verbal consent from families will be accepted.**
- **Home visits will not be completed for the foreseeable future. Family Support staff based in the Trust, Surestarts, Homestarts, Barnardos, Action for Children and the YMCA will continue to offer interventions to families using other forms of communication and support, such as:**

- **Phone calls offering guidance around behaviour management, techniques for emotional regulation, emotional support for children/ parents**
- **Therapeutic support with children and young people using phone calls/ skype/ zoom etc.**
- **Resource packs to be provided to families providing techniques re behaviour and boundary setting, home schooling, activities to engage children and promote healthy routines (infection control will be adhered to)**
- **Appropriate telephone follow up with families based on need. Some families may require daily telephone calls given the current crisis.**
- **Signposting to voluntary and community agencies where appropriate for practical support.**

Please send all referrals to: familysupporthubs@setrust.hscni.net or post to:

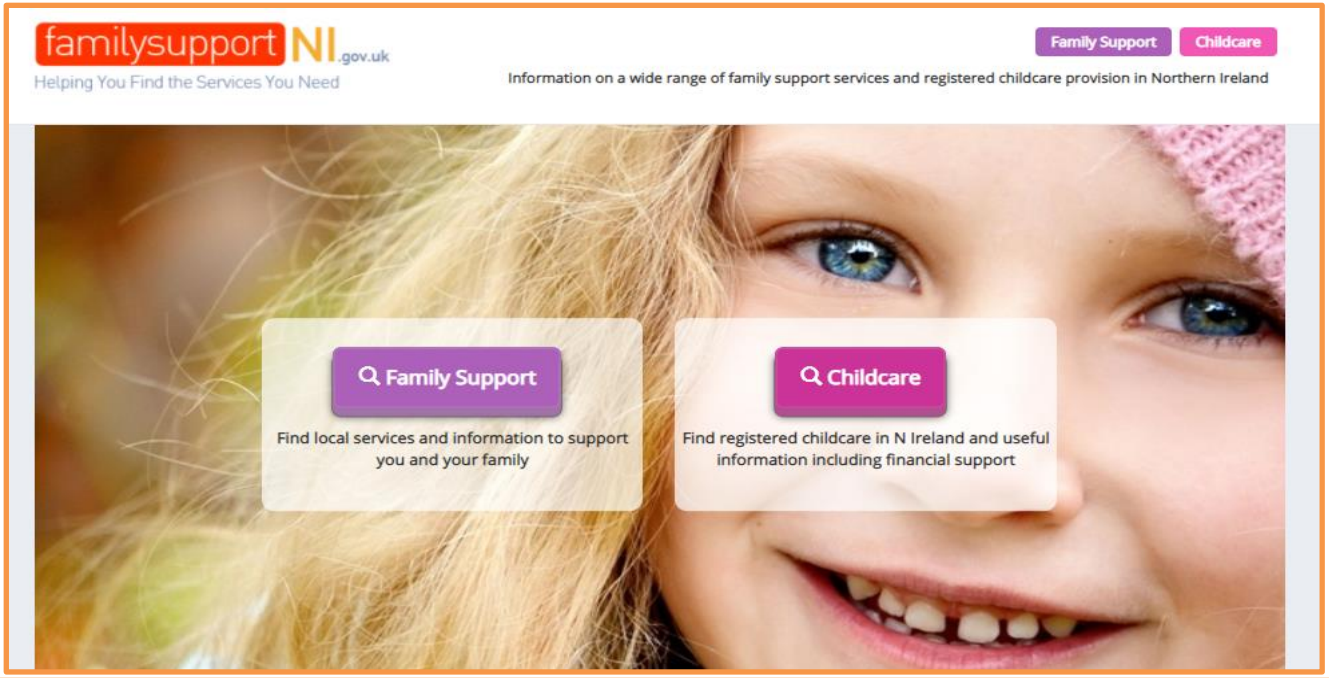
Karen Otley
Family Support Co-ordinator (Trustwide)
Laganside House
Lagan Valley Hospital

For any queries please contact:

Direct Dial: 02892501357
Internal ext: 84441

Please check out the latest edition or the Family Support Newsletter to share with families

http://www.cypsp.hscni.net/download/fs-hubs/Family-Support-Newsletter.pdf



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

CYPSP Children & Young People's Strategic Partnership

familysupport NI .gov.uk
Helping You Find the Services You Need

South Eastern Health and Social Care Trust

SureStart Ards

SureStart Ards are excited to announce the launch of our new webpage with lots of information and fun activities for families and children.

Make sure to visit at:

www.surestartards.com

Hope everyone is keeping well and safe just a reminder that our website is full of lots of ideas /information/you tube videos for the family.

Visit Down SureStart. www.downsurestart.org

Telephone the Down SureStart office; **028 4461 3630**

Or email down.surestart@setrust.hscni.net

You tube for baby movement, reflexology, rhyme time, story time, SureStart monthly challenge and more to come in the future.

www.downsurestart.org

We're here to support you.

Though are premises are currently closed,

Our team is still supporting families by:

Phone Practical Support Facebook Zoom

Remember: You can still access support around weaning, breastfeeding, healthy eating, routines, and your child's development.

