



Family Support Hubs Newsletter

This edition includes:

SPECIAL FOCUS

- Self-compassion & Self-care

PARENTS/CARERS

- COVID-19 Support & Resources
- Youth Wellness Web/Translation Hub
- Resource pack for C&Y People
- Cost of Living Resource
- Parent Support/Family Support NI
- Steps for addressing teen-parent conflict
- Meningitis/Scarlet fever symptoms
- 55 Positive Things to say to your child
- Parentline NI are in your corner
- Samaritans/Fostering
- NSPCC Letting the Future In
- Safer Internet Day/Top Tip Leaflets
- Siblings as young carers
- Bolster Ability Services
- SBNI/Speech & Language Advice Line
- Libraries NI/Twinkl NI
- Building our Children's Developing Brain
- Oak Healthy Living Centre
- Advocacy for All/Parenting NI
- GamCare/ParentLine NI/Diabetes UK
- Help Kids Talk/Online Safety Website

EARLY YEARS

- In Our Place/Solihull Approach
- BBC Tiny Happy People
- Play and Say/5 Reasons to play with rhyming words/3 ways to boost your baby's memory/Toddler's Toolkit
- Tiny Happy People/Baby and U
- Health Benefits of Breastfeeding
- SureStarts/Childcare Partnership
- BookTrust Bookstart Packs

KIDS ACTIVITIES

- Low cost/no cost play ideas
- Activity Ideas

CHILDREN/YOUNG PEOPLE

- Understanding your brain
- Text A Nurse/CEOP Website
- Are you a Young Carer?/Shout
- ESOL/Job Apply NI
- YMCA/Rights Responder

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/Autonomie
- Feeding & Eating/Family Fund
- Contact Helpful guide/Autism NI
- Autism Cafe/RNIB

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Childline/Self Harm Awareness
- Eating Disorders
- Young Persons Mental Health Guide
- How to Create a Healthy Routine

MENTAL HEALTH & WELLBEING

- Friendly February 2023 Calendar
- Lifeline/Self Help Guides
- Self-Harm & Mental Health Guide/Inspire
- Take 5/Mens Mental Health/Women's Aid
- Coffee & Play Belfast/Samaritans
- Confused ParentLine NI
- Minding Your Head/Helplines NI

BEREAVEMENT

- CRUSE Helpline/Hope Again
- What to put in a Memory Box

BAME

- In Our Place
- NINES – Nurse Led Clinic/Protect your Rights
- CYPSP Translation Hub Cost of Living 'Boloh'

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- PSNI/The rainbow Project
- Real-life Experiences

DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy/Helplines/ RAPID Bins
- PBNI/Ascend/Start 360

COMMUNITY

- Public Health Dietitians now on YouTube
- Be wise about your energy
- 6 Ways to Boost your Energy Budget
- The Trussell Trust/Foodbanks
- PHA guide to respiratory illness
- Phone First

GOOD NEWS STORIES

- Fermanagh & Omagh FSH
- Family First FSH

COVID ADVICE/GUIDANCE

- Covid-19 Advice & Guidelines

Welcome to Edition 1/2023 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 14th February 2023.

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

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

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

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

For More information or to make a referral visit

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

Where are the hubs?





Self-Compassion



Self-Care

My goodness, it's hard to believe we're already into February and kids are off again for half-term. It's been an exceptionally busy start to the New Year and memories of the time off to rest and recharge are fading fast. The New Year came but many of the challenges and stress factors for us and the families we support continue. The adrenaline that carried us through the Pandemic can't sustain us indefinitely and many of those I have been speaking to have described feeling tired and worn out. We look forward to the spring with the lighter evenings and milder weather, it has been a very long winter, there is a real need to ensure we are taking better care of ourselves to sustain us going forward.

You will, as always find a broad range of information, advice and resources within this edition of the FSH Newsletter and we also have a special focus on **self compassion and self-care**, not just for our families and young people, but for us as professionals, after all, you can't pour from an empty cup. Self-compassion is essential for us all.

"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life" Christopher Germer

Bronwyn Campbell
Regional Family Support
Hub Co-ordinator

At a recent workshop I was chatting with Ed Sipler about the importance of self-compassion and self-care. Anyone who has had the pleasure of speaking to Ed will know his passion and expertise in this area. I am delighted to say that Ed very kindly agreed to write a piece for the Newsletter (page 3) with links to resources he has created including several excellent YouTube videos. Please do make the time to have a look through them, it will be a very good use of your time.

Ed is always working to improve and build on his work so it would be really appreciated if you would take the time to share your feedback and comments on these resources through myself at Bronwyn.Campbell@hscni.net



Link for resource giving a list of exercises for self-care for children and parents that can be done together from Australian site Raising Children.net

[Parents: wellbeing | Raising Children Network](#)

If you don't know where to start with self-care this link will take you to a simple Self-Care Plan devised by Emerging Minds to help you to identify your own personal signs of stress and plan strategies that may help you to manage your own stress and emotions.

Link to Self Care Plan from Emerging minds em-self-care-plan.pdf
(d2p3kdr0nr4o3z.cloudfront.net/)



Working through difficult times- being active in looking after yourself

There is no doubt, between Covid, the financial pressures and the dark days of winter, pressure on families is rife. *Now more than ever, taking care of our well-being is important.*

But what does make a difference for people? *It a word it is someone's agency.*

Agency is the most significant source of someone's well-being. (Tuason MT, Gu'ss CD, Boyd L. 2021) . What does agency mean? It is when someone actively decides what is going to help them, has the confidence to do it , optimism it will be helpful and keeps doing in areas of their lives.

So working together, ASCERT and the South Eastern Trust developed 3 You Tube Clips that you could find useful to support your well-being. As we move through "feel good February" it is our hope you find these useful to help you choose what will help you.

They explore understanding how stress and trauma can affect our nervous system, with ideas to support self-care, each with written material that can be downloaded from the You Tube site.

View the clips and revisit them at your leisure.
Small Steps can start big changes.
Use these as part of your wellbeing toolkit,
Share with your loved ones, those you may be caring for, and in your work.
Most important, **you** decide what is helpful for you.

Stress and Trauma and your nervous system https://youtu.be/bcC3b9IWA_o

Self-Care Now When We Need it Most <https://youtu.be/rfHLHwhD1Pw>

Dealing with worry <https://youtu.be/diYhhhg9Gc>

Or search Ed Sipler on the You Tube or visit ASCERT at www.ascert.biz under the resources section.



As parents looking after ourselves is important. It is like those instructions in an airplane . If the cabin loses air pressure a mask will drop down. They tell us to put our mask on before anyone else. Why? If we don't look after ourselves, we are not going to be able to look after anyone else.

