

Derry, Limavady, Strabane and Waterside Locality Planning Groups

Fortnightly News



Welcome to the third edition of the LPG news.

Instead of filling up your inbox with individual circulations, I will put them into a newsletter.

If you wish to advertise any upcoming programmes or activities please see the guidance on the back page



For general Locality Planning Group information, contact: una.casey@hscni.net 028 9536 2848

Locality Planning Groups

If you would like to attend any of the meetings please contact

una.casey@hscni.net

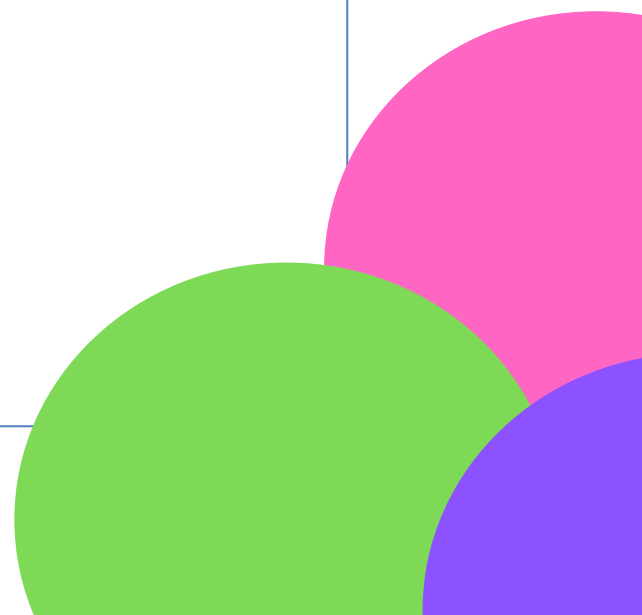
DERRY LOCALITY PLANNING GROUP

Action Planning Workshop

Thursday 22 July 2021

10am

On Zoom



STRABANE LOCALITY PLANNING GROUP MEETINGS:

Thursday 24 June 2021
Thursday 26 August 2021
Thursday 28 October 2021

Meetings commence at 10am

All meetings will be on zoom until restrictions
change

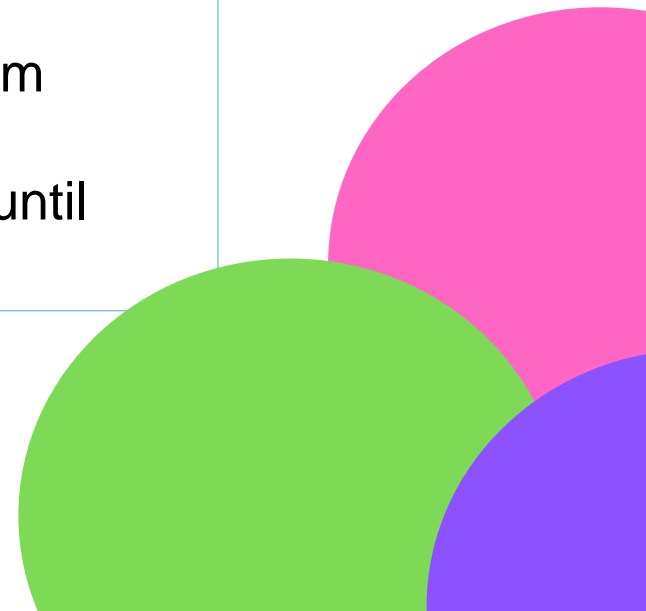


WATERSIDE LOCALITY PLANNING GROUP MEETINGS

Tuesday 20 July 2021
Tuesday 21st September 2021
Tuesday 16 November 2021

Meetings commence at 10am

All meetings will be on zoom until
restrictions change



CYPSP is working in partnership with GamCare to deliver a range of **FREE** accredited gambling awareness training sessions for Locality Planning Group members

Training Options and Dates

Monday 7th June at 2pm

One-hour Gambling Awareness

Workshop

(further details overleaf)

Click [HERE](#) to book

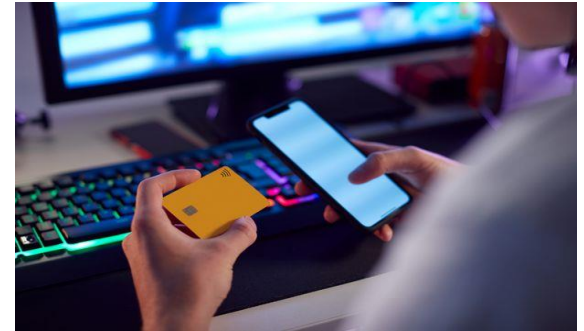
Monday 14th June at 2pm

Three-hour Brief Intervention Training

(further details overleaf)

(Limited to 25 people)

Click [HERE](#) to book



Monday 20th September at 2pm

Gambling and Gaming (1.5 hours)

(further details overleaf)

Click [HERE](#) to book

Monday 27th September at 2pm

Three-hour Brief Intervention Training

(further details overleaf)

(Limited to 25 people)

Click [HERE](#) to book

All training will be delivered via zoom

For further information contact una.casey@hscni.net or 02895362848

Course details:

Train the Practitioner - Youth Problem Gambling, Education & Intervention

This **one hour online** certificated course is aimed at professionals working and supporting young people aged 11-19 years

About this training session: This **free training** has been developed and delivered by GamCare, the UK's leading charity supporting problem gambling.

Course content:

- Definition, nature and incidence of problem gambling and young people
- How to screen 'at risk' young people
- Where to signpost young people to access support and information
- Training professionals who work with young people enhances early identification and effective signposting to age appropriate services, this helps to protect young people from gambling related harm.

The training will be delivered by Zoom and details will be sent just before the event.

Train the Professional - Brief Intervention Training (Gambling and Young People)

Three hour CPD certified course is aimed at professionals who engage with young people age 11-19 years. This free training has been developed and delivered by GamCare the UK's leading charity supporting problem gambling.

Course content:

- Problem Gambling and young people
- Understanding the risk factors
- Identifying problem gambling
- Hidden harm
- Brief intervention for gambling
- Effectively signpost young people to appropriate support and information
- Gain access to resources which will help your practice.
- Creating referral pathways for young people experiencing gambling related harm.

The training will be delivered by Zoom and details will be sent just before the event.

