

Emotional Health &
Wellbeing Support for
Children & Young People



Want to talk?
We Can Help

MID ULSTER AREA
SERVICES DIRECTORY

BACKGROUND & CONTEXT

Locality Planning Groups (LPG's) are partnerships between statutory, voluntary and community organisations working with and for children, young people and families at a local level. Their work focuses on early intervention to improve outcomes for children and young people. One of the key aims of an LPG is to identify any unmet or emerging needs regarding children, young people and families and take collective action to address these on a local basis.

The emotional wellbeing and mental health of children and young people has long been a top priority for LPG's across Northern Ireland. Many of the challenges have been amplified by Covid 19 and associated restrictions and these have been raised at LPG meetings by practitioners.

From July to September 2020, the Northern Area LPG's surveyed 474 parents and 127 children & young people to collect views on health and wellbeing needs, and the top need was Emotional Health and Wellbeing, with Mental Health as a key priority. At the same time, Southern Area LPG's were collecting evidence for their 2021-24 Action Plans and again Emotional Wellbeing and Mental Health were top of the priority needs.

An agreement was made between members of the Mid Ulster LPG to host an event in March 2020 to highlight key support services for children and young people. Due to Covid19 this event was put on hold until now. It was identified that, in order to gain a more collective and representative understanding of the range of local services, the Dungannon LPG should be invited to work in partnership on this to provide a fuller understanding of the range of services across the Mid Ulster District Council Area.

Both the Mid Ulster and Dungannon Locality Planning Groups are delighted to host this event and have produced this resource for all attendees to provide a reference as to the large number of support services across the Mid Ulster District Council Area.

All of the organisations included have information stands on the day, so please take some time to find out more at our 'Can We Talk' event.

Emma McElhone, Mid Ulster Locality Planning Group

Darren Curtis, Dungannon Locality Planning Group

25th October 2022

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Area(s) Covered	All Mid Ulster Area Mid Ulster: HSCT Area & Southern HSCT Area
Name of Organisation	Action For Children
Organisation Details	Website: https://www.actionforchildren.org.uk/ Facebook: www.facebook.com/actionforchildrennorthernireland Twitter: https://twitter.com/Actn4ChildrenNI Instagram: www.instagram.com/actionforchildrenni/
Name of Service/Programme	Choices Family Support Service
Contact Details	Name: Pamela Sweeney Address: 4a Steeple Road, Antrim BT41 1AF E-Mail: pamela.sweeney@actionforchildren.org.uk Tel No: 075 2573 3601
Ages Covered by Your Service	10-17 years inclusive
Summary of Service	Early intervention work with children, young people and parents where the child is experiencing mental health or emotional well-being issues or where there is risk of family breakdown. All work is completed on an outreach basis.
Running Time(s) of Service	Generally Monday - Friday, 9am-5pm, however times can vary depending on the needs of families.
Additional Information	N/A



Area(s) Covered	All Mid Ulster Area Mid Ulster: HSCT Area & Southern HSCT Area
Name of Organisation	Action For Children
Organisation Details	Website: https://www.actionforchildren.org.uk/ Facebook: www.facebook.com/actionforchildrennorthernireland Twitter: https://twitter.com/Actn4ChildrenNI Instagram: www.instagram.com/actionforchildrenni/
Name of Service/Programme	Northern Family Support Hubs
Contact Details	Name: Pamela Sweeney Address: 4a Steeple Road, Antrim BT41 1AF E-Mail: pamela.sweeney@actionforchildren.org.uk Tel No: 075 2573 3601
Ages Covered by Your Service	0-17 years inclusive
Summary of Service	Operate as a multi-agency network of statutory, community and voluntary organisations that provide early intervention services. The network accepts referrals for families who need early intervention family support from a range of sources and use their knowledge of local service provider to signpost families with specific needs to the most appropriate services.
Running Time(s) of Service	Generally Monday - Friday, 9am-5pm, however times can vary depending on the needs of families.
Additional Information	N/A