We have one more thing for you. This resource is for parents and carers looking at managing children's emotions. An entire program is on a page tiger you can work through.

<https://view.pagetiger.com/selfcareforfamilies>

It can also be found at the Children and Young People's Strategic Partnerships website in the youth well-being site in the Parents Zone.



TAKE 5

Some things you can do to feel more positive and get more out of life.

1. Go out for a walk and get some fresh air.
2. Watch your favourite TV programme or movie.
3. Check in with your friends and family.
4. Have a relaxing bath and listen to some music to destress.
5. Have some fun in the kitchen and make yourself your favourite meal.

"Every day gives you an opportunity to make a change in yourself. You do not have to wait for another year for that."

START360™
Putting YOU at the centre





WHY PRACTICE SELF-COMPASSION?

Research shows that people who are more self-compassionate are...

HAPPIER

Practising self-compassion leads to more happiness, optimism, gratitude and better relationships with others.



MORE RESILIENT

Self-compassionate people bounce back more easily from set-backs are more likely to learn from their mistakes



LESS STRESSED

Self-compassion is a powerful antidote to the self-criticism and perfectionistic thinking that can lead to stress, anxiety and depression.



new start healthy habits

be good to yourself

communitywellbeing.info

Self-care is essential to looking after yourself. We often focus on others at the expense of our own needs. Reserving just a small amount of time for yourself, can be beneficial to your emotional & mental wellbeing. Check out our self-help tips>>

www.communitywellbeing.info/self-help-toolkit/

“
WHEN YOU TAKE CARE OF
YOURSELF, YOU'RE A BETTER
PERSON FOR OTHERS. WHEN
YOU FEEL GOOD ABOUT
YOURSELF, YOU TREAT
OTHERS BETTER.
”



It's okay to say no.

Try not to take on too much.

If there is something that you don't want to do, it is okay to say. Having boundaries to protect your mental health is healthy and important. If you're feeling overwhelmed, ask yourself, "Do I need to do this?"

*Mind
Wise*



Positive mental health



play the drums

sing

go for a long cycle

enjoy a day out with friends

go to a live sports event

volunteer

go for a run

visit markets

dance

time in nature

DIY projects

watch Netflix

bake

eat dinner with family

mindfulness

exercise

PLAY board games

spend time with grandchildren

switch off my phone

visit the park

walk my dog

spend time with family

try something new

go for walks in the woods

cook

coffee & chat

read

Listen to loud music

go for a walk in the woods



WHAT'S YOUR SELF-LOVE LANGUAGE?

By Blessing Manifesting

Physical Touch

Things that make your body feel good or focus on your physical being.

Massages
Soft blankets
Physical activity
Spa days
Skincare routine
Swimming
Stretching

Acts of Service

Doing or arranging things for yourself that make you feel good.

Therapy
Acts of Kindness
Scheduling
Cleaning
Delegating
Going Out

Receiving Gifts

Treating yo'self by purchasing things that make you happy.

Trips
Craft supplies
Comfy clothes
Little gifts
Indulgences
Investing in yourself

Quality Time

Spending time alone, hobbies & doing things that you love.

Meditation
Hobby/creative time
Taking yourself on dates
Relaxing

Words of Affirmation

Giving yourself pep talks and encouraging yourself.

Positive self-talk
Daily affirmations
Journaling
Mantras

MENTAL HEALTH CHECK-IN

how have you been speaking with yourself?
comment your emoji below!



my inner critic has been loud lately



I have been hard on myself



I have been distracting myself



with curiosity



with kindness



with encouragement

@SELF CARE IS FOR EVERYONE



Parents ask me, "What is the best parenting Advice you can offer?"
I tell them, "Do what you can to take care of your own wellbeing, to make sure you are feeling safe, and to manage your own emotions in a healthy way. When you feel this way, that gets translated to your children in a powerful way."

Nim Tottenham



WELLBEING CAFE



Tuesday 21st February 7.00pm
Refresh Cafe, Skainos Centre
Newtownards Road, Belfast

This month we will focus on "mood and music"

How can we use music to enhance our mood, relive memories and experience joy.

Come along and enjoy the welcoming atmosphere of the Refresh Cafe and give your wellbeing a boost. A relaxing opportunity to learn and be inspired. Delicious free tea and buns provided!

Contact eleanor@ebcda.org to book your place



East Belfast Community Development Agency deliver Stress awareness and Self-care sessions to groups in East. They also deliver wellbeing cafés and have a wellbeing challenge coming up.

They have a health hub app which is really useful:

<https://www.healthhubeastbelfast.com/>



COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:



Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.



PARENTS/CARERS

Youth Wellness Web

A place where everyone deserves to be helped at any time, no matter how big or small the problem is!



SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

If you're struggling, it's okay to reach out:

Call Childline on:
0800 1111

cypsp.hscni.net/youth-wellness-web/

Call LIFELINE on:
0808 808 8000

Scan QR code



Text Shout:
852558

Deaf & hard of hearing
textphone users:
18001 0808 808 8000

CYPSP Translation Hub





CYPSP's Resource Pack for Children & Young People has been refreshed and updated to include more resources and activities on disability, mental health, education plus much more. Also included are some activities to help keep the kids entertained over the half term holidays, including colouring and activity sheets and indoor/outdoor play ideas.

Download copy at;

<https://cypsp.hscni.net/download/426/cyp-resource-pack/40057/cyp-resource-pack-2023.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).

Resources and activities are free and in the public domain.

We will continue to update the resource periodically, so keep an eye out on our website and social media platforms.



Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. This document is live and will be updated regularly.

[Download Cost of Living Resource](#)

If you would like to include info on your service, please email una.casey@hscni.net



Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

If you are looking for:

- ✓ The latest evidence based parenting programmes & workshops by Trust area
- ✓ Information / leaflets
- ✓ Training / development opportunities for professionals / staff

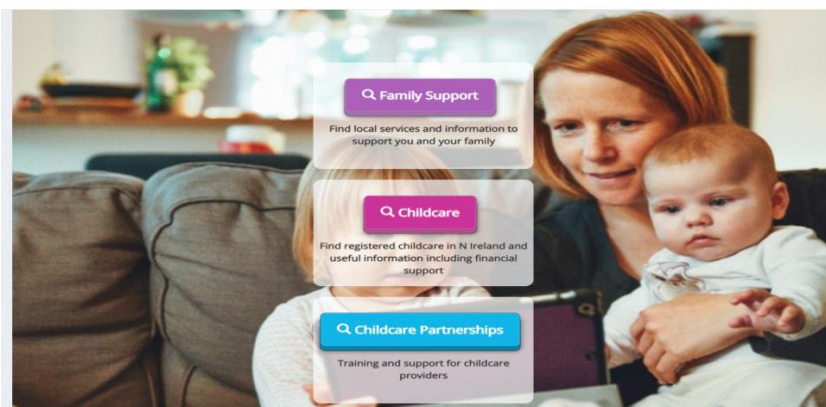
Visit the Parent Support webpage at <http://www.cypsp.hscni.net/ebpp> or scan the QR code for instant access



CYPSP
Children & Young People's Strategic Partnership

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

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



Steps for addressing teen-parent conflict

Step 1

Calm down / Cool off



Whenever there is a conflict separate and allow everyone involved to take a "Calm down / Cool off period."