Train the Practitioner - Youth Gaming & Problem Gambling, Education & Intervention

This **one and half hour online** - course is aimed at professionals working and supporting young people aged 11-19 years

About this training session: This **free training** has been developed and delivered by GamCare, the UK's leading charity supporting problem gambling.

Course content:

- Definition, nature and incidence of problem gambling and young people
- Relationship between loot box engagement and problematic gambling
- How to screen 'at risk' young people
- Where to signpost young people to access support and information
- Training professionals who work with young people enhances early identification and effective signposting to age appropriate services, this helps to protect young people from gambling related harm.

The training will be delivered by Zoom and details will be sent just before the event.

For Further information on GamCare



<https://www.facebook.com/pages/category/Youth-Organization/NI-BigDeal-102379885092203/>



<https://twitter.com/nibigdeal>



The Small Grants Programme has been set up to allow young people from Education Authority Youth Service (EA-YS) registered groups to apply for grants for projects in order to **Support the Growth Of Young People Through The Pandemic**. Following the impact of Covid 19, the programme this year is focused on young people rebuilding their future together.



What is the Small Grants Programme?

The Small Grants Programme 2021-22 will enable young people to apply for funding to support young people in their communities to:

- promote positive mental health
- strengthen emotional and physical health and wellbeing
- support the reconnection with friends and people (online and in-person)
- build and develop social skills and confidence
- provide opportunities for young people to engage in activities and interests outside of their home.

Applications should show how they have been able to contribute to one or more of these aims.

The Programme is open to groups of young people aged 4 through to 25 years. A group applying should be made up of no less than 3 young people, with the application being filled in by those young people in the group.

A group can apply for a grant of between £300 and £2,000 & Funding applications will remain open until 20th June 2021.

Applications for grants are assessed and moderated by other young people on the Small Grants panel, to strengthen the participation of young people as decision makers within the local and wider community.

The Small Grants Programme is about young people taking part in projects which have been planned by young people for young people.

For further information click [HERE](#)



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**



'Help Kids Talk run FREE BASIC AWARENESS TRAINING WEBINARS on a fortnightly basis. In our webinar we discuss infant mental health and share our top tips for supporting speech, language and communication development in children aged 0-6 years.

The webinar is suitable for both parents and practitioners and are available to everyone across Northern Ireland.

Please click on the following link to register for a date that suits you

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

5 MORE BRAIN-BOOSTING ACTIVITIES FOR BABIES & TODDLERS

**Singing rhymes
with actions**



Builds hand-eye coordination
& motor skills

Messy play



Boosts language by helping
link words to senses

Cuddle time



Helps develop connections
between nerve cells

Pretend play



Develops problem-solving skills
& sideways thinking

**Drumming with
pots & pans**



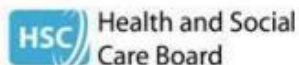
Boosts ability to recognise the
sound patterns in speech

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 – this can be viewed by everyone
YouTube link: <https://youtu.be/ZNDKduWbKg>

Summer Activities

SUMMER ACTIVITIES

With summer around the corner, we have created this resource to help you show your children what each day has in store, along with some ideas and activities you could do as a family.

Find further information [HERE](#)



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.



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

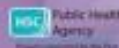


Go for a walk or do a workout -
exercise is one of the best things for
your mental health, and your immune
system.

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



A guide to
looking
after the
mental
health of
you and
your baby



PLAYBOARD PLAY IDEAS

Play is essential for children's health and well-being, helping them build resilience and cope with stress. Play gives children the opportunity to learn new skills and make sense of the world around them. It is vital that children have the space and time to play every day.

For lots of fun play ideas and activities go to www.playboard.org/play-ideas

PlayBoard NI
7 Crescent Gardens
Belfast, BT7 1NS

T: 028 9080 3380
E: info@playboard.org
www.playboard.org

PlayBoard NI is registered with the Charity Commission for Northern Ireland NIC104724, company limited by guarantee no. NI35225, charity no. XR56634



ENGAGING EFFECTIVELY WITH PARENTS

PRACTITIONER TRAINING

**WEDNESDAY 16TH JUNE
10AM - 12PM (ONLINE VIA ZOOM)**

Exploring:

- Importance of involving parents
- Benefits of Parental Participation
- Model of Best Practice
- Barriers/ Challenges
- Peer Learning
- Group Work

Register now

For more info or to book contact
elaine@parentingni.org

parentingni.org

Click [HERE](#)
to register

Text-a-Nurse
is a new confidential text
messaging service for young
people aged 11-19



A new Text-a-Nurse service has been launched to provide young people with a secure and confidential text messaging service to a school nurse for advice and support.

The service is aimed at 11 to 19 year olds and will be delivered by the School Nursing Teams available between the hours of 9am -5pm Monday to Friday (excluding Bank Holidays), they will respond to all messages within 24 hours Monday – Friday.

The aim is to provide a timely, and convenient access to **confidential** health advice for young people

Western Trust Text –A-Nurse 07480 635984



HELP IS HERE WHEN TIMES ARE TOUGH...

Help and advice for Young People
in Northern Ireland.

- Anxiety and Depression
- Drugs and Alcohol
- Gender and Sex
- Staying Safe Online
- Education and Employment
- Eating
- Bullying
- Problems at Home

Plus much more...

youngpeopleni.org



New RISE NI Parent website launched

The Regional Integrated Support for Education team in Northern Ireland (RISE NI) works in partnership with schools to support children's learning across all areas of the curriculum. This includes the social and academic skills required to give the children the best chance to succeed in the future. The trans-disciplinary team which includes occupational therapists, speech and language therapists, physiotherapists, behaviour specialists, clinical psychologists and therapy assistants, work with children and education staff in mainstream nursery and primary schools.

On 11th January 2021 a regional website specifically for parents and carers of children in mainstream nursery and primary school (up to P4) was launched with the aim to provide support and information digitally. The RISE NI information leaflets, suggested activities/resources and parent training videos aim to promote development of speech and language, fine and gross motor skills, and social and emotional development.

RISE NI teams from across all 5 of Northern Ireland's Health and Social Care Trusts contributed to the website which was designed and built 'in-house' by a Belfast Trust occupational therapist and speech and language therapist.