Area(s) Covered	Northern HSCT Area & Southern HSCT Area Belfast, South Eastern & Western HSCT Areas
Name of Organisation	Action For Children
Organisation Details	Website: https://www.actionforchildren.org.uk/ Facebook: www.facebook.com/actionforchildrennorthernireland Twitter: https://twitter.com/Actn4ChildrenNI Instagram: www.instagram.com/actionforchildrenni/
Name of Service/Programme	Young Adult Carers Support Service
Contact Details	Name: Melissa Rainey Address: 10 Heron Road, Belfast, BT3 9LE. E-mail: melissa.rainey@actionforchildren.org.uk Tel No: 07738888379
Ages Covered by Your Service	Young Adult Carers Support Service age 18-25 years. Well Being Practitioner covers support for 8-25 years.
Summary of Service	The Young Adult Carers Service offers support to young people aged 18-25 with a caring role living in Northern Ireland. We engage with carers to understand what their needs are, and work to support them to work towards and achieve their goals. We offer both one to one support and group activities and have recently welcomed a Wellbeing Practitioner into our service, this has enabled us to offer mental health and wellbeing support to our young adult carers.
Running Time(s) of Service	Monday - Friday (9am-5pm) Occasional week day evening events & outings or 1:1s
Additional Information	Ciara McNamee is the <i>Well-being Practitioner</i> for the service. Referrals to Ciara can only be done via registration with Young Carers or Young Adult Carers. ciara.mcnamee@actionforchildren.org.uk

Area(s) Covered	Mid Ulster: Northern HSCT Area & Southern HSCT Area Other: Belfast HSCT Area
Name of Organisation	Barnardo's NI
Name of Service/Programme	Barnardo's Child Bereavement Service
Organisation Details	Website: www.barnardos.org.uk Facebook: facebook.com/BarnardosNI Twitter: twitter.com/BarnardosNI Instagram: instagram.com/barnardos_uk/
Contact Details	Name: Barnardo's Child Bereavement Service Address: 23 Windsor Ave., Belfast, BT96EE. E-mail: cbsreferrals@barnardos.org.uk Tel No: 07867372711
Ages Covered by Your Service	4yrs to 18 yrs.
Summary of Service	An Advice Line which any adult who is concerned about a bereaved child can contact for information and advice. Training and information for parents/carers and professionals to assist in developing methods of helping bereaved children. Therapeutic individual support which is trauma responsive in its nature.
Running Time(s) of Service	Our advice is open on a Monday & Tuesday from 10am to 1pm. Then again on Friday from 10 am to 12.30pm. The number is 07867372711. The service itself is open Monday to Friday 9-5pm.
Additional Information	N/A

Area(s) Covered	All Mid Ulster Area
Name of Organisation	Barnardo's NI
Organisation Details	Website: https://www.barnardos.org.uk/what-we-do/services/choices-family-support
Name of Service/Programme	Barnardo's Choices Family Support Service
Contact Details	Name: Eileen Maguire Address: 36A Westland Road, Magherafelt, BT45 5AY. E-Mail: eileen.maguire@barnardos.org.uk Tel No: 07526916070
Ages Covered by Your Service	10-17 years
Summary of Service	Choices Family Support helps young people with; anger/behaviour management, family breakdown, relationships, drug/ alcohol misuse, social isolation, anxiety, risk of offending, bullying. There is no time limit on how long we work with children in either service.
Running Time(s) of Service	Generally between Monday and Friday - The times vary depending on need, but we can work with young people after school in the evenings, up until about 8pm. There is occasional weekend support also.
Additional Information	Referrals for either service can come from any avenue - professional or self.