If you would like to avail of support please contact:

: 028 91 457248

Email: bangorreception@brysonsurestart.org

Facebook.com/bangorsurestart

DOMESTIC ABUSE IS A CRIME
Police are here to listen and to work with our partners to protect you.
Nexus
Victim Support
Justice

www.ndawomensaid.org
info@ndawomensaid.org
north_down_ards_womens_aid
@NDAWomensAid
@NDAWomensaid
Domestic Violence
- can affect anyone
- is not just physical violence
- it hurts children too
Help is available
you do not have to leave your home to get help. However, if you do need to leave there are safe places available.
women's aid
North Down and Ards
02891 273196
in case of emergency 999
Domestic and Sexual Abuse Helpline
0808 802 14141
managed by Nexus NI open 24/7

When a Child in Primary School requires additional support, RISE NI: the multidisciplinary team can support children by:

- Working alongside the teacher in the classroom for whole class, small group or individual programmes
- Providing training to teachers to help them support pupils learning and development
- Supporting parents

For more information for parents search https://view.pagetiger.com/RISENI/parents

Department of Health | An Roinn Sláinte | Männystrie O Poustie

Holding baby in Mind

Infant Mental Health Strategy

for Belfast Trust Area: 2020-2025

HSC Belfast Health and Social Care Trust
caring supporting improving together

Belfast Trust Welcomes you to attend the virtual launch of the Belfast Area Infant Mental Health Strategy on 15th April 2021: 9.15am-12.30pm

Please join us as we embark together on the journey to implement this strategy as core to our care delivery for infants and families.

Keynote speakers:

- Professor Jane Barlow, Professor of Evidence Based Intervention and Policy Evaluation.
- Professor Siobhan O'Neill, Professor of Mental Health Sciences Interim Mental Health Champion for NI

Stay Active Online

- **Stay Active Online Exercise Classes**
- **NI Virtual Boccia League** sponsored by **Progressive Building Society**
- **Miles and Smiles Challenge** sponsored by **Progressive Building Society**
- **Stay Active Resource Cards**

Disability Sport NI
Be active. Be the best.

PROGRESSIVE BUILDING SOCIETY

sport Northern Ireland
LOTTERY FUNDED

A Progressive Partnership

For more info Email: aherron@dsni.co.uk

ONLINE ACTIVITIES FOR ALL YOUNG CARERS

Action for Children

NEW AND EXCITING ACTIVITIES FOR JANUARY AND FEBRUARY 2021.

ALL YOUNG CARERS ARE WELCOME!

ALL ACTIVITIES WILL BE POSTED ON THE YOUNG CARERS NORTHERN IRELAND FACEBOOK PAGE.

WWW.FACEBOOK.COM/YOUNGCARERSNI

The Help Kids Talk basic awareness training is suitable for all early years staff and serves as a good basis and also as a refresher on speech, language and communication development. The training describes the link between infant mental health and speech, language and communication. We use the 5 to thrive building blocks from Kate Cairns (KCA) training. The webinar has been designed by the SEHSCT speech and language department and linked to sure start SAL training (regionally) through the Child Care Partnership.

We know through prevalence studies carried out in the SEHSCT that a significant number of children are starting primary school with a mild to severe speech and language problem. Our aim is to ensure the 12 key messages of our project are shared as widely as possible to create support around each child that needs it.

https://view.pagetiger.com/basic-awareness-webinar-training-dates/basic-awareness-training-dates

Follow the Help Kids Talk Facebook/Instagram/Twitter pages for links to the 12 key messages, simple messages/strategies for parents to use with their children.

Thank you

https://view.pagetiger.com/basic-awareness-webinar-training-dates

make the call to ensure you're getting all the money and supports you're entitled to 0800 232 1271

Christians Against Poverty

Debt Advisory Service

October 2020

As we all know, the coronavirus pandemic and the measures taken to control its spread has wrecked havoc across our communities. Many people who have been furloughed and have had to apply for benefit support perhaps for the first time in their lives now face great uncertainty as government support diminishes and the increasing belief that many businesses will not recover quickly. This raises the spectre of many families rapidly falling into debt, particularly people with high borrowings such as mortgages, car finance agreements, bank overdrafts or other loans.

The Debt Advice service managed by Christians Against Poverty, although severely affected back in March when many business offices had to close, **has been providing a fully functional debt advice service since May** through home working and telecoms facilities. Locally we visit and obey social distancing guidelines when we deliver food or carry out other elements of our compassion ministry.

We continue to use our on-line Debt Advice service to support existing and new clients and know that it works well for people and families in vulnerable situations. Since the lockdown occurred in March, over 800 CAP clients across the UK have gone debt free with our help and almost 3000 new Clients have been registered since May.

If you are burdened by debt, CAP will seek to help you.

For further information contact 0800 328 0006 or locally 0744 358 6701 or at middown@capuk.org.
For general information about CAP, open www.capuk.org and listen to what Martin Lewis says.

*** CHILD POVERTY IN OUR COMMUNITY ***

THE local S.V.P. Conference is appealing to families to get in touch if they are struggling during this pandemic, particularly with the children currently being off school.

S.V.P. are here to help in any way they can and all calls will be dealt with in the strictest of confidence. Please contact 07709869448, 07845879980 or 07740200396 for more details.

Society of St. Vincent de Paul

We provide a Free, Confidential, Impartial and a Non-judgemental service, Monday to Friday, 9am to 4pm:

- **Appointments**
- **Drop-In (10am to 12.30 only)**
- **Advice Line (10am to 4pm) – 0300 123 9287**
- **Home Visits on request**
- **Specialist Advice**
- **Outreach**

Advice and guidance can be provided on issues such as:

Welfare Benefits	**Debt & Money**
Housing	**Employment**
Education	**Family**
Legal	**Consumer**
Health	**General Information**

CAAND ADVICE LINE NUMBER: 0300 123 9287

Specialist support is available in the following areas:

Debt
Social Security Appeal Tribunals
Welfare Reform
Legal
Employment Issues

Community Advice
Ards and North Down

(Formally Citizens Advice)

CAAND offices are based in:

- **Community Hub, 39a Hamilton Road, Bangor, BT20 4LF**
- **30 Frances Street, Newtownards BT23 4DN**
- **Queens Leisure Complex, Sullivan Place, Holywood, BT18 9JF**
- **Macmillan Welfare Rights, Ulster Hospital Dundonald, BT136 1RH, Help line number 0300 1233 233**

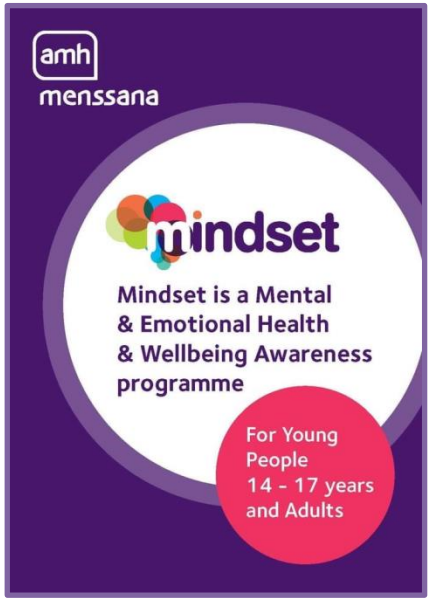
CAAND Outreach services are currently located at:

- **Portaferry Health Centre, 38 Ann Street, Portaferry, BT22 1QT; Every Friday, 10am – 1pm-drop-in, appointments available**
- **Donaghadee Library, 5 Killaughey Road, Donaghadee, BT21 0BL, 1st & 3rd Thursday each month, 10am – 1pm, appointments available**
- **Women's Aid One Stop Shop, Thriving Life Church, 18a Crawfordsburn Road, Newtownards, BT23 4EA, 1st & 3rd Tuesday of each month, 10am – 12pm- drop- in**

Ards and North Down Borough Council

Department for Communities

WE ARE MACMILLAN. CANCER SUPPORT


amh
menssana
mindset
Mindset is a Mental & Emotional Health & Wellbeing Awareness programme
For Young People 14 - 17 years and Adults

mindset
Mindset is funded by the Public Health Agency and will run continuously throughout the year.
Programmes will be delivered in all youth and community settings across Western, Northern, Belfast and South Eastern Trust areas for groups of 8 – 20 people.
Facilitators
AMH MensSana Project Workers
Duration
3 Hour Programme (can be delivered over 1-2 sessions)
Delivery Options
In person or online via Zoom
Aims
Raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
Raise awareness of signs and symptoms of mental ill health
Promote self-help/resilience techniques and how to maintain a safe level of positive mental and emotional health and wellbeing
Promote self-care
Information and/or resources on mental health support organisations available (locally and regionally)
Course Content
AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of groups in the four HSC Trust areas.
E: amhmenssanani@amh.org.uk
T: 028 9442 5356
action mental health
HSC Public Health Agency
Project supported by the PHA
www.amh.org.uk
@amhNI

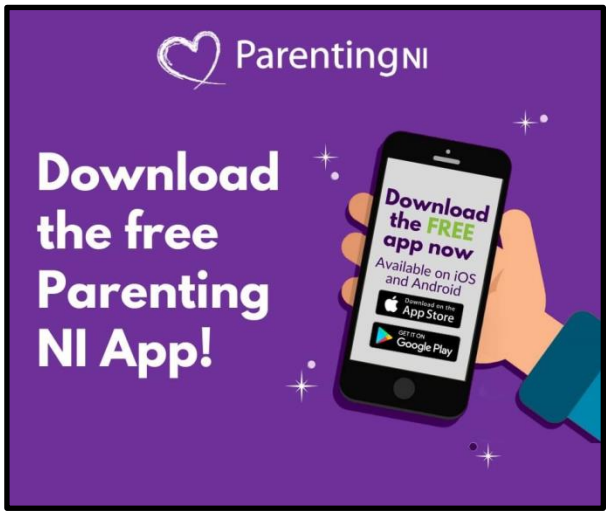
action mental health
healthy me
Healthy Me "Open" Zoom Session for Parents & Carers

amh
menssana
Finger breathing – help calm children when they are feeling stress
Deep breathing using your hand
IN
OUT
BREATHE IN
BREATHE OUT
For more information and support visit www.amh.org.uk
action mental health

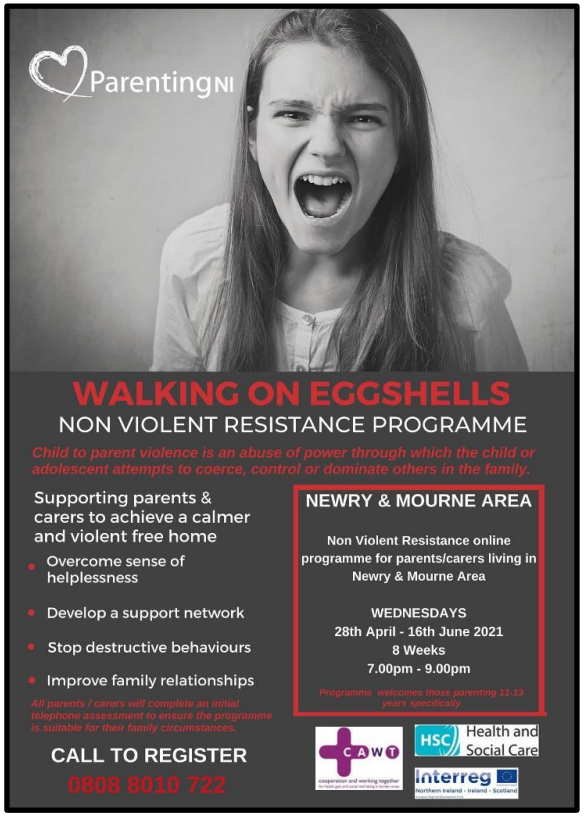
amh
menssana
Covid-19 and Anxiety
7 steps to help improve your mental health
ACCEPTANCE that some things are out of your control.
Be vigilant, not hyper-vigilant
WRITE - journaling your concerns can really help.
Routine
Self-care & Development
CONNECT using technology. Social distancing hasn't cancelled kindness.
PERMISSION to feel sad, anxious, frustrated. There is no right or wrong.
To find out more about these 7 steps and many other ways to look after your mental health please visit www.amh.org.uk
action mental health