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



For further information in your local area please visit www.familysupportni.gov.uk or contact your local team.
You can watch a short video on RISE NI at www.phs.shs/RISENI



Public Health Agency
12-13 Lincolns Road, Belfast BT2 8BS.
Tel: 0300 000 0114 (local rates)
enquiries@hsc.nhs.uk



RISE NI (Regional Integrated Support for Education NI) supports children in schools by working closely with parents and school staff to help children develop the foundation skills for learning.

RISE NI is an early intervention service.

Our aim is to help children enjoy, achieve and learn to the best of their ability in school.

What areas do we mainly focus on?

In RISE NI, we work with children to promote:

- social, emotional and behavioural development;
- speech, language and communication development;
- sensory – motor development (the process of receiving messages from our senses and producing a response) and visual – perceptual development (the ability to make sense of what we see).

Who are we?

The RISE NI service may include the following staff:

- behaviour therapists and specialists;
- clinical and associate psychologists;
- occupational therapists;
- physiotherapists;
- speech and language therapists;
- dietitians;
- therapy assistants and support workers;
- clerical officers.



**WORKING
AND LEARNING
TOGETHER**



What support does RISE NI provide?

RISE NI will provide support as required to meet children's needs.



Universal support

General training, advice and strategies to school staff and parents to enhance and enrich the development of all children.

Targeted support

Targeted advice, consultation, strategies, training, class based and small group programmes.

Specialist support

Assessment for children with persistent needs who have not responded positively to strategies and support already used in school.

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



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



Talk, Learn, Do NI: Teaching your children about money

Children develop habits towards money from an early age. It is important that they see, talk about and experience using money with their parents.

This **free** course is to help parents of children aged 3-11 how to:

- Help children develop important money skills
- Manage children's demands
- Learn about saving

Follow the link to register for the course:

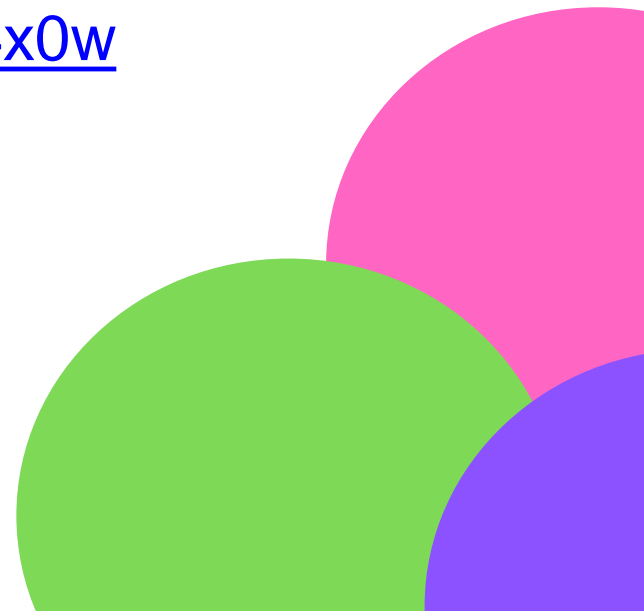
<https://www.eventbrite.co.uk/e/talk-learn-do-parents-kids-and-money-tickets-157231354213>

Coercive Control

Please share the link below with all your contacts to promote awareness of coercive control.

This animation has been produced by the South Eastern Domestic and Sexual Violence & Abuse Partnership.

<https://youtu.be/DmbTqFH4x0w>





We are open! If you need support call Monday to Friday 9a.m.- 5 p.m. 02891 273196. You are not alone.



Jesteśmy otwarci! Jeseli potrzebujesz pomocy, zadzwon do nas od poniedziałku do piątku od 9ej do 17ej. nr telefonu 02891 273196. Nie jesteś sama.



Suntem deschisi. Dacă ai nevoie de ajutor, nu ezita să ne contactezi de luni până vineri între orele 9:00 și 17:00 sau la numărul de telefon 02891 273196. Nu ești singură.



Vi är öppett! Om du behöver hjälp du kan ringa måndag till fredag från kl 9 am till kl 5 pm 02891 273196. Du är inte ensam.



Olemme avoinna! Jos tarvitset tukipuhelua, soitta meille maanantaista perjantaihin 9-17 02891 273196. Et ole yksin.



Estamos abiertos! Si necesitas ayuda, llámanos al 02891 273196 de Lunes a Viernes de 9:00 a 17:00. No estás sola.



Wir haben geöffnet! Wenn Sie Hilfe benötigen, rufen Sie uns an 02891 273196. Montag bis Freitag von 9.00 bis 17.00 Uhr. Du bist nicht alleine.



Nous sommes ouverts! Si vous avez besoin d'assistance, appelez du lundi au vendredi de 9 h à 17 h au 02891 273196. Tu n'es pas seule.



Siamo aperti! Se hai bisogno di supporto chiama dal lunedì al venerdì dalle 9:00 alle 17:00 allo 02891 273196. Non sei sola.



हम राजी हैं। अगर आपको सपोर्ट कॉल की आवश्यकता है तो सोमवार से शुक्रवार सुबह 9 बजे शाम 5 बजे तक। 02891273196 पर। तुम अकेले नहीं हो



ਅਸੀਂ ਖੁੱਲ੍ਹੇ ਹਾਂ। ਜੇ ਤੁਹਾਨੂੰ ਸਹਾਇਤਾ ਦੀ ਜ਼ਰੂਰਤ ਹੈ ਤਾਂ ਸੋਮਵਾਰ ਤੋਂ ਸ਼ੁੱਕਰਵਾਰ ਸਵੇਰੇ 9 ਵਜੇ ਤੱਕ 02891273196 ਤੇ ਕਾਲ ਕਰੋ। ਕੀ ਤੁਸੀਂ ਇਕੱਲੇ ਨਹੀਂ ਹੋ



我们是开放的。如果您需要支持，请在周一至周五上午9点至下午5点致电02891273196。你不是一個人

我們是開放的。如果您需要支持，請在周一至周五上午9點至下午5點致電02891273196。你不是一個人

営業しております。

サポートが必要な場合は月曜日から金曜日9～17時承っております。

あなたは1人じゃない。



اگر آپ کو کسی بھی مدد کی ضرورت ہو، تو ہمیں کال کریں سوموار سے جمعہ تک، صبح 9 سے شام 5 بجے تک، 02891273196 یا آپ اکیلے نہیں ہیں



mes atviri! jei jums reikia palaikymo, skambinkite pirmadieniais – penktadieniais 9–17 val. telefonu 02891 273196. tu nesi vienas!