When emotions and minds become calm and clear, the process of conflict resolution becomes easier to steer.

Step 2

Set the stage



Go to a comfortable space where you can block out all possible distractions. Let the teenager know that your goal is to get everything out in the open to ultimately resolve the conflict moving forward.

Be mindful that as the parent you must lead by example while communicating and orchestrating the resolution in a respectful and non-aggressive (attacking or argumentative) manner.

Step 3

Tell them what's bothering you



When parents and teenagers share what's bothering them using "I messages" or "I statements," can unearth and creates the lines of open and honest communication.

"I messages" evoke true emotions and feelings behind what's being said. An "I message" filled dialogue breaks people through the tension clog of conflict.

Step 4

Repeat what you heard them say



After parents and teenager have shared their "I messages," have the parent restate what they heard the teen say.

This step creates an opportunity for everyone to gain clarity and understanding of how the tension and conflict came about. Restating what you heard allows the teenager to bring clarity to their words.

Step 5

Define the problem & take responsibility



Once everything has been openly and honestly communicated in a controlled and respectful manner, define the problem and take responsibility for the participation in the conflict.

When people define and take responsibility of their part in a conflict situation, they release healthy human intentions to resolve the situation.

Step 6

Brainstorm & Evaluate Solutions



The most effective way to end a conflict with a teen is to empower them to brainstorm and evaluate solutions that will enable them to resolve their conflict.

Teenagers rarely reject solutions they brainstorm to resolve their problems.

Step 7

Negotiate to one Solution



It's great when teens and a parent involved in a conflict come up with several possible solutions to resolve their conflict. This allows parents and teens to create an option A, B, or C. In order to make this happen, parents and teens have to negotiate one solution and create an agreement to putting the solution in place.

Step 8

Affirm, Forgive, or Thank



Do not expect feelings, emotions and negative attitudes to change immediately. Resolving the conflict can often be a time-consuming and laborious process. If and when you make it to this step in working to resolve a conflict between a teen and an adult, simply look at it as progress, small victories won. Successful conflict resolution is always the result of small victories won, over time.

Step 9

Put the agreed option into practice



What good is it to have negotiated and agreed upon solution for a conflict between teens and an adult, if you do not put it into practice?

Step 10

Schedule a follow-up



Inform the teen that you would like to follow up. Determine how this will happen. Communicate to your teen that not all conflict is "bad," it can be a driving force for teaching, learning, understanding, and problem solving. That's constructive conflict and should be within everyone's skill set to navigate.



ParentingNI



0808 8010 722



parentingni.org



HALIFAX FOUNDATION
for Northern Ireland



Meningitis

With the prevalence of the potentially life-threatening meningococcal infection at its highest during the winter, the PHA is calling for people to make themselves aware of the all signs and symptoms of the condition, as a rash is not the only sign. Other symptoms are often non-specific. In the early stages it could be mistaken for other illnesses such as flu, although with meningitis the person tends to be sicker than with these other conditions. However, the disease can come on very quickly and it is important to seek urgent medical attention if you think meningitis is a possibility.

www.pha.site/meningitis-nidirect

Meningitis – know the symptoms

Symptoms of meningitis develop suddenly and can include:



Fever (over 37.5C)



Vomiting



Headache /Stiffness



Confusion



Rash



Dislike of
bright lights



Fatigue



Seizures (fits)

www.pha.site/meningitis-nidirect



Scarlet fever

Signs & symptoms



The symptoms of scarlet fever are non-specific in early illness and may include:

- sore throat,
- headache,
- high temperature,
- nausea and vomiting.

After 12 to 48 hours the characteristic red, generalised pinhead rash develops, typically first appearing on the chest and stomach, rapidly spreading to other parts of the body, giving the skin a sandpaper-like texture.

Anyone who thinks they or a child may have it should contact a GP for a proper diagnosis and appropriate treatment.



POSITIVE THINGS TO SAY TO YOUR CHILD

1. You are helpful.
2. You were right.
3. I know you did your best.
4. I'm grateful for you.
5. You have great ideas.
6. I love being your mom.
7. I believe in you.
8. You are important.
9. You make me proud.
10. You are loved.
11. You don't have to be perfect to be amazing.
12. I believe you.
13. You are worth it.
14. Don't be afraid to be yourself.
15. It's good to be curious.
16. We all make mistakes, it's OK.
17. I understand you.
18. You can say no.
19. This family would not be the same without you.
20. We can try it your way.
21. I appreciate you.
22. I know you did your best.
23. I forgive you.
24. I am so glad you're here.
25. That was really brave what you did.
26. I admire you.
27. It's your decision.
28. If you really believe in something, it's important.
29. Don't give up.
30. I could never stop loving you.
31. You can try again tomorrow.
32. Don't compare yourself to anyone else.
33. You are enough.
34. It's OK to be scared.
35. Even if you make a mistake, you can fix it.
36. Being kind does not make you weak.
37. Your ideas are great.
38. You don't have to do what everyone else is doing.
39. Anything is possible.
40. You can make a difference.
41. I love how you said that.
42. I'm listening.
43. You did that so well.
44. You make my heart full.
45. Not everyone will like you, and that is okay.
46. You have a choice.
47. That's a great question.
48. I'm so excited to spend time with you.
49. That was a really good choice.
50. I trust you.
51. I hear you.
52. Your attitude can change any situation.
53. You are a great friend.
54. Never stop trying.
55. I'll always love you.

www.beenke.com

Need someone to listen
without judgement?

**Parent
LineNI**
0808 8020 400
#parentingweek



Call us: 0808 8020 400
Email us: parentline@ci-ni.org.uk
Webchat: ci-ni.org.uk/parentline
Request a call back: ci-ni.org.uk/parentline

We're open:
Mon-Thurs 9am - 9pm
Fri 9am - 5pm
Sat 9am - 1pm



A registered charity

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you're facing
We're here
to listen

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org

Thinking about fostering?