ARE YOU 16-25?
DO YOU NEED HELP WITH HOUSING?
WE CAN HELP!
@wearebcmni
Bcm
Housing Support for Young People
Improving people's lives in Northern Ireland
BCM is providing support in YOUR area. Visit
WWW.BELFASTCENTRALMISSION.ORG for more info

ParentingNI
Support Line: 0808 8010 722


ParentingNI
Download the free Parenting NI App!
Download the FREE app now
Available on iOS and Android
App Store
Google Play

ParentingNI
Supporting children with anxiety daily tips
Children will pick up on parents anxieties so try and reduce your own level of anxiety by looking after your own wellbeing too.
Support Line: 0808 8010 722
parentingni.org


ParentingNI
WALKING ON EGGSHELLS
NON VIOLENT RESISTANCE PROGRAMME
Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.
Supporting parents & carers to achieve a calmer and violent free home
Overcome sense of helplessness
Develop a support network
Stop destructive behaviours
Improve family relationships
All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances.
CALL TO REGISTER
0808 8010 722
NEWRY & MOURNE AREA
Non Violent Resistance online programme for parents/carers living in Newry & Mourne Area
WEDNESDAYS
28th April - 16th June 2021
8 Weeks
7.00pm - 9.00pm
Programme welcomes those parenting 11-13 years specifically
CAWT
HSC Health and Social Care
interreg

Parents, carers, family members...
if you need us
we're here
0808 8020 400
Parent™
LineNI

Free access to children's eBooks

Available to download to your tablet or mobile device in minutes

libraries ni

1 in 6
children and young people have a diagnosable mental health problem, and many continue to have these problems into adulthood.
IMPROVING CHILDREN'S MENTAL HEALTH
Place 2Be

Free School Meals Applications
Check Eligibility
Apply Online or Complete Paper Form
Provide Vertification Documentation
Complete & Submit / Return Form
For more info visit eani.org.uk/fsm
ea Education Authority

Ready to get back to class?
We've put safety first onboard so all you have to do is respect everyone's journey.
EA Passes for touch-free Tickets
Frequent cleaning
Please Wear a face covering
ea Education Authority
Translink
#LetsGoSafelyTogether

See link below to our Face Book page;

Why not follow and enjoy…….

'**Rhythm and Rhyme and Story-telling'**

https://www.facebook.com/homestartnorthdown/

Home Start Down District

Supporting Families through Covid 19

Do you have at least 1 child under 5? Would you be glad of some extra support or a listening ear during these difficult days?

One to One on-line Support for Parents
A volunteer or staff member provides ongoing, weekly one to one support to parents by phone, skype or zoom, offering emotional and practical support.

Counselling Service- One to one counselling available on-line from a fully qualified Counsellor with BACP membership

Join a Family WhatApp Groups—Family Group Workers will provide emotional support, play ideas, signposting and a chance to check in with other parents with at least 1 child under 5.

Specialist Virtual Support Groups-Using zoom, we are developing virtual groups where parents can participate in workshops focusing on issues such as mindfulness, managing children's behaviours and coping skills.

Support Email Service -Provides information and support about a whole range of issues.

For more information: contact: ballynahinch@homestartdd.org downpatrick@homestartdd.org newcastle@homestartdd.org or pm us at Home Start Down Face Facebook

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
or administration@familymediationni.org.uk
visit **www.familymediationni.org.uk**

ARE YOU CONCERNED ABOUT THE SAFETY OR WELFARE OF A CHILD?
IF SO, PLEASE CONTACT:

SOUTH EASTERN HSC TRUST
CHILDREN'S SERVICES GATEWAY TEAM

Tel: **0300 1000 300**

9.00am - 5.00pm

Monday - Friday

RESWS

Tel: **(028) 9504 9999**

5.00pm - 9.00am

Monday - Friday

(24hrs Saturday/Sunday/Bank Holidays)

HSC South Eastern Health and Social Care Trust

Helplines NI website has been updated to include details of UK and NI helplines that have been setup in response to Coronavirus. To date, over 20 new helplines covering a range of topics (e.g. community helpline, befriending, government grants, pregnancy) have been established specifically in response to coronavirus. For more information visit: www.helplinesni.com

- **Lifeline** **tel:0808 808 8000** **www.lifelinehelpline.info**
- **Childline** **tel:0800 1111** **www.childline.org.uk**
- **Samaritans** **tel:116 123** **www.samaritans.org**
- **NSPCC** **tel:0808 800 5000** **www.nspcc.org.uk**

Feeding and caring for your baby :

QR Code for Breastfeeding and Bottle Feeding Resources

BFF BreastFeeding Friends
Offering Peer Support to Breastfeeding Mums
HSC South Eastern Health and Social Care Trust

AWARE
OVERCOMING DEPRESSION. CHANGING LIVES.

SUPPORT SERVICES DURING COVID-19 OUTBREAK

Weekly Online Support Groups
Meetings are held via Skype
Email info@aware-ni.org to register your interest.