Jemi hapur! Nqs ke nevojė pėr ndihmė telefono 02891 273196 hėnė-e premtė 9am 5 pm. Nuk je vetėm!



Oleme avatud, kui vajate tuge, helista esmaspäevast reedeni kella 9-17 või 02891 273196. Sa ei ole üks



we zijn open, indien u ondersteuning/hulp nodig hebt, kunt u bellen op het nummer 02891 273196 van maandag tot vrijdag van 9 tot 17 uur. U bent niet alleen!



Vi er åpen! Om du trenger hjelp du kan ringe mandag til fredag fra kl 9.00 til 17.00 eller 02891 273196 Du er ikke alene.



Estamos abertos, se precisar de apoio ligue de segunda-feira à sexta-feira, das 9.00 às 17.30 02891 273196. Não está sozinha



Είμαστε ανοιχτά, αν χρειάζεσαι βοήθεια τηλεφώνησε από Δευτέρα ως Παρασκευή από τις 09.00 π.μ ως τις 05.00 μ.μ. 02891 273196. Δεν είσαι μόνη

Contact Numbers

- You can contact The Freephone 24hr Domestic and Sexual Abuse Helpline Tel: **0808 802 1414** (Managed by Nexus NI) 24/7
- In an emergency contact the PSNI on **999**
- PSNI non-emergency number is **101**

Women's aid



Performing Trauma-Informed Assessments: The MACE Toolkit training



MACE Trauma-Informed Practitioner's Toolkit

- 3 hour interactive course
- Available to practitioners working with children and families in the Armagh area, Newry & Mourne, Cavan and Monaghan border areas

Aims of the course:

- Understand the concept of trauma-informed assessments
- Understand helpful and unhelpful practitioner behaviours during assessment
- Identify potential sources and signs of childhood trauma
- Understand protective factors and how they interact with risk factors to influence positive outcomes
- Identify appropriate interventions to support families affected by trauma
- Understand the process of support pathway planning and review
- Understand how to use the MACE Trauma-Informed Practitioner's Toolkit alongside their own assessment forms (e.g. UNOCINI, Meitheal, Signs of Safety, etc.)

Please contact Jessica Fields to register: jessica.fields@westerntrust.hscni.net

Please note that all sessions will be **10 am – 1 pm** and delivered over Zoom. (17 places per session)

• 21 st , 29 th April	• 3 rd , 7 th , 10 th , 15 th September
• 6 th , 12 th , 21 st May	• 1 st , 5 th , 6 th , 7 th October
• 2 nd , 8 th , 17 th , 25 th June	• 9 th , 12 th , 17 th , 24 th November

*"Working to reduce Multiple Adverse Childhood Experience (MACE)
Supporting families and Strengthening Communities"*

To Register
Click [HERE](#)

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

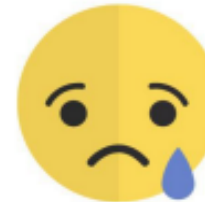
Where I can get further help

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.

Support for young people affected by alcohol, drugs or mental health problems in the family

www.stepstocope.co.uk

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



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

STEPS **2** COPE

ASCERT

Believe in children
Bernardo's
Foundation Ireland

South Eastern Health
and Social Care Trust

AFINet

COMMUNITY FUND



Connections Link Life Suicide Prevention Awareness

HSC Public Health
Agency
Project supported by the PHA



We are delighted to be able to offer Suicide Prevention Awareness training to all adults (over 18) living or working in Northern Ireland in 2021.



This is suitable for those seeking:

- a greater understanding of mental health and suicide
- The confidence to intervene with people experiencing emotional distress suicide
- To cultivate resilience through emotional health practices and self-care.

Book your free place by clicking the links below

*[Visit our web site here for more information on the course](#)
[or to find links to support services](#)*



June 2021

- [Monday 14th June 9.15am – 12.30pm](#)
- [Monday 14th June 1.15pm – 4.30pm](#)
- [Monday 14th June 6.15pm – 9.30pm](#)
- [Tuesday 15th June 6.15pm – 9.30pm](#)
- [Wednesday 16th June 6.15pm – 9.30pm](#)
- [Thursday 17th June 9.15am – 12.30pm](#)
- [Thursday 17th June 1.15pm – 4.30pm](#)
- [Friday 18th June 9.15am – 12.30pm](#)



**For more information click
[HERE](#)**



Life NI is working with the Hope Centre in the Derry area to provide:

Practical Support and Counselling for Unplanned Pregnancy and Pregnancy Loss:

For more information call:

07483027472

lifeni

HOPE CENTRE

The service has been launched as a result of a partnership between the Hope Centre (run by Cornerstone City Church, located opposite the train station on Duke Street) and Life NI

We are offering PRACTICAL SUPPORT

- hospital baby packs
- baby equipment (Moses baskets, cots, car seats, prams, high chairs etc)
- baby clothing and toiletries

We are also offering a COUNSELLING service

- for both women and men dealing with all pregnancy related issues (unplanned pregnancies, pregnancy loss, perinatal depression, post abortion etc.)
- All counselling is facilitated by professionally trained counsellors
- Life NI are associate members of the British Association of Counsellors and Psychotherapists (BACP) and adheres to a strict professional code of conduct.



The Hope Centre was officially opened by Cornerstone City Church in November 2019, with the aim of helping anyone from the local area who has a need in their life, regardless of their background or belief.

Food and clothing bank:

The food and clothing bank is available for use by anyone who has a practical need. We offer a 'drive-through' facility every Wednesday from 5pm-6:30pm at 40 Duke Street to facilitate the collection of food, clothing and toiletry parcels. For anyone unable to drive, there is also a delivery service available. To avail of the food and clothing bank, you can contact us via the Cornerstone City Church Facebook page, email us at email@cornerstonecity.church or call us on 028 71 349339.

NOTE: For external agencies looking to pick up on behalf of clients, there are additional collection times available outside of the drive-in time.

CAP Debt Management Centre

Our CAP Debt Management Centre is there for anyone who finds themselves in financial difficulty. You may think your situation is impossible, but we want to let you know that there is hope. Our team will provide you with a listening ear and a real solution to your debts. To register with the CAP centre, you can call the free referral number below and speak to someone from our new enquiries team. They will then arrange an initial appointment with a CAP Debt Coach from your local area who will work closely with you to work out a budget and the best route out of debt for you.