Our Foster Carers receive full training, ongoing support and financial allowances. Find out more
<https://adoptionandfostercare.hscni.net/>

Thinking about **fostering?**



Find out more

0800 0720 137

adoptionandfostercare.hscni.net



Letting the Future In Information for parents/carers

Leaflet for parents/carers
[NSPCC LTFI Parents leaflet.pdf](#)



The NSPCC Helpline

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

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

Call **0808 800 5000**, text **88858**, email help@nspcc.org.uk
or visit nspcc.org.uk/helpline



This Safer Internet Day 2023, we invite you to check out our interactive resource, containing useful links for parents/carers and those who work with children & young people. If you click on the logos included in the pdf, you will be taken straight through to the corresponding websites / webpages containing information & resources focusing on keeping children and young people safer online. The weblinks collated are only a sample of the plethora of online internet safety information currently available in the public domain. We simply aim to raise awareness of key sources and further reading for yourselves and the children, young people and families with whom you work.



Top Tips Leaflets



Top tips for parents of children of all ages and stages.

Helping parents survive and thrive

Raising children can be a physical and emotional rollercoaster! And that's why mums and dads need all the support they can get – not only to help them through the joys and challenges of being a parent, but also to keep their own relationship strong. Here's a selection of support to help you to build a healthy family. [Parent support - Care for the Family](#)



myfamilyourneeds.co.uk

Siblings as young carers

Growing up with a disabled brother or sister, means home life can feel very different. Clare Kassa, Sibs, shares how parents can support ...



**BOLSTER
COMMUNITY**

ABILITY

BOLSTER ABILITY SERVICES

FAMILY SUPPORT HUB

The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in the Newry and Mourne area.

To make a referral go to <https://bolstercommunity.org/services/family-support-hub/>

FAMILY SUPPORT For parents of children 0-18

Highly trained and experienced Family Support Workers will support families for up to 12 weeks, in their homes, schools or a community setting. Focus will be on the strengths of a family and to help parents and children build coping skills and develop resilience to enable participants to reach their true potential.

For more information contact 028 3083 5764 caroline@bolstercommunity.org

BEST CLUB For primary school aged children

Afterschool club for school age children with a disability and their siblings. These play sessions are designed to develop resilience and confidence through play.

For more information contact 028 3083 5764 orla@bolstercommunity.org

NEWRY/MARKETHILL PARENTING SUPPORT GROUP

For parents with a pre-school child with a disability diagnosis or awaiting a diagnosis

The group meet weekly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

To register for this service contact 028 3083 5764 liz@bolstercommunity.org

PARENTS PLUS SPECIAL NEEDS PROGRAMME

For parents with a child of mixed ability

The group meet fortnightly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

BOLSTER BUDDIES For individuals aged over 18

Our Bolster Buddy service is aimed at helping people with learning disabilities or support needs to reconnect with their local communities as lockdown lifts. The service is aimed at promoting independence, building community connections and improving life skills.

For more information contact 028 3083 5764 kathy@bolstercommunity.org

AUTISM CONNECT

Autism Connect is a new community-based autism support service for adults with an autism only diagnosis. This is a person centered service comprising of 1:1 support and a weekly social group.

For more information contact 028 3083 5764 orla@bolstercommunity.org



**Southern Health
and Social Care Trust**



**COMMUNITY
FUND**

PARENTS/CARERS



FREE for professionals* across Northern Ireland

Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.

Each course will take approx
3.75 hrs CPD per course

*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to solihull.approach@uhb.nhs.uk

For technical support contact:
solihull.approach@uhb.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

ACEs

Adverse Childhood Experiences
Dr Beth Changani



Step 1: Create (or convert to) a 'professional' account
Go to www.solihullapproachparenting.com
Select 'Online courses for professionals'

OR

Go to www.inourplace.co.uk
sign in to existing account and click 'unlock
professional courses'

Step 2: Once signed in to your professional account,
enter access code:

BETHECHANGANI

Step 3: To return to the course
go to www.solihullapproachparenting.com
or visit www.inourplace.co.uk
and click on 'Already have an account? Sign in'



Speech and Language Advice Line

NEW!



Have you any questions or concerns about your child / young person's speech, language and / or communication skills?



Phone for advice from
an experienced Speech
& Language Therapist.

- Speech sounds
- Language development
- Social communication
- Stammering

Our advice line is open
to parents & carers
living in the Trust area.

If your child is already on our
lists, please just contact your
local clinic

Open every Monday 10am - 12pm

028 3756 6446

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



libraries NI

Library NI Events

Remember that libraries are open and we've restarted our regular programme of events! If you're looking for some Rhythm and Rhyme, tea and newspapers or a bit of a Knit and Natter check what's on at your local library
Visit <https://bit.ly/LNIFind> to find out where your local library is.

HSC Health and Social Care



**Building our Children's
Developing Brain**

Some ideas for parents and carers

[Download](#)



Parents
Hub

Northern Ireland



Oak Healthy Living Centre Programme of Activities



January - March 2023

The LITE House

179 Cross Street, Lisnaskea

Co Fermanagh, BT92 0JE

028 677 23843

Email: info@oakhlc.com

ADVOCACY FOR ALL



Inspire's Regional Advocacy Service

Telephone: 0808 189 0036

Webchat: www.inspirewellbeing.org

Email: Infoline@inspirewellbeing.org

Monday—Friday 10.00 am—4.00 pm





Tips on reinforcing positive behaviour



Accentuate the positive

Let the child know you appreciate them doing things that are important to you. E.g: thank them for putting away toys. If they forget, don't reprimand, gently remind them that it makes more work for you so less time for play/fun.



Explain your expectations

Let your child know what you expect. Keep your expectations fair, reasonable & sensible. If they know what you expect it will be easier to please you and avoid disapproval, misunderstanding and hurt feelings.



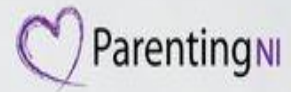
Minimise the negative

Pay more attention to the things your child does well than to mistakes. We often take for granted the behaviour that pleases us & exaggerate the things they do wrong. This approach can backfire, because children tend to repeat the behaviours that get most attention.



Be consistent

Try to be consistent in your expectations and responses. Don't ignore your rules one day and then react the next day. It is not always easy to behave toward our children as we would want. Accept this, but try to improve.



of parents do not feel that they get enough support

**You are not alone...
get in touch**



0808 8010 722



parentingni.org



YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support



GamCare



YGAM

Youth Work Alliance (YWA) are working with YGAM who are an education charity that offer fully funded, City & Guilds assured training workshops for youth facing staff on the topic of gaming and gambling related harm in partnership with GamCare.

This training aims to enable youth-facing professionals to safeguard young people by developing their critical-thinking and decision-making skills.