Area(s) Covered	Mid Ulster: Southern HSCT Area
Name of Organisation	Barnardo's NI
Organisation Details	Website: www.barnardos.org.uk Facebook: facebook.com/BarnardosNI Twitter: twitter.com/BarnardosNI Instagram: instagram.com/barnardos_uk/
Name of Service/Programme	Barnardo's NOVA Trauma Support Service
Contact Details	Name: Karen Conn Address: 10 Church Street, Banbridge, BT32 4AA. E-Mail: ni.nova@barnardos.org.uk Tel No: 028 406 28758
Ages Covered by Your Service	4-18 year olds
Summary of Service	Individual therapeutic trauma support/counselling is provided for children and young people who live in a post-conflict society and have experienced adverse childhood events which have impacted on their emotional health and well-being. Support is also provided to their parents/caregivers to help them understand and manage their own/their children's trauma reactions. We provide therapeutic sessions in Barnardo's buildings in Banbridge, Armagh or Newry. Funding for the service is provided by the Victims & Survivors Service, MACE and the Southern Health and Social Care Trust.
Running Time(s) of Service	Monday-Friday 9am-5pm
Additional Information	We receive self-referrals from families who have been impacted by the N.I Conflict/'Troubles'. Referrals can also be made by professionals and voluntary/community organisations. Please do not hesitate to contact us to discuss whether we are the right service for you. We will be glad to hear from you.

Area(s) Covered	All Mid Ulster Area
Name of Organisation	Barnardo's NI
Organisation Details	Website: https://www.barnardos.org.uk/what-we-do/services/choices-family-support
Name of Service/Programme	Barnardo's Young Carers Service
Contact Details	Name: Eileen Maguire Address: 36A Westland Road, Magherafelt, BT45 5AY. E-Mail: eileen.maguire@barnardos.org.uk Tel No: 07526916070
Ages Covered by Your Service	8-18 years
Summary of Service	Young Carers service: support for young carers between the ages 8 and 18 years with a substantial caring role within the family home. This is usually a sibling or parent but can be a grandparent/aunt/uncle etc. Our aim with the young people is to reduce the negative impact of the caring role on the young person, we use the Outcome Star model to identify which areas are impacted (Health, Education, How you feel, Managing at Home, Finances, Caring Role) and then create an action plan with the Young Person to help them achieve their own goals, primarily through 1:1 support and working with the family/professional network around the child.
Running Time(s) of Service	Generally between Monday and Friday - The times vary depending on need, but we can work with young people after school in the evenings, up until about 8pm. There is occasional weekend support also.
Additional Information	Referrals for either service can come from any avenue - professional or self.

Area(s) Covered	Magherafelt, Dungannon & Armagh
Name of Organisation	Belfast Central Mission
Organisation Details	Website: www.belfastcentralmission.org Facebook: https://www.facebook.com/wearebcmni Twitter: https://twitter.com/wearebcmni
Name of Service/Programme	Housing Support for Young People
Contact Details	Name: Teresa Miles (Project Manager) Email: tmiles@belfastcentralmission.org Tel: +44 (0)79 3694 1696 Mobile: +44 (0)79 1730 4841
Ages Covered by Your Service	16 - 25
Summary of Service	To empower young people to live in their own home independently, offering the young person up to 2 years of tailored support.
Running Time(s) of Service	Monday - Friday Evenings & weekends Tailored to meet the needs of young people
Additional Information	You can access the online referral form here: https://www.belfastcentralmission.org/housing-support-referral-form

COMMON YOUTH.

Area(s) Covered	All Mid Ulster Area Other: Belfast Trust, South Eastern Trust
Name of Organisation	Common Youth
Organisation Details	Website: https://commonyouth.com/ Facebook: www.facebook.com/commonyouthbelfast Twitter: https://twitter.com/commonyouth Instagram: https://www.instagram.com/common_youth/
Name of Service/Programme	Common Youth
Contact Details	Name: Sian Ruddock Address: CQHQ, 23-31 Waring Street (2 nd Floor), Belfast, BT1 2DX. E-Mail: hello@commonyouth.com Tel No: 02890328866
Ages Covered by Your Service	Under 25
Summary of Service	Common Youth provides free, confidential sexual health services for young people aged 24 and under. Staff consist of doctors, nurses, counsellors, information workers and receptionists who all have relevant, professional qualifications and experience in their field and in working with young people. The Education team provides Relationship and Sexuality programmes for young people under 25 throughout Northern Ireland.
Running Time(s) of Service	Belfast Clinic: 7 Days a Week Coleraine Clinic: Mondays and Thursdays Education Team: Day and Evening Sessions
Additional Information	N/A