Free CAP referral: 0800 3280006

Linda Leonard (local CAP Centre Manager): 07821742885



Pregnancy support service

Our pregnancy support service exists to help women through a potentially very difficult time in their lives with both practical and emotional support.

This service is launched in partnership with Life NI and provides baby hospital packs, baby equipment and also offers a counselling service with qualified professionals.

To avail of the pregnancy support centre, please use either the attached referral form or call 07483027472.



We are also in the process of developing phase two of the Hope Centre which will include a social supermarket (where service users can avail of food at a vastly reduced rate), 'Eat well for less' food courses and employment courses on CV writing and interview skills for those who are wanting to make a return to work.

EDITION 5 - SPRING 2021

Dads project

Dads make the Most of Online Support



Quotes

"Hearing the experience of the other Dads was amazingly reassuring"

"Great group of lads and great information that's useful"

"Without hesitation I'd recommend it!"

Friday Fry Up!



Friday Fry Up - Dad's fry up competition - Making a good fry is a mark of honour. Dads having a casual morning chatting and having a fry all together. Red sauce or brown sauce? We'll be back after Easter with more.

COMMUNITY FUND

Parenting NI

Online 6 week Parenting Programmes for Dads - Summer/Autumn 2021
Please call Parenting NI Support Line to register your interest - 0808 8010 722

PARENTING APART PROGRAMME



Supporting parents to communicate with their children about separation and divorce.

Fathers and Families



The importance of fathers and the positive impact they can have on their children

KEEPING YOUR COOL



Allows parents to explore their reaction to anger, how losing their cool impacts on children and finding positive ways of managing their behaviour.

Dads project DadsTalk Sessions

Conversations and information sharing

Builds positive social connections with other dad

Dads share experiences and explore solutions

Benefit from emotional support

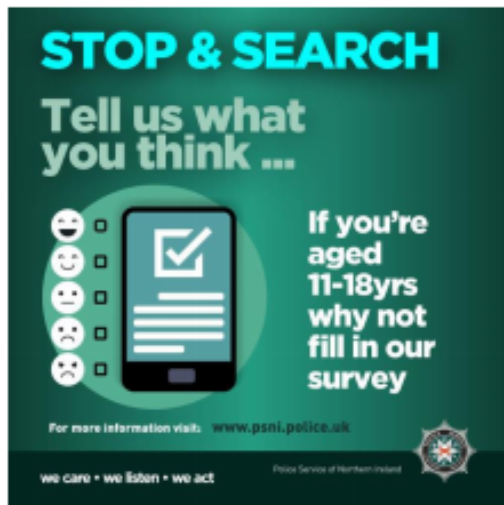
Excellent demonstration of successful co-production at Parenting NI online Dads Project Advisory Meeting. Dads took the lead on discussions about the positive impact the project has had on their health and well being.

Meet the new Chairperson of the Dads steering group

Dominic Kelly

And our new Vice-Chairperson

Oliver McLaughlin



The PSNI have launched an online survey aimed at gathering information around the thoughts and experiences of young people (aged 11-18) regarding the PSNI's use of stop and search powers. This survey is designed to gather information from children and young people regarding their views around:

- Their understanding of the reasons behind police using stop and search powers
- Their knowledge and understanding of their own rights whilst being stopped and searched
- Their knowledge of how to complain and understanding their opinion on the complaints process
- Their opinions on how effective stop and search is within communities
- Their thoughts on whether they feel stop and search affects their opinions and trust of policing within their communities.

This is the first time that PSNI have gathered this type data and it is very important that we get as many respondents as possible, to be able to get a real snapshot of children and young people's views and opinions when it comes to the use of PSNI stop and search powers. We would like to ask if you and your organisation could help to spread this message and assist us to get as many completed online survey responses as possible.

If possible, we ask if you could share this survey to reach out to the children and young people that you support and also share this survey on your social media sites. Attached to this e-mail, we have included a copy of the images that PSNI will be using to promote our survey and you would be more than welcome to share these images on your own social media also. The survey itself contains a maximum of 22 questions and should only take around 5-10 minutes to complete. The deadline for the survey is 11th June 2021. The responses will be collated and used to see how the PSNI's interactions are seen from a child or young person's view and will be taken on board to create recommendations designed to improve the experience of stop and searches in Northern Ireland.

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

If you or your organisation are able to help, we would be very grateful if you could reply and explain what you are able to do – i.e. post online, work with young people to complete the surveys etc. so that PSNI can keep a track of the potential reach and also identify if there are any gaps in the visibility of the survey to children and young people.

If you have any queries please click [HERE](#)

TRAINING 21

All our training will be held online via ZOOM

Contents

- Introduction P1
- Connections Link Life Suicide Awareness Training P2
- Digital Safeguarding Core Awareness Training P3
- MANifest: Connecting Men with Mind Fitness P4
- Mental Health First Aid P5
- Moving More Often P6
- Nutrition Matters for the Early Years P7
- PANTS Awareness Session P8
- PANTS Awareness Session – BAME Communities P9
- Psychological First Aid (E-learning Course) P10
- Safe Choices P11
- Sleep Awareness P12
- Towards Zero Suicide – Level 1 Awareness: P13
E-Learning Suicide Awareness Training
- Walk Leader P14

All our training will be held online via ZOOM

Health Improvement, Equality & Involvement | HSC | Western Health and Social Care Trust | Public Health Agency | April to Sept 21 - Training Brochure

For further information and how to register click on this link
<https://westerntrust.hscni.net/healthy-living/>

Regional Nutrition Webinars - June

Mealtime tips & fussy eating

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

Register using the link below

Link:
<https://tinyurl.com/mealtimetips>

Wed 9th
June
4pm - 5pm



Thur 10th
June
10am - 11am



Introduction to Solids

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

Link:
<https://tinyurl.com/introsolids>

Eating Well As You Age

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

Register using the link below

Link:
<https://tinyurl.com/elderlywebinar>

Wed 16th
June
11am - 12noon



Thur 17th
June
11am - 12noon



Eating Well on a Budget

This webinar is perfect for anyone wanting to save lbs and £s!