Workshop content includes:

- Gaming and gambling related harm
- Advertising and regulation
- Mental health and wellbeing
- The blurred lines between gaming and gambling
- How to spot signs of harm
- Where to get help and support

On completion of the training, attendees are given complimentary and downloadable access to a wide range of award-winning resources. Examples of our resources can be found [here](#). YGAM also have a [Parents hub](#), giving advice, tips and tools and parents can also book on to one of the Parents Awareness Workshops.

Book a workshop [here](#), or contact us directly to organise a bespoke a training session or to find our more information at Helen@youthworkalliance.com or YGAM at training@ygam.org.

SURVIVING SEPARATION

FREE AND CONFIDENTIAL

ONE TO ONE SESSIONS

available from 9th January at a time to suit you



Support for any parent before, during or after separation

Support to improve communication and manage co-parenting arrangements

Support to source additional information and find other useful organisations

Support to help you provide ongoing emotional stability and best outcomes for your children

Support to recognise your existing strengths and to develop new coping strategies

ReACH OUT

Zoom or telephone sessions available

Please contact us anytime by phone or via our website to arrange sessions or to find out more.

*We're here for you at Parentline to listen, support and advise.
Monday to Thursday 9am to 9pm. Friday 9am to 5pm. Saturday 9am to 1pm*



DIABETES UK NORTHERN IRELAND WINTER EDITION 2023

PARENTS/CARERS



FEBRUARY MESSAGE OF THE MONTH

TAKE YOUR PLACE FACE TO FACE... I
LEARN THE MOST WHEN YOU ARE CLOSE



Help Kids Talk



Our vision: "Everyone in our community working together to help kids talk".

We are a community wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and the South Eastern HSC Trust.

- We deliver key messages every month through our social media pages
- We run free Basic Awareness webinars & Level 1 Training.
- In our Basic Awareness webinars we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication development in children
- In our Level 1 Training we discuss key skills children need for speech, language and communication development. We also talk about speech, language and communication developmental milestones, as well as strategies to support children to develop these skills.
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar or training via the QR code or the following link:
<https://view.pagetiger.com/basic-awareness-webinar-training-dates/help-kids-talk-training>



For further information, please contact us.
email: helpkidstalk@setrust.hscni.net
phone no: 028 92675172



New Online Safety Education Website for 4-7 Year Olds
CEOP's new 4-7s website features characters from Jessie & Friends to provide age appropriate online safety information in a fun and engaging way. http://thinkuknow.co.uk/4_7

NEW

An interactive website for 4-7s

based on

JESSIE & FRIENDS

Online safety education for 4-7 year olds

www.thinkuknow.co.uk/4_7

The family mediation process is NOT counselling. A Mediator's role is to empower and facilitate separated parents to be child and future focused, to negotiate arrangements for their children. Through mediation parents can put in place plans to parent apart effectively.

fmri

A family mediator will...

- remain non-judgemental
- listen actively
- act impartially
- encourage changes in perspective
- seek out underlying needs and interests

familymediationni.org.uk



FREE Online Antenatal Classes across NI

Following the success of the online antenatal classes the PHA are now offering parents the opportunity to take part in further online courses free of charge. Go to <http://inourplace.co.uk> to join.

#gettingreadyforbaby #pregnancy #newbaby #children #parents



Online courses available for parents FREE (prepaid) for residents of Northern Ireland

1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

3a. Understanding your child (0-19 yrs) (main course) or

3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

For technical support contact:
solihullapproach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

www.inourplace.co.uk
www.solihullapproachparenting.com

Go to:

www.inourplace.co.uk

and enter the 'access code'

NIBABIES

To return to the course(s) go to
inourplace.co.uk and sign in!



"Before taking on your day, listen very closely, the morning stillness has something to tell you."

© Sketches in Stillness.com

~ François

2014



Communicating Together

A Speech and Language Therapy Programme

For children aged 3 years and younger and their parents

The SHSCT Children's Speech and Language Therapy (SLT) are excited to announce that the highly successful Play and Say programme is now available to everyone (link below). The programme (delivered by registered SLTs) provides tried and tested strategies to support young children's speech and language development through play.

<https://view.pagetiger.com/play-and-say/universal>

Big TINY
Happy
PEOPLE

5 reasons to play with rhyming words

1. It can help children learn to read
2. It helps children remember similar sounds in words
3. It helps children expand their vocabulary
4. It teaches children how language works
5. It can help children recognise sounds



TINY
Happy
PEOPLE

3 WAYS TO BOOST YOUR BABY'S MEMORY

1.

BE MULTI-SENSORY

Any information you offer your baby is more likely to be remembered if it's repeated and delivered in a multi-sensory way.

2.

BE CONSISTENT

Babies and children learn best through high levels of repetition. This is because repetition helps to build new connections in the brain.

3.

CHAT ABOUT PAST EVENTS

Talking to your child about things that have happened in the past is a great way to help them develop their long-term memory.

TINY
Happy
PEOPLE

TODDLER'S TALKING TOOLKIT

Talk to me about
everything I show
an interest in

If I miss-say a word,
repeat it back to
me correctly

Spend quality
time chatting to
me one-on-one
everyday

Fill in the gaps in
my sentences
when I struggle

Get down to my
level when we talk

Be consistent
with me, I'm
learning, I promise!





HOW TO SUPPORT YOUR CHILD'S LANGUAGE DEVELOPMENT FROM 12 MONTHS

12-18 months → **Follow baby's lead**
Chatting to your 1-year-old about what they're interested in is an easy way to boost language learning.

18-24 months → **Expand on language**
Repeat what your baby says but add new descriptive words into the sentence.

2-3 years → **Recasting**
Help your child understand sentence structure by repeating sentences with any mistakes corrected.

3-4 years → **Decontextualising**
At this age, children begin to understand the concept of past and future. Use these tenses in your chat.

4-5 years → **Phonological awareness**
This is a great age to introduce the concept of rhyming, which also helps with early reading skills.

5 ACTIVITIES TO HELP PRESCHOOLERS WITH PHONICS

Spot the odd one out → All you need is a set of objects that rhyme, and one that doesn't. Can your child identify the odd one out?

Hopscotch → Play with letters instead of numbers and ask your child to name words for each sound they land on.

Sound sorting box → Pull out items from the box and ask your child what sounds they start with. Then group them into piles.

Sound treasure hunt → Ask your child to find objects around the house that begin with a certain sound. How many they can find?

Rhyming game → Whether you're at the supermarket, the park or home, it is always a good time to practise rhyming words.



BABY and U

Baby and U – Your Pregnancy Journey

A new Northern Trust webpage, 'Baby and U' has been produced to allow newly expectant mums to access up-to-date health advice and pregnancy information easily. As soon as you have a Positive Pregnancy Test you can refer yourself directly for Maternity Care in the Northern Health and Social Care Trust using the electronic Self-Referral form – <https://crowd.in/NZ7UOR> Browse 'Baby and U' on our website – <https://crowd.in/bXBqju>

Milestones you may not know...

build better **BALANCE!**



Birth to 2 Months
Holds head up



3 to 5 Months
Rolls



6 to 8 Months
Balances on tummy



9 to 11 Months
Creeps or crawls.