Area(s) Covered	Dungannon & South Tyrone area of Mid Ulster District Council area
Name of Organisation	COSTA (Community Organisations of South Tyrone & Areas Ltd)
Organisation Details	Website: www.costaruralsupportnetwork.org Facebook: www.facebook.com/costa.network
Name of Service/Programme	Rural Community Development Support Service (RCDSS)
Contact Details	Name: Loraine Griffin – Manager Address: President Grants Homestead, 45 Dergenagh Road, Dungannon, BT70 1TW. Tel: 028 855 56880 E-mail: info.costa@btconnect.com
Ages Covered by Your Service	Dungannon & South Tyrone area of Mid Ulster District Council area.
Summary of Service	Information, Signposting, Capacity Building and assistance. We signpost groups and individuals to appropriate services, information, support and feedback and lobby on behalf of the community. We assist and build capacity of local Community Groups to access Funding, resources and facilitate them to assist their communities.
Running Time(s) of Service	Normally between 9:00am – 5:00pm on weekdays but also can be available during evenings as and when required.
Additional Information	Web: www.costaruralsupportnetwork.org Facebook: www.facebook.com/costa.network



Area(s) Covered	All Mid Ulster Area Mid Ulster: Northern HSCT Area
Name of Organisation	CWSAN
Organisation Details	Website: www.cwsan.org Facebook: www.facebook.com/cwsan.midulster
Name of Service/Programme	Suicide Prevention
Contact Details	Name: Denise Doherty Address: Crieve Centre Stewartstown E-Mail: denise@cwsan.org Tel No: 07540969623
Ages Covered by Your Service	All Age Groups
Summary of Service	Signposting to Support Services Capacity building / funding for mental health /emotional wellbeing programmes may be available
Running Time(s) of Service	Monday to Friday - 9am to 5pm
Additional Information	N/A

Area(s) Covered	Mid Ulster: Northern HSCT Area
Name of Organisation	Children & Young People's Strategic Partnership (CYPSP)
Organisation Details	Website: https://cypsp.hscni.net/ Facebook: https://www.facebook.com/cypspni Twitter: https://twitter.com/cypsp Instagram: https://www.instagram.com/cypspni/
Name of Service/Programme	Mid Ulster Locality Planning Groups
Contact Details	Name: Emma McElhone Address: Spruce House, Braid Valley Hospital Site, Cushendall Road, Ballymena, BT43 6HL. E-Mail: emma.mcelhone@northerntrust.hscni.net Tel No: 028 2563 5575 / 07901842365
Ages Covered by Your Service	0-18
Summary of Service	Networking opportunities for practitioners working with children, young people and families. LPG meetings are open for practitioners to share information, network and work jointly on agreed actions to improve outcomes for children, young people and families. We also provide resources, links with local services and a weekly e-bulletin to share local & regional opportunities.
Running Time(s) of Service	Monday to Friday - 9am to 5pm
Additional Information	N/A

Area(s) Covered	Mid Ulster: Southern HSCT Area
Name of Organisation	Children & Young People's Strategic Partnership (CYPSP)
Organisation Details	Website: https://cypsp.hscni.net/ Facebook: https://www.facebook.com/cypspni Twitter: https://twitter.com/cypsp Instagram: https://www.instagram.com/cypspni/ Linktree: https://linktr.ee/CYPSPLocalityPlanning
Name of Service/Programme	Southern Area Locality Planning Groups
Contact Details	Name: Darren Curtis Address: Social Care & Children's Directorate, SPPG, Dept of Health, Southern Office, Tower Hill, Armagh, BT619DR E-Mail: localityplanning@ci-ni.org.uk Tel No: 02895363966
Ages Covered by Your Service	0-18
Summary of Service	Networking opportunities for practitioners working with children, young people and families. 6 Locality Planning Groups in the Southern Area. (Dungannon LPG operates in the Mid Ulster Area.) LPG meetings are open for practitioners to share information, network and work jointly on agreed actions to improve outcomes for children, young people and families. We also provide resources, links with local services and a fortnightly e-bulletin, 'FYI', to share local & regional opportunities.
Running Time(s) of Service	Monday to Friday - 9am to 5pm
Additional Information	N/A