Link:
<https://tinyurl.com/eatingwellbudget>



VIRTUAL TRAUMA RECOVERY SUMMIT 2021

HOSTED LIVE FROM TITANIC BELFAST
21-23 JUNE 2021

Keynote speakers including:



Stephen Porges



Bessel van der Kolk



Gabor Maté



Janina Fisher



Kenneth Hardy



Elaine Miller-Karas

INFO & TICKETS

traumasummit.com

Join us for a packed schedule of world-leading experts, panel discussions, exhibitors, workshops and more over 3 days. You can see our full schedule, speakers, and book your ticket on our website - traumasummit.com

The Summit will examine a range of treatment modalities to heal trauma and how delegates can incorporate these into their own professional practice.

Working within the field of social, youth and community, we wanted to highlight the following speakers, presenting the latest knowledge and understanding to deliver positive outcomes on the road to recovery for your clients and patients:

- **Kenneth V. Hardy** - Healing the Hidden Wounds of Racial Trauma
- **Gabor Maté** - Keynote - What is Compassionate Inquiry?
- **Elaine Miller-Karas** - Keynote - The Trauma Resiliency Model (TRM®) Approach
- **Holly Perrault** - Lived experience story
- **Stephen Hughes & Vivian McKinnon** - Exploring trauma in young people/communities/vulnerable adults and how as a society we can break the cycle and bring about healing.

During the three days you will have the opportunity to:

- Network with over 2,500 professionals **from around the world on a digital platform**
- Take part in breathing and mindfulness exercises
- **CPD accreditation – 19 points**

Key features of our digital platform – Whova:

- Watch pre-recorded workshops and tune into a live feed of keynote presentations
- Engage with and follow delegates through live polls, Q&A sessions, Ice breaker groups and also create virtual meet-ups after the event
- **Delegates will have access to the event for 6 months post conference date**

Full details of speakers and event timetable can be found on our website at www.traumasummit.com. If you would like to secure your place, you can book your ticket [HERE](#) or contact us to arrange invoice. If you would like to confirm booking, or have any further questions please contact me by email or on 028 9751 2138.

ROSPA
The Royal Society for the Prevention of Accidents
accidents don't have to happen



**Are children there?
Be aware!**

At least **39** children have died in car accidents on or near the driveway of their homes since 2001

Advice available at
www.rospace.com/drivewaysafety

At least 39 children in the UK have been killed on, or near, the driveways of their home since 2001

- Most victims were toddlers – all were under seven years old

- Tragically it is often an adult member of the child's family, or a neighbour, driving the vehicle

- Over half of parents surveyed could recall their child following them out of the house without them realising*

Fact: 24 children have died after being hit by a reversing vehicle.

When a car is being reversed, the driver has a limited view - small children may not be visible in the mirrors. Where possible it is better to reverse onto a driveway and drive off forwards.

Before you start:

Where are the children?

They could appear unexpectedly

Check around the vehicle

Use the mirrors, look over your shoulder – be aware of blind spots

If possible,

ask another adult to guide you as you reverse



As you reverse:

Listen

Open your windows and turn down the radio

Go slowly

Keep checking all around

Continue to look

Don't just rely on mirrors



For further information click [HERE](#)

Safe from burns

"Everyone in the burns unit was there because of an accident. In a split second their whole life changed."

Mum of little boy burned by a hot drink

A small child's skin burns really easily as it's so thin. Here's how to prevent serious burns:

- Hot drinks** – stay hot enough to scald a small child even after 15 minutes. 8 to 18 month-olds are most vulnerable as they love to grab.
 - Look for safe zones in your house where you know your child can't reach your hot drink
 - Try to get into the habit of putting your child down before you pick up your drink.



- Hair straighteners** – can get as hot as your iron and can still burn 15 minutes after they are switched off.
 - Keep straighteners and wands out of reach when you're using them
 - Put them in a heat-proof pouch or on a high shelf to cool.

- Button batteries** – if a child swallows a lithium coin cell battery (the round silver battery like a 5p coin) and it gets stuck in their food pipe, it can burn a hole and cause internal bleeding and even death.
 - Keep any loose batteries out of reach and dispose of 'flat' batteries quickly and safely
 - Keep objects out of reach if they have button batteries your child can get to.

- Magnetic toys** – high-strength magnets in toys can burn through the gut if your child swallows them.
 - Buy from a reputable retailer or a brand name you know online or in-store, and avoid online marketplaces.

- Cooking** – young children don't automatically pull away from something that's burning them. They may forget the rules about not touching hot things.
 - Push kettles to the back of the worktop and use the back rings of the cooker first
 - If you're able to keep children out of the kitchen when you're cooking, great. Or try to keep them in a highchair or away from the cooker if not.

- Bath water** – these scalds are really nasty and can happen in seconds.
 - Put cold water in first then top up with hot. Then you don't need to worry about there being a scalding bath your child could fall or climb into
 - Test the temperature of the water with your elbow before putting your child into the bath
 - Stay with your child in the bathroom in case they fiddle with the hot tap.

- Fires and heaters** – a risk to small children.
 - Move cots away from radiators. Then your baby can't get their arm or leg trapped against the heat
 - Fit fireguards around fires and heaters.

Breathe easy

"He would have been much too young and would have been much too weak to release himself."

Coroner's report, Mind cord strangulation

Such a scary thought that something could stop your child breathing. But, the steps to stop that happening are simple and make sense.

- Window blinds** – it can take just 20 seconds for a toddler to die from strangulation with an unsafe window blind cord.
 - Fit a cleat hook or tensioner to keep blind cords and chains safely away and always use them. New blinds should come with these
 - Consider cord free blinds for children's rooms
 - Remember children may climb and get higher than you think. Move bedroom furniture away from cords and chains
 - Make sure the cords on the back of Roman blinds are connected using a device that breaks under pressure.

- Sleeping and slings** – babies can be suffocated by things they can't push away.
 - A clear cot is a safe cot – avoid duvets, pillows and cot bumpers
 - Don't sleep on the sofa with your baby as it increases their chances of suffocation massively
 - If you're exhausted or have been drinking or smoking, or if they are premature or low birth weight, don't sleep with your baby in your bed
 - Follow the T.I.C.K.S advice for slings or carriers www.babyslugsafety.co.uk

- Nappy sacks** – young babies naturally grasp things and pull them to their mouths, but aren't able to pull them away. They can suffocate on flimsy nappy sacks.
 - Store nappy sacks well out of reach of babies
 - Never store nappy sacks under the cot mattress.