12 to 15 Months
Walks independently



16 to 18 Months
Walks up one step at a time



19 to 24 Months
Two-foot jumps



24 to 29 Months
Runs



2 to 3 Years
Balances on one foot



3 to 4 Years
Catches ball



4 to 5 Years
Kicks ball



5 to 6 Years
Rides bike

itslearningcorner.com



Breastfeeding
Good for baby. Good for mum

Health benefits of breastfeeding

- your breast milk is perfectly designed for your baby
- breast milk protects your baby from various infections and diseases
- breast milk is available whenever your baby needs it
- breastfeeding can build a strong emotional bond between you and your baby



For more info see www.breastfedbabies.org

HSC Public Health Agency

Smile
It's
Sunday



Parent Line NI
0808 8020 400

Self Care Sunday

After a busy week spend today relaxing and unwinding with some well deserved R&R time - whether that's enjoying a long bath, applying a face mask or putting your feet up for an hour. Take some moments to yourself when you can.



Remember Parentline are here, call us on 0808 8020 400



SureStart



Partnership working
is at the root of
what makes Sure Start work

#SureStartWorks





TO APPLY CLICK LINK BELOW

Childcare Partnerships
Training & Quality (hscni.net)



BookTrust Bookstart Packs

Every baby in England, Wales and Northern Ireland is entitled to one of our free #Bookstart packs!

You'll normally receive your pack from your health visitor or another health professional (or at your local library). Find out more here:

<https://booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/families/>

GENTLE WAYS TO FILL UP YOUR CUP



MUSEUM OF HAPPINESS



Low cost/no cost play ideas



Make a den
Use blankets and sheets to make a cosy den



Shopkeeper
Set up shop using cupboard items



Play dress up
What can you dress up as with items from around the house?



Memory game
Take it in turns to remove something from a room, can the others remember what is missing?



Teddy bear's picnic
Get all your cuddly friends together for a living room picnic



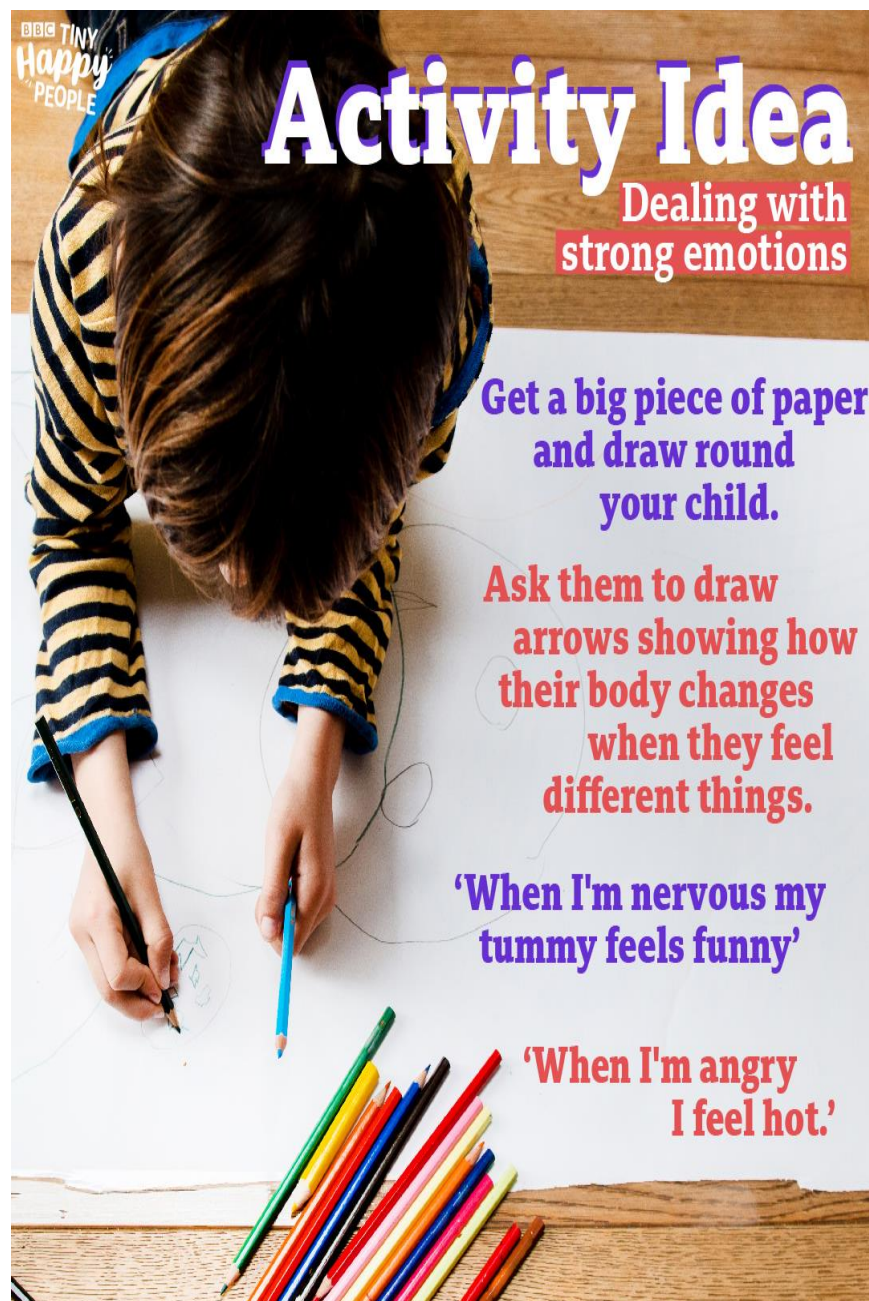
Treasure hunt
Create a treasure hunt around your home or garden



Homemade art
What can you create using loose parts from around the house (boxes, cartons, leaves etc)?



Hide and seek
An oldie but a goodie, where are some good hiding places in your home?



Activity Idea

Dealing with strong emotions

Get a big piece of paper and draw round your child.

Ask them to draw arrows showing how their body changes when they feel different things.

'When I'm nervous my tummy feels funny'

'When I'm angry I feel hot.'