Area(s) Covered	All of Northern Ireland
Name of Organisation	Children & Young People's Strategic Partnership (CYPSP)
Organisation Details	Website: https://cypsp.hscni.net/ Facebook: https://www.facebook.com/cypspni Twitter: https://twitter.com/cypsp Instagram: https://www.instagram.com/cypspni/
Name of Service/Programme	Youth Wellness Web
Contact Details	Name: Valerie Maxwell Address: Tower Hill, Armagh, BT61 9DR. E-Mail: valerie.maxwell@hscni.net Tel No: 028 95 363168
Ages Covered by Your Service	0-25 years
Summary of Service	No young person should feel alone and should feel they can get the support they need when they need it at any time or any place, no matter how big or small the situation. When you are struggling it's okay to reach out, the Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help you with your mental health and wellbeing visit: https://cypsp.hscni.net/youth-wellness-web/ Information and advice is also available for parents and teachers.
Running Time(s) of Service	24 hours 7 days per week online resource https://cypsp.hscni.net/youth-wellness-web/
Additional Information	We are happy to showcase and demonstrate the Youth Wellness Web at any events. (See contact details above.)

THE MID ULSTER
C H I L D
C O N T A C T
C E N T R E

Area(s) Covered	Mid Ulster: Northern HSCT Area & Southern HSCT Area
Name of Organisation	Mid Ulster Child Contact Centre
Organisation Details	Website: www.muccc.org.uk
Name of Service/Programme	Mid Ulster Child Contact Centre
Contact Details	Name: Vanessa Haddon Address: Gortalowry House E-Mail: info@muccc.co.uk Tel No: N/D
Ages Covered by Your Service	Adults and Children
Summary of Service	Supported contact takes place in a variety of neutral community venues where there are facilities to enable children to develop and maintain positive relationships with non-resident parents and other family members. Supported Child Contact Centres are suitable for families when no significant risk to the child or those around the child has been identified.
Running Time(s) of Service	Wednesday Afternoons Saturday Mornings
Additional Information	N/A



Community Family Support Programme

Area(s) Covered	Mid Ulster: Northern HSCT Area & Southern HSCT Area
Name of Organisation	Network Personnel
Organisation Details	Website: www.networkpersonnel.org.uk Facebook: www.facebook.com/networkpersonnel/ Twitter: https://twitter.com/NetPer
Name of Service/Programme	Community Family Support Programme
Contact Details	Name: Maxine McLean Address: 2nd Floor, Molesworth Suites, Molesworth Place, Molesworth St, Cookstown, BT80 8NX. E-Mail: Maxine.Mclean@networkpersonnel.org.uk Tel No: 07872 838680
Ages Covered by Your Service	16-65
Summary of Service	<p>ESF Funded initiative: activities are around engaging with individuals helping to address barriers impacting on their ability to access/maintain employment or training.</p> <p>We offer a wide range of support, information and signposting with a variety of Health or Social Care issues including housing, debt, physical & mental health, parenting issues, social isolation etc.</p> <p>We encourage participation in some of our other (free) workshops or Training Courses including Supporting Your Child's Emotional Development, Money Management, Understanding Anxiety and Managing Challenging Behaviour, Business Administration, Customer Service, Food Hygiene etc.</p> <p>(Eligibility: unemployed or 'underemployed'/not working full-time wanting support to improve circumstances)</p>
Running Time(s) of Service	9am - 5pm Monday - Friday (Most workshops and training courses take place around school hours)
Additional Information	'Calm Kids' is one of our most popular workshops, delivered online with a facilitator engaging with 10 clients for a 1.5 hr. session. Prior to participation an accompanying 'pack' is delivered to the client's home. The session is based around basic complementary therapy & mindfulness and provides info. on how parents may use various items and techniques with their child to help soothe, relax or regulate. It is best suited to those with children aged between 4- 11 years