Support Email Service
info@aware-ni.org
Provides support and information.

Support Line
Monday - Friday 11am-3pm
07548530931
07340488254

Dedicated Coronavirus Webpage
aware-ni.org/covid-19-support
Useful information and resources.

AWARE
OVERCOMING DEPRESSION. CHANGING LIVES.

Looking after your mental health during the coming days and weeks

Try to relax - take a break from reading about what's going on and do something fun or relaxing

Unplug - turn off the news for a while. Netflix binge, watch a film or read a book instead

If you're feeling overwhelmed or your thoughts are racing, take deep breaths - in for 7 seconds, out for 11

Go for a walk or do a workout - exercise is one of the best things for your mental health, and your immune system.

Connect with others - especially if you are housebound. Make use of phone calls and FaceTime.

Autism NI

Please note below **Autism NI's** current availability and services update. Should you have any further queries don't hesitate to contact me directly or our Director of Family Support, Kelly Maxwell.

We will keep you updated should any further changes occur.

Autism NI have adopted a work from home policy for the majority of staff. We have taken the decision to postpone all direct face to face services including Support Group meetings, Youth Clubs, Training and home visits.

However, Autism NI remains open and all other services (including Helpline/Support queries) remain available.
Our Helpline number is 028 9040 1729 (option 1).

ymca north down
STILL HERE FOR YOU!
WHAT WE OFFER & HOW TO CONNECT
April 2020
#StaySafe
#YMCAconnects
CRISIS RESPONSE SERVICE FOR ISOLATED & VULNERABLE
FOOD, MEAL & PRESCRIPTION DELIVERIES, AND WELLBEING PHONE CALLS
07591 840539 07483 347258 07591 840805
YOUTH WORK
ONLINE & PHONE SUPPORT FOR YOUNG PEOPLE
07591 840489
AFTER SCHOOL CLUB
SUPPORT FOR CHILDREN & PARENTS AT HOME ON PLAY
07591 840361
HOUSING SUPPORT
1-2-1 PHONE & ONLINE SUPPORT ON HOUSING ISSUES
07591 840390
ETHNIC MINORITIES SUPPORT
BILINGUAL ADVOCACY & EUSS SUPPORT FOR MIGRANTS & REFUGEES
07591 840529
07483 122843
info@northdownymca.org
YMCA North Down
@northdownymca
@northdownymca

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

START360
Putting YOU at the centre
AREN'T GOING ANYWHERE!
In line with government guidance and for the safety of our service users and staff, we have made the decision to close our Start360 offices in Belfast, Ballymena, Derry and Lurgan.
However, we're still working.
You can reach us for ADVICE, SUPPORT or to REFER to our services on:
07923129559 or info@start360.org

County Down Rural Community Network

Healthy Living Centre Alliance

HERE TO HELP

We are sad to announce that our HUB needs to close due to the need to reinforce the importance of social distancing to help keep people safe. There are a few important things we can offer:

We will continue to share useful information via social media and our Ezine so please send all information to Lindsey on: admin@ndcn.co.uk and follow us on facebook-northdowncommunitynetwork and Twitter@NDCN_Bangor

A befriending call a few times a week – please call us on: 02891 461386 or email:manager@ndcn.co.uk to put your name down or someone you think would benefit. The service will include a phone call, support and if needed, prescription collection and delivery as well as other referrals.

For young people & parents – please stay in touch via Instagram @dice_bangor or facebook DICE Project, and contact Caitlin on: 07311 211634 or email: dicecoordinator@ndcn.co.uk

If you need help with a free food hamper contact Bangor Foodbank phone: 02891 271800 or 07821 791 674 or Email info@bangorni.foodbank.org.uk

If you have money to pay for groceries but can't get out or need to self-isolate, the team at Bangor Elim can come and take your shopping list and money for groceries and deliver to your home – the number is: 028 9127 1800 or email: info@bangorelim.com