**Put your hand
out in front of you.**

**Use the finger
of your other hand
to trace your fingers.**

**Breathe in as you
go up... and out
as you go
down.**

Activity Idea 5 Finger Breathing



BBC TINY
Happy
PEOPLE

**Put one hand on your
heart and one on
theirs and say:**

May you be happy

May you be calm

May you be safe

May you sleep well

**Activity Idea
Positive Mantras**

BBC TINY
Happy
PEOPLE



**When your child does
something kind for
anyone, you can put
something into the
jar and they can
watch it fill up
with kindness.**

**Activity Idea
Kindness Jar**



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Solihull Approach presents

Two online courses exclusively for teenagers!

Understanding your brain
(for teenagers only!)

NEW and
Understanding your feelings*
(for teenagers only!)

*Includes the emotional effects of the COVID-19 pandemic

inourplace.co.uk

FIND OUT MORE...

Do you live in Northern Ireland?

1. Visit www.inourplace.co.uk
2. Enter Access Code
3. Begin learning

Access Code:
NIBABIES



A **NEW** online course '**Understanding your feelings (for teenagers only!)**'. Solihull advised the course was created because of the rise in mental health problems in young people during the COVID-19 pandemic. It introduces teenagers to mental health...recognising and processing feelings in the context of relationships. It presents Solihull's view of why the COVID-19 pandemic has had such an impact on emotional health. The course suggests how this can be processed. For those in Northern Ireland you can take advantage of this pre-paid, locally funded offer, www.inourplace.co.uk Access code: **NIBABIES**. Create an account (or sign in), to start learning.

Services for young people: Information for Young People



Northern Trust Text-A-Nurse
07480 635982

Belfast Trust Text-A-Nurse
07507 328290

South Eastern Trust Text-A-Nurse
07507 327263

Western Trust Text-A-Nurse
07480 635984

Southern Trust Text-A-Nurse
07507 328057

New CEOP Website Launched

Our new 11-18s website, giving information on sex, relationships and the internet.

Check it out now:- http://thinkuknow.co.uk/11_18



The internet, relationships & you

Advice from www.nca.gov.uk CEOP Education at the National Crime Agency



ARE YOU A YOUNG CARER?

If you can answer 4 or more of these questions, you could be a Young Carer. If you live in the Belfast, Southern or the South Eastern Trust please contact Action For Children for more information.

1. I am between 8 and 18 years old.
2. I have a family member with a physical / learning disability, mental health issue, addiction or life limiting illness.
3. I sometimes miss school or social events because I have to take care of a family member.
4. I worry more about my family member's health than myself.
5. Do you put the needs of your family members before your own.
6. I sometimes feel I have no one to talk to about my caring role.
7. I rarely get time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member.
8. Sometimes, I don't have the time to complete my homework because I am caring for a family member.

Action for Children: NIYoungCarers@actionforchildren.org.uk

Loughshore House, 10 heron road, Belfast, BT3 9LE (028) 90460500.

Banbridge Youth Resource Centre,
Hill Street, Banbridge, BT32 4DP (028) 4062 6516



Shout Crisis Textline

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258



Links and resources for general ESOL home learning and specific resources targeted at teenagers: - [ESOL websites and Apps for Teenagers and Study at Home.](#)



JobApplyNI.com



South Eastern Health
and Social Care Trust



YOUTH HEALTH ADVICE SERVICE

RELATIONSHIP & SEXUALITY EDUCATION (RSE)

SEXUAL HEALTH

S.T.I. TESTING & FREE CONDOM SCHEME

DRUGS & ALCOHOL

BASELINE ASSESSMENT & SUPPORT

EMOTIONAL HEALTH & WELLBEING

SIGNPOSTING TO APPROPRIATE CARE



ANNA JOHNSTON
YOUTH SUPPORT WORKER
YMCA NORTH DOWN
☎ 07591 840723

FOR 16 TO 25 YEAR OLDS

IN-PERSON SUPPORT
OR BY PHONE, TEXT,
ZOOM & EMAIL

FOR MORE INFO ON YOUTH HEALTH ADVICE



setrust.hscni.net/health-living/youth-health-advice



YHAS@setrust.hscni.net



07753 310352



MONDAY TO FRIDAY 9AM TO 5PM RESPONSE WITHIN 48 HOURS OR NEXT WORKING DAY

Free legal information, advice
and live chat for young people.

REE
Rights
Responder

WHATEVER YOUR QUESTION
ABOUT YOUR RIGHTS, ASK REE.

Anonymous, always safe and right, always anonymous, always confidential, never judgemental.



FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

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

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



Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust

Practical and emotional support for families
in Northern Ireland raising a child or young
person with additional needs



Family Voice Hub

Workshops
Local Outreach
Signposting/Referrals
Parents Wellbeing and Support
Siblings Wellbeing and Support
Support with practical issues (Benefits, housing, accessibility)
Educational Advice (Including pre and post school age)
Support Hub (Both Face to Face and Virtual)
Advice and Guidance
Drop In Centre
Emotional Support
Legal Advice
Counselling



www.autonomie.org.uk

Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421

Find out more!

Email: sharon.autonomie@gmail.com Tel: 078 7251 9900





FEEDING & EATING
INFORMATION FOR PARENTS OF DISABLED CHILDREN

Seeing your disabled child struggling to eat or refusing food can make many parents feel helpless. For helpful advice on how to understand and manage your child's eating difficulties, checkout this helpful guide from Contact <http://contact.org.uk/feeding-guide>



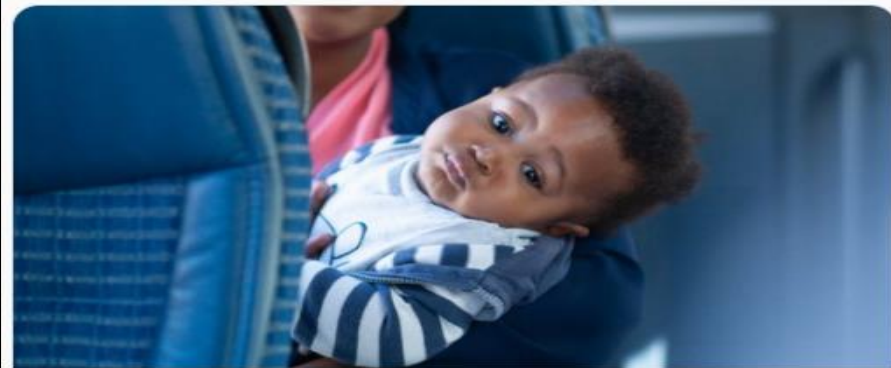
Family Fund
Helping disabled children

Family Fund – Apply for a Grant

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



Get our free Helpful Guide in the post for all the information you need to navigate life with a disabled child. Our 92-page book is packed with advice to support families from the early years right through to the adulthood transition. Order your copy <http://contact.org.uk/helpful-guide>



contact.org.uk

Do you care for a baby or toddler? We're here to help you | Contact Information, advice and support for parents of younger children whether you have a diagnosis for your child or you are waiting for one.