Area(s) Covered	All Mid Ulster Area Mid Ulster: Northern HSCT Area & Southern HSCT Area
Name of Organisation	NICMA The Childminding Association
Organisation Details	Website: www.nicma.org
Name of Service/Programme	N/A
Contact Details	Name: Grainne Scullion Address: Suite 3 Elizabeth House, 116-118 Holywood Road, Belfast, BT4 1NU. E-Mail: grainne.scullion@nicma.org Tel No: 07517 472 271
Ages Covered by Your Service	We support registered childminders & parents
Summary of Service	We support registered childminders within their jobs of looking after children, we also support parents in finding registered childcare.
Running Time(s) of Service	We are available Monday to Friday 9am - 4pm
Additional Information	N/A

Area(s) Covered	Mid Ulster: Northern HSCT Area
Name of Organisation	Northern Health & Social Care Trust
Organisation Details	Website: www.northerntrust.hscni.net
Name of Service/Programme	Health & Wellbeing Team
Contact Details	Name: Doreen Bolton – Mid Ulster Locality Lead Address: Spruce House, Braid Valley Hospital Site, Cushendall Road, Ballymena, BT43 6HL. E-Mail: healthandwellbeing@northerntrust.hscni.net Tel No: 028 2563 5575
Ages Covered by Your Service	All ages
Summary of Service	Mental Health information and resources, Take 5 Physical Activity Farm Families Health Checks Programme Volunteering & Inclusion Smoking Cessation Community Planning Initiatives Sexual Health Diabetes Prevention Mid Ulster Loneliness Network Older People
Running Time(s) of Service	Wide range of programmes and resources available - ongoing
Additional Information	Health & Wellbeing Training Directory also available

Area(s) Covered	All Mid Ulster Area Other: All Trust Areas
Name of Organisation	Parentline NI
Organisation Details	Website: www.ci-ni.org.uk/parentline Facebook: https://www.facebook.com/parentlineni Twitter: https://twitter.com/ChildreninNI
Name of Service/Programme	Support Line / Parental Participation Project
Contact Details	Name: N/A Address: N/A E-Mail: parentline@ci-ni.org.uk Tel No: 0808 8020 400
Ages Covered by Your Service	Regional Service
Summary of Service	We provide a support line offering advice, support and guidance parents and carers and family members. This is offered to those parents who speak Polish and Arabic too. We offer six one to one support sessions as a location that suits the family. We also offer workshops on issues affecting families. We also have a Parental Participation project where we listen to parents' views and support them to share their feedback on services they have utilised.
Running Time(s) of Service	Support line is open: Mon to Thurs 9am - 9pm Fri 9am - 5pm Sat 9am - 1pm
Additional Information	N/A



Area(s) Covered	Mid Ulster: Northern HSCT Area
Name of Organisation	RISE NI (NHSCT)
Organisation Details	Page Tiger Links: https://view.pagetiger.com/RISENI/educationstaff . https://view.pagetiger.com/RISENI/parents
Name of Service/Programme	RISE NI (NHSCT)
Contact Details	Name: Lee-Ann Wilson Address: RISE NI (NHSCT), Mid ulster Hospital, 59 Hospital Road, Magherafelt, BT45 5EX. E-Mail: leeann.wilson@northerntrust.hscni.net Tel No: 028 86747860
Ages Covered by Your Service	Nursery year, P1-P4 and Pilot into Key Stage 2 (Autumn 2022)
Summary of Service	Our aim? is to 'help children enjoy, achieve and learn to the best of their ability in school'. Who are we? The RISE NI (NHSCT) staff includes Behaviour Therapists, Physiotherapists, Occupational Therapists, Speech and Language Therapists, Clinical Psychology, Therapy Assistants and Higher Clerical Officer. What areas we focus on? In RISE NI we view children holistically to promote <ul style="list-style-type: none"> - Social emotional and or behavioural development - Speech, language and communication development - Sensory processing, fine motor and visual perceptual development - Gross Motor development We offer support to all schools signed up to our service within the Northern Health and social care locality.
Running Time(s) of Service	We operate within normal working hours Monday to Friday throughout the year.
Additional Information	N/A