To receive furniture, please contact Kiltonga Christian Centre on: 07748235009

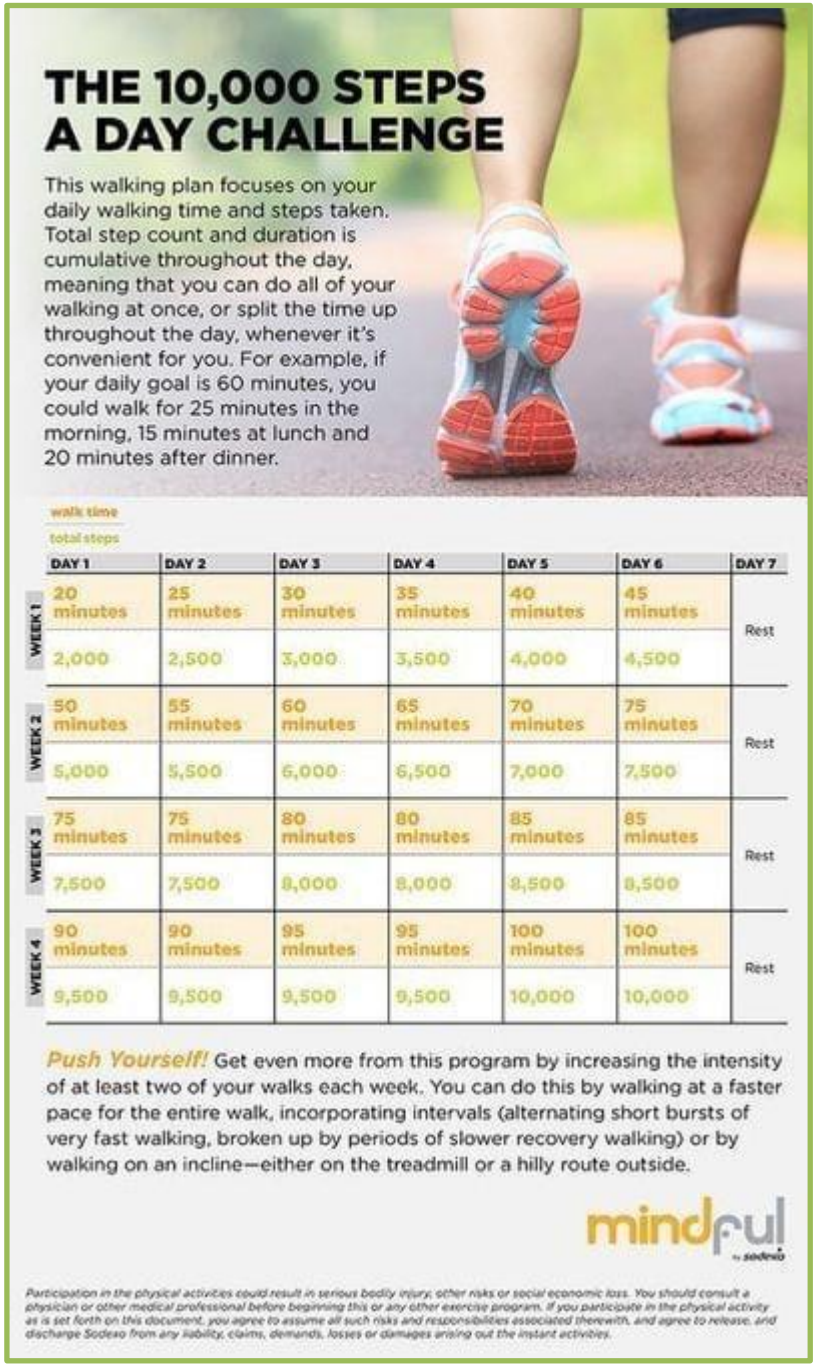
Please remember if you have a new cough or fever to go home and contact NHS 111 for advice.

NDCN have also started a Justgiving 'HERE TO HELP' hardship fund page – to be able to receive donations that can be passed on for gas/electric for people in need, to donate please go to: www.justgiving.com and search for 'ndcn here to help hardship' or the link: https://www.justgiving.com/campaign/ndcnHERETOHELP?utm_term=aG4JPYKzE

NORTH DOWN COMMUNITY NETWORK
Community Hub • Flagship Centre • Main St • Bangor • BT20 5AU
www.ndcn.co.uk Charity Number: NIC102333
Please stay home, stay safe, be wise and kind as always

Ards Community Network
Ards Community Network Centre
43-45 Frances Street
Newtownards
BT23 7DX
Tel: 02891 814625
Email: info@ardscommunitynetwork.com
www.ardscommunitynetwork.com

Follow us on;
www.facebook.com/ArdsCommunityNetwork



Peninsula Healthy Living

We will work in partnership with others, to promote and provide services that improve health and wellbeing and help people of all ages to make positive life choices.

www.peninsulahealthyliving.org

Or follow us on facebook

DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory, we do not accept any responsibility or liability for any errors that have occurred. It is recommended that you always check directly with providers that their service or organisation meets your requirements.

This publication can also be downloaded from **www.drugsandalcoholni.info**

HSC Public Health Agency

SEastern DRUG & ALCOHOL

Services for Adults

MARC Project
Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.
The Link
Tel: 028 9182 1124

South Eastern Outreach Team
Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).
Open Access/Self Referrals Accepted
Simon Community
Tel: 074 3575 4307
Tel: 074 3575 4302
Tel: 074 3575 4301

Community Based Adult (Step 2) Service
One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.
Open Access/Self Referrals Accepted
Dunlewy Addictions Service
Tel: 028 9039 2547
Tel: 077 0817 6225

Statutory Addiction Service
Provided by a range of specialist teams within community and hospital settings.
GP & Mental Health Professional Referrals
SEHSCT
Tel: 028 9151 2159 (Newtownards)
Tel: 028 9266 8607 (Lisburn)
Tel: 028 4451 3921 (Down)
Residential treatment is accessible through the statutory addiction service.
Addiction Service Referrals
Ward 15, Downshire
Tel: 028 4451 3922

Young People/Family

Bangor Youth Engagement Service (YES)
A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.
Open Access
Extern (based in Bangor YMCA)
Tel: 028 9145 4290

Strengthening Families Programme
Parents and children participate in the programme, both separately in teen and parent sessions, and then together in family sessions (7 week programme).
Targeted at At-Risk/Vulnerable Families
SEHSCT
Tel: 028 9250 1357

Targeted Lifeskills Service
Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.
LYMCA
Tel: 028 9267 0918

Steps 2 Cope
Online support and self help resources for young people, aged 11-18, affected by a parent's use of alcohol.
ASCERT & Barnardos
www.stepstocope.co.uk

DAISY
One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.
Open Access/Self Referrals Accepted
Start 360 & ASCERT
Tel: 028 9043 5815

Pharos
Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.
Social Services/Addiction Services Referrals
Barnardos
Tel: 028 9066 3470

DAMHS (Drug and Alcohol Mental Health Service)
Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.
GP/CAMHS Referrals
BHSCT DAMHS
Tel: 028 9063 8000

Specific Groups

Needle and Syringe Exchange Sites
Clear Pharmacy
5 Church Street, Bangor
Tel: 028 9127 1820
Gordon's Pharmacy
35-37 Market Street, Downpatrick
Tel: 028 4461 2014
56 Bow Street, Lisburn
Tel: 028 9267 4747
2a Regent Street, Newtownards
Tel: 028 9181 3217