- Choking** – babies and young children are still learning to chew, swallow and breathe in the right order. There's no sound to warn you. But there are simple ways to stop it happening.
 - Don't prop a baby's bottle up to feed them
 - Cut round food like grapes, tomatoes and big blueberries in half lengthways or quarters, not just across
 - Cut hard food like carrots, apples, sausages and cheese into thin strips, and chop nuts up small
 - Avoid popcorn, marshmallows and hard round sweets like mini eggs or boiled sweets
 - Put small parts from older children's toys out of reach
 - Watch the Chokeables film for first aid advice www.sja.org.uk/thechokeables



Free from falls

"A preventable accident ends up with a shattered family. And that's just very tragic."

Pediatric Neurologist (a doctor who specialises in child brain injury)

Scrapes and bruises are a part of growing up. But even a fall from a highchair can cause a bad head injury. That's because babies' heads are twice as big as ours, which makes them top-heavy. And when they land, their head takes much of the impact.

It doesn't make sense trying to stop all falls. But there are some serious ones you can easily stop once you know how and why.

- Cots, beds and changing tables** – now I can wriggle and roll!
 - Even small babies can wriggle off a bed or changing table – so change their nappies on the floor and avoid leaving them on a raised surface
 - As soon as your baby can stand, remove any large toys they might climb on to get out of their cot, preventing serious falls.

- Stairs** – I can shuffle and I'm off!
 - Even before they're mobile, babies are injured when the person carrying them falls. So keep a hand on the rail going up and down stairs
 - As soon as your baby starts moving around, fit safety gates to stop them climbing or falling down the stairs.

- Highchairs** – is that my drink?
 - Children may try to get things that are out of their reach
 - They may lean over the side and topple out or push themselves up and try to climb out
 - Get into the habit of using the straps on the highchair every time you use it.

- Windows** – what's that I can see?
 - Small children are curious and want to see what's happening outside but have no real understanding of danger
 - Take care not to put furniture in front of windows, especially in children's bedrooms
 - If you can, get safety catches or locks fitted on your windows
 - If you opt for a lock, keep the keys somewhere you can find them, in case there's a fire and you need to get out.

- Trampolines** – how high can I bounce?
 - The biggest risk from trampolines is having two people with very different weights
 - Let children take it in turns and avoid adults and children jumping together
 - Use a safety net or cage so children can't be thrown onto the ground





Department for
Digital, Culture,
Media & Sport

FINAL ROUND OF TAMPON TAX FUND LAUNCHED

£11.25 million to be made available for charities working with disadvantaged women and girls

Threshold for applications reduced to £350,000

A pot of £11.25 million has been made available to charitable organisations to bid for, with priority given to those working to end violence against women and girls, as well as organisations that support a network of charities.

The deadline for applications is
Sunday 4 July 2021

Charities can find out more [HERE](#)



Department of
**Agriculture, Environment
and Rural Affairs**

Sustainability at the heart of a living, working,
active landscape valued by everyone

Rural Halls refurbishment Scheme

Topics: Grants and funding , Rural development , Rural development grants

The Rural Halls Refurbishment Scheme is a pilot Scheme which will provide a grant to rural community and voluntary organisations to deliver capital refurbishment works to rural halls, with the intended aim of keeping community facilities viable and to support existing rural organisations to remain sustainable and identify new volunteers.

A mandatory accredited 'Managing your Space' training programme will be an integral part of the Rural Halls Refurbishment Scheme.

The Scheme will target rural halls which have had limited previous investment, are under-utilised and restricted in usage.

Your project must be located in a rural area.

The Scheme will close at 3.00pm on Friday 11th June 2021.

[CLICK HERE](#) for Further Information

Don't take risks with a sick child



If your child is unwell and you are worried contact your GP.



If you think your child is seriously ill you should take them to the nearest Emergency Department. Ring ahead if they have a respiratory condition.

Our GPs and most Emergency Departments are still open for business and are ready to care for sick children.



PHONE FIRST

Make sure you PHONE FIRST before going to Altnagelvin and South West Acute Hospital's Emergency Departments and the Urgent Care and Treatment Unit in Omagh Hospital and Primary Care Complex.

0300 020 6000

TEXT RELAY: 0870 240 5152

Operating from 08:00 to
12 Midnight 7 days per week.

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

Purpose of Locality Planning

Locality Planning is part of the CYPSP focus on developing and supporting multi-agency early intervention approaches.

Locality planning is about improving outcomes for children, young people and families at a local level.

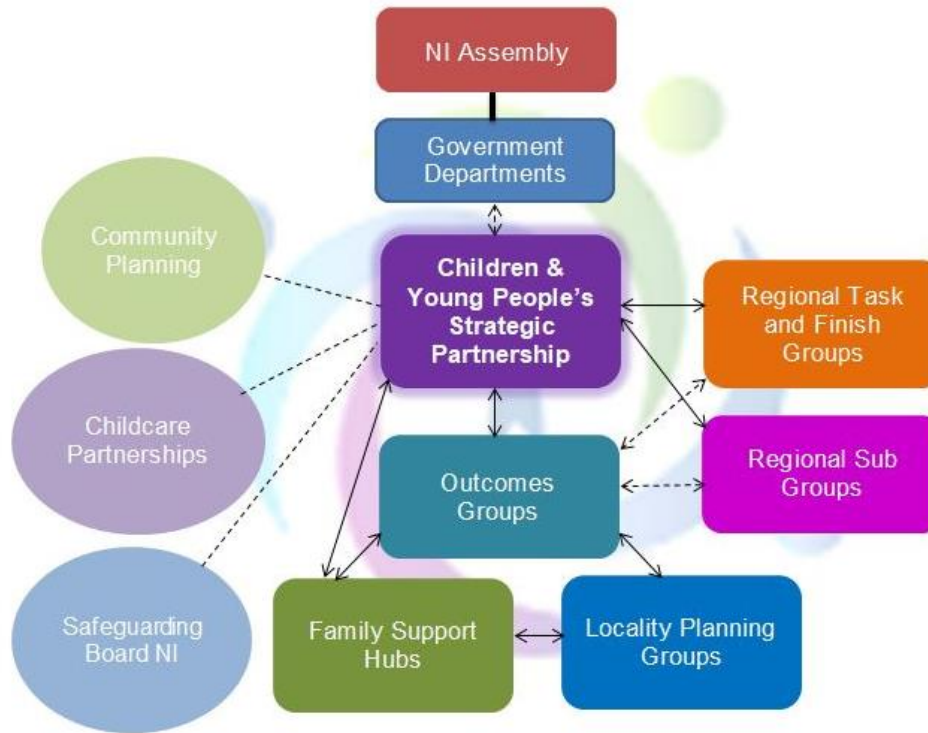
It focusses on how service delivery organisations can engage more effectively with each other to better understand local issues and to work together to produce more effective responses to those issues.