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

Area(s) Covered	All Mid Ulster Area All Northern Ireland
Name of Organisation	Solihull Approach
Organisation Details	Website: www.solihullapproachparenting.com Facebook: https://www.facebook.com/SolihullApproach Twitter: https://twitter.com/SolihullApproach
Name of Service/Programme	Solihull approach online courses www.inourplace.co.uk (access code NIBABIES)
Contact Details	Name: John Mcleod Address: N/A E-Mail: mhtrain365@yahoo.com Tel No: 0784871965
Ages Covered by Your Service	All Ages
Summary of Service	Solihull Approach provide free online courses in mental health and wellbeing for young people, parents, carers and anybody else wanting help with their relationships. All courses prepaid by PHA so no cost to individuals To access code follow link below: www.inourplace.co.uk (Access Code: NIBABIES)
Running Time(s) of Service	Available currently online
Additional Information	The Solihull Approach also provides various face to face trainings for anybody working within the children and families in relation to mental H&W in the community and voluntary sectors, early years, schools, statutory and non-statutory services etc. For information on trainings please see website www.solihullapproachparenting.com

Area(s) Covered	Mid Ulster: Southern HSCT Area
Name of Organisation	Southern Health & Social Care Trust
Organisation Details	Website: www.southerntrust.hscni.net/health/
Name of Service/Programme	Promoting Wellbeing
Contact Details	Name: Catherine McCormack Address: St Luke's Hospital, 71 Loughgall Road, Armagh, BT61 7NQ. E-Mail: Catherine.mccormack@southerntrust.hscni.net Tel No: 028 37 564494
Ages Covered by Your Service	All ages
Summary of Service	Health Promotion Support for Travellers and Ethnic Minorities Mental Health information and resources, Take 5 Physical Activity - walk leader & cycle leader training Parenting programmes Volunteering Opportunities Smoking Cessation Cancer support Community Development support Sexual Health Cook It Diabetes Prevention
Running Time(s) of Service	Wide range of programmes and resources available - ongoing
Additional Information	Promoting wellbeing training calendar also available



Area(s) Covered	All Mid Ulster Area
Name of Organisation	Speedwell Trust - Family Support
Organisation Details	Website: www.speedwelltrust.com Facebook: @speedwellfamilysupport Twitter: N/A Instagram: N/A
Name of Service/Programme	Speedwell Family Support
Contact Details	Name: Tara Gilkinson Address: 57A Parkanaur Road, Castlecaulfield, Dungannon Co. Tyrone, Castlecaulfield, BT70 3AA. E-Mail: tara@speedwelltrust.com Tel No: 07717411465
Ages Covered by Your Service	Families with 4-12 year olds
Summary of Service	Speedwell Family Support is part of the Speedwell Trust Charity based in Parkanaur Forest Park. We are an early intervention service working with families & children aged 4-12 years old living in Mid-Ulster to support them with their mental health & well-being. We provide support through educational programmes, family workshops, counselling & support planning creating links with external support organisations.
Running Time(s) of Service	Mon-Fri 8.30am-4pm (Some evening workshops may be available upon parental request)
Additional Information	Support requests can be made via phone call or email by parents, schools, external organisations

**This resource is supported and managed by the
Mid Ulster and Dungannon Locality Planning Groups**



For further information, contact:

Emma McElhone, Locality Development Officer in the Mid Ulster Area

Emma.McElhone@northerntrust.hscni.net

Darren Curtis, Locality Development Officer in the Southern Area

darren@ci-ni.org.uk

October 2022