Group Support
Call or go online to find a meeting near you:
Alcoholics Anonymous
12 Step Programme/Group Meetings
www.alcoholicsanonymous.ie
AlAnon
Group Support for Family Members
Tel: 028 9068 2368
www.al-anonuk.org.uk
Alateen
Group Support for Teenagers
Tel: 028 9068 2368
www.al-anonuk.org.uk/alateen
Narcotics Anonymous
12 Step Programme/Group Meetings
Tel: 078 1017 2991
www.na-ireland.org

Community/Stakeholder Support
South Eastern Drug and Alcohol Coordination Team/Connections Service (SEDACT Connections)
The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.
Tel: 0800 254 5123 (ASCERT)
www.drugsandalcoholni.info
connections@sedact.info

Workforce Development Training
A range of drug and alcohol training courses for those working with adults, children and young people.
ASCERT
Tel: 0800 254 5123

Drink, Work and Me
Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.
Addiction NI
028 9066 4434
www.drinkworkandme.com

For more detailed information on services available in your HSCT area visit:
www.drugsandalcoholni.info

drugsandalcoholni
"Addressing drugs and alcohol together"

In Crisis? Call Lifeline FREE 24/7 HELPLINE **0808 808 8000**

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST STOP SMOKING SERVICE CONTINUES TO OPERATE AND WELCOME REFERRALS

The stop smoking team would like to thank our colleagues for continuing to refer Patients to the stop smoking service. Due to the on-going pandemic and the need to keep footfall to a minimum within our hospitals, we have set-up clinics via telephone support where we make contact with each referred patient after discharge. If you would like advice in how to best support your patient during their hospital stay please contact us on:
TEL: 028 90 413 855 or EMAIL: smoking.cessation@setrust.hscni.net

'Smoking remains the single biggest cause of preventable death and illness in Northern Ireland'
A new NIECR Smoking Cessation referral pathway is now available for use on NIECR. Simply click on the 'Referrals' tab when accessing the patient record. Please click on the link to find out how you can refer a patient or self- refer into our service: How to refer

FREE ON-LINE LEARNING FOR SMOKING CESSATION BRIEF INTERVENTION
As a health care provider you can complete the course in your own time but please allow 1-2 hours to read the content. You will get an overview of the following information:

- **DHSSPSNI 10 Year Tobacco Control Strategy**
- **Background to smoking and health**
- **Smoking and pregnancy**
- **Understanding the smoking habit**
- **Brief intervention**
- **Nicotine Replacement Therapy**
- **E-Cigarettes**
- **Smoking cessation tips**

PLEASE CLICK ON THE LINK TO ACCESS YOUR BRIEF INTERVENTION TRAINING: TRAINING LINK
TRAINING ALSO AVAILABLE VIA ZOOM FOR SMALL TEAMS PLEASE EMAIL: Smoking.cessation@setrust.hscni.net

SMOKING SERVICE TEAM CONTACTS:
Claire Black, Downe & Lagan Valley Hospitals
Tel: 028 9250 1383 Mob: 07725218345
Christine Andrews, Ulster, Bangor & Ards Hospitals
Tel: 028 9041 3855 Mob: 07812478822
Alison Garrett, Ulster, Bangor & Ards Hospitals
Tel: 028 9041 3855 Mob: 07730284692
Cathy Bell & Lisa Harper, Health Improvement Midwives, Trustwide
Tel: 028 9250 1384 Mob: 07715044886

www.stepstocope.co.uk

Support for young people affected by alcohol, drugs or mental health problems in the family www.stepstocope.co.uk

Are you 11 to 18 years old and affected by someone in the family's alcohol, drug use or mental health problems.

At www.stepstocope.co.uk there is a lot of useful information for young people who are living in a home where there is alcohol or other drug misuse, or mental health problems.

There is also a confidential self-help tool that you can work through online. It guides you through 5 steps that help you to think about:

What living with this is like for me
Information: Learning things I will find useful
How I cope with it all
What support I use
Where I can get further help

It is up to you how you use this website. You can use information at your own pace and the self-help tool is completely anonymous.

Youth Health Advice Service

South Eastern Health and Social Care Trust

SERC Health

Ruth |Ewing, Youth Advice Nurse
Mob: 07753310352
serchealth@setrust.hscni.net

Text-A-Nurse Service is for ages 11-19 years.

It allows post-primary students to easily and anonymously contact the school nurse for support with; physical, emotional and mental wellbeing.