Locality planning is about understanding community assets and strengths and ensuring that service delivery organisations seek to support those assets/strengths.

It does this by:

- Developing shared information, knowledge base and expertise about the local area
- Identifying opportunities to improve outcomes for children and young people by working better together
- Building a commitment to early intervention
- Building an effective partnership

LPGs are a key part of the CYPSP structure



Please visit [Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](http://hscni.net) for further information

Welcome to the Translation Hub



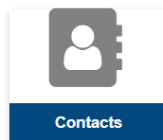
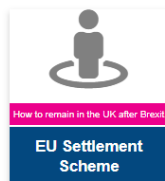
This page is best viewed with the Browsealoud application open, click on the icon in the top right corner and select the language of your choice by clicking on the toolbar above.

Welcome to the CYPSP Translation Hub providing you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.

To help promote this page [click Here](#) to download translated leaflets.

Please feel free to bring to our attention any amendments, comments or if you would like to suggest more content or include your contact details email cypsp@hscni.net

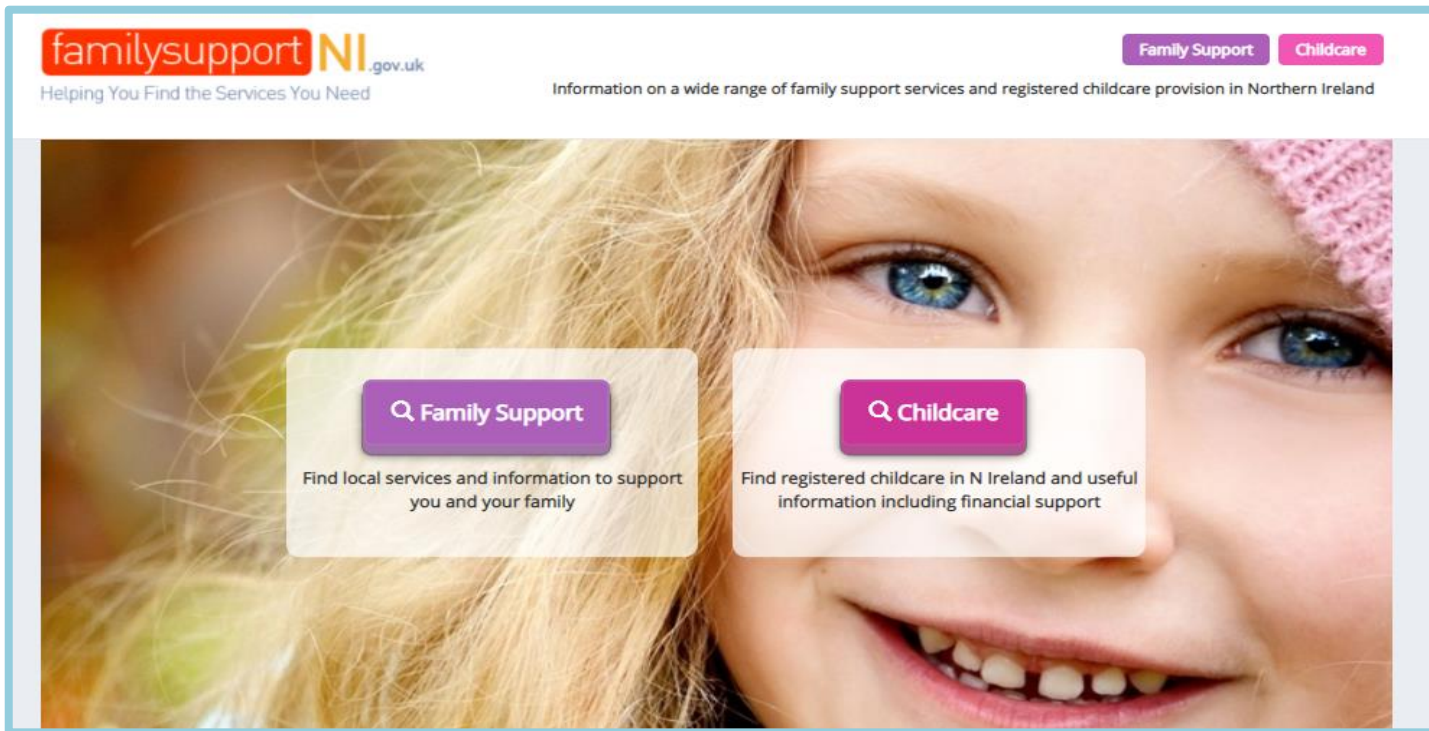
[How to use Browsealoud translation application](#)





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

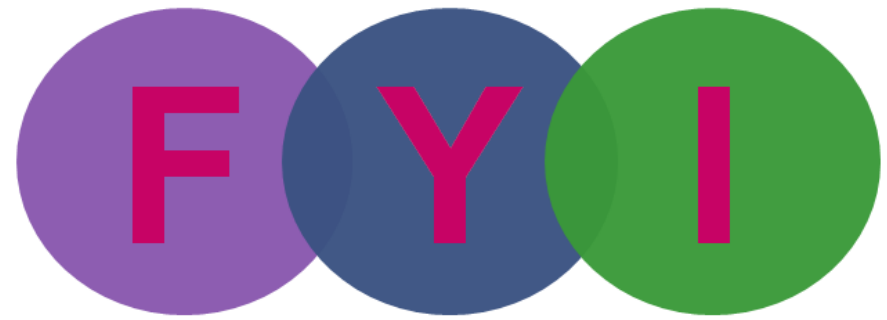
Childcare Providers, as services continue to re-open, please **check your details are correct and up-to-date**

(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



For Your Information

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.