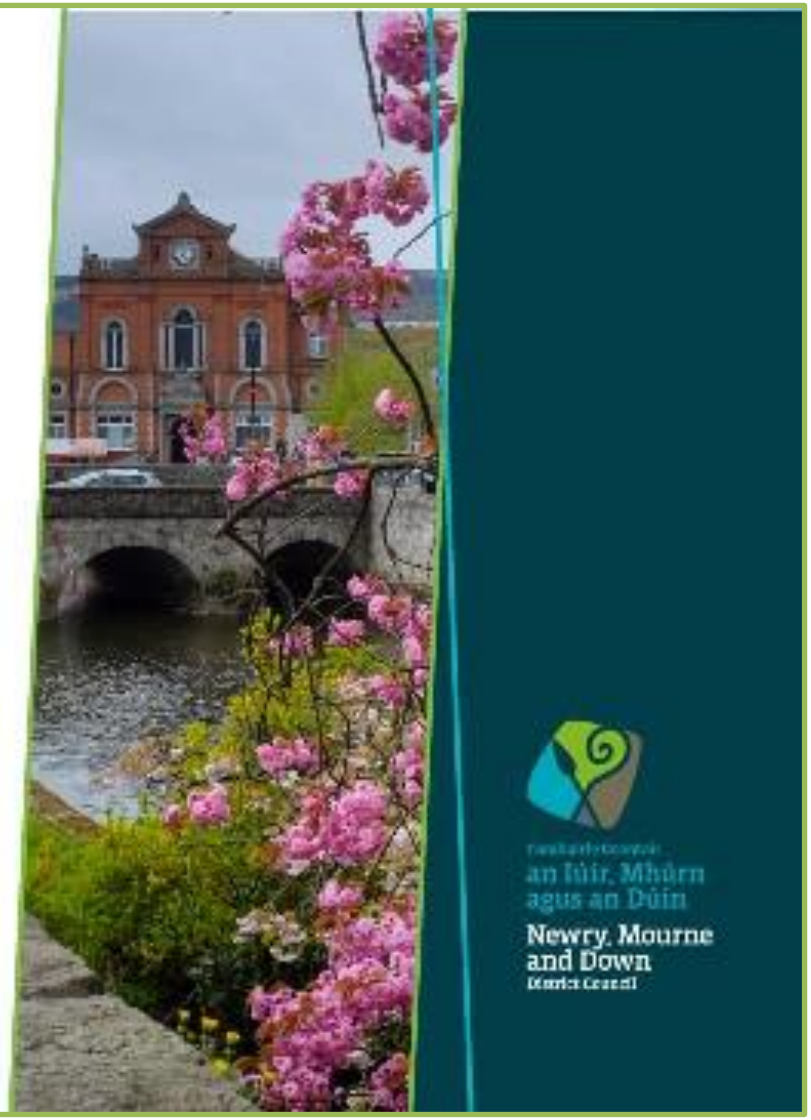
- **The service is available Monday-Friday, 9am-5pm.**
- **South Eastern Trust Text –A-Nurse:**
- **07507 327263**

COVID-19
NI EXECUTIVE RESTRICTIONS AND GUIDELINES
Northern Ireland Executive
Current restrictions - 12 April (the next formal review will take place on or before 15 April 2021)
No indoor mixing of households in private dwellings (exemptions apply)
No more than 10 people from 2 households in private gardens
One bubble can be formed with one other household
Work from home unless unable to do so
Outdoor gatherings limited to 10 people from a maximum of 2 households
No overnight stays away from your home
Contactless 'click and collect' for all non-essential retail
Outdoor sport limited to 10 people from 2 households
Sports training for affiliated clubs, up to 15 people
Pupils in all year groups return to face-to-face teaching
Funeral, wedding and civil partnership numbers to be informed by risk assessment
Post ceremony receptions and functions not allowed
All tourism accommodation closed. Hospitality closed
Outdoor retail and car washes open
Off licences closed 8pm. Takeaway services closed 11pm
Close contact services closed
Gyms, swimming pools, indoor sport and exercise facilities closed
Visitor attractions closed
CONTINUE TO FOLLOW THE PUBLIC HEALTH ADVICE
If you have symptoms, stay at home, self-isolate and book a test
Limit your social contacts
Keep your distance
Wear a face covering
Wash your hands
Keep shared spaces well ventilated
Exemptions may apply.
Get up to date advice at: nidirect.gov.uk/coronavirus
WE ALL MUST DO IT TO GET THROUGH IT

Apply to the EU Settlement Scheme before the deadline on 30 June 2021

If you have EU family, friends, neighbours or colleagues, please tell them about the scheme.

For further information please visit:
www.newrymournedown.org/brexit



The South Eastern Recovery College offers free educational courses on mental health recovery & wellbeing and can be accessed by service users, carers, staff and the general public.

Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. Both tutors have a special interest in mental health recovery.
The Recovery College promotes three themes: **hope, opportunity and control.**

Find Out more about the recovery college here:
https://setrust.hscni.net/service/recovery-college/

Connections Link Life Online
Suicide Prevention Training

Fresh Minds EDUCATION

HSC Public Health Agency
Project supported by the PHA

CONNECTIONS
For a Life Worth Living

Fresh Minds Education are delighted to be able to offer Suicide Prevention training for everyone living in Northern Ireland.

See below for the available dates and to book your place.

This course is suitable for adults aged 18+.

This training course covers:

- Contributing factors that lead to poor mental health, emotional distress & suicide prevention awareness
- Understanding the role of mental health and emotions in relation to suicide prevention awareness
- Connect 4-Way Model for helping people experiencing emotional distress or suicide
- Tools, resources and support for people in your community, schools and colleges
- The role of self-care and wellbeing in strengthening mental health and preventing suicide

Locality Planning Meetings for 2021/22

Ards & North Down LPG

To be confirmed

Down LPG

28th April

Summer meeting tbc

13th October

5th January

30th March

Zoom meetings 10-12

Fortnightly News

If you would like to contribute to Fortnightly News, we would love to include your contributions.

- **Please 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!**
- **Less words, bigger pictures!**
- **We do not advertise or endorse those events or programmes which are privately funded as a business.**
- **Fortnightly News will be issued every fortnight, on a Friday morning. Please send your articles for inclusion by 5pm of the Tuesday prior to this.**
- **We may have to decline to advertise information which is not applicable to better outcomes for children and young people.**
- **Your feedback is welcome.(We are not perfect, but will strive to be as good as we can.)**
- **Please let us know if Fortnightly News has helped your service, event or activity in anyway.**

For more information on' Fortnightly News ' contact noelle.hollywood@setrust.hscni.net or 07872422101