Do you know any families who have a baby or toddler with special needs? We offer lots of free support for new parents. From online workshops, information across a range of areas and advice on keeping babies well this winter, we can help. [Contact Northern Ireland](#) | [Contact](#)



Autism Awareness Card

Telephone:
028 9040 1729 (Option 1)



I am Autistic

Important information on reverse



www.autismni.org

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations. To find out more information visit <https://www.autismni.org/autism-awareness-card> or email info@autismni.org

AutismNI

Guidance for Parents/Carers with a Recent Diagnosis

Outdoor Play

CENTRE FOR AUTISM

Autism - Outdoor Play! It is full of practical ideas, social narratives and case study examples. So follow the link, access the resource and then get outdoors!

Link: <https://outdoor-play.middletownautism.com>

Become a member! Why?...

So many reasons WHY!

- ✓ Priority Queuing
- ✓ Carer Discount
- ✓ Family Fun Days
- ✓ Parent Training
- ✓ Parent Support Groups
- ✓ Helpline – 028 9040 1729 (Option 1)
- ✓ Access to up-to-date information and services

and many more...

As a member you will be contributing towards our services, ensuring that individuals with Autism in Northern Ireland are getting the help and support they need.

Autism Social Café



Date: Friday 24 February 2023

Time: 10 am - 12 Noon

Venue: Melvin Sports Complex, Melvin Rd, Strabane BT82 9PP

We are inviting parents and carers of children of all ages, who have:

- an autism diagnosis
- are awaiting an assessment
- are displaying early indicators (Suggesting their child may be Neurodiverse)

To attend our next Autism Social Café with local support groups, information stalls and short informal workshops.

Booking is welcome but not essential!

For further information contact or to book your place contact
Lisa.storey@westerntrust.hscni.net



SOMETIMES
YOU JUST
NEED TO
TAKE A BREAK
(AND THAT'S OK)



RNIB

See differently

RNIB Parent Carer Facebook Group

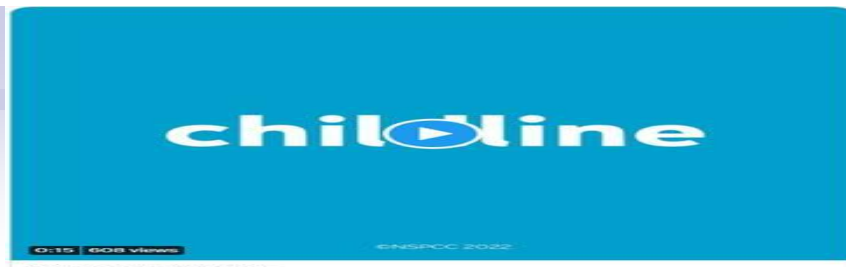
A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

<https://facebook.com/groups/140238563264750/>

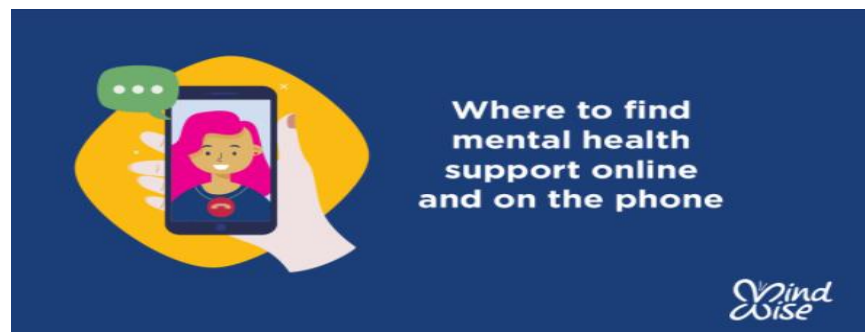
Need to Talk Project

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

<https://www.rnib.org.uk/your-area-northern-ireland/services-rnib-northern-ireland/need-to-talk>

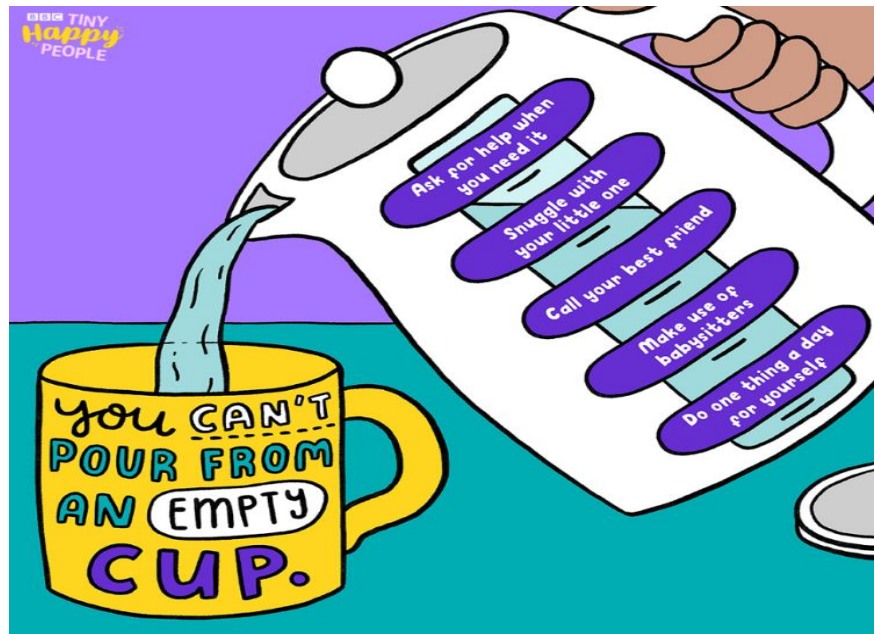


Childline Launch New 'We All Feel It' Campaign Aimed at Young Males
 Childline has launched a new mental health campaign, 'We all feel it' to support young males to reach out for support. Watch the video
<https://cypsp.hscni.net/childline-launch-new-we-all-feel-it-campaign-aimed-at-young-males/>



Self Harm Awareness
 However you feel, your feelings are valid. You matter and deserve help and support.
 You might still think about self harm, even if you've stopped, and that's okay.

You are not alone
 If you need help with self-harm or thoughts of self harm, our page on finding support might help . It also has peer-support resources, so you can talk to people who have been there, too.
[Coping with suicidal feelings \(mindwisenv.org\)](https://www.mindwisenv.org/)



Eating disorders. Know the first signs?



If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



A new resource has been issued by the Public Health Agency for young people, their parents and carers to support mental wellbeing. Contents include healthy lifestyle tips to support your wellbeing, practical ways to manage your thoughts and emotions and useful websites and apps.

[Download Young Persons Mental Health Guide](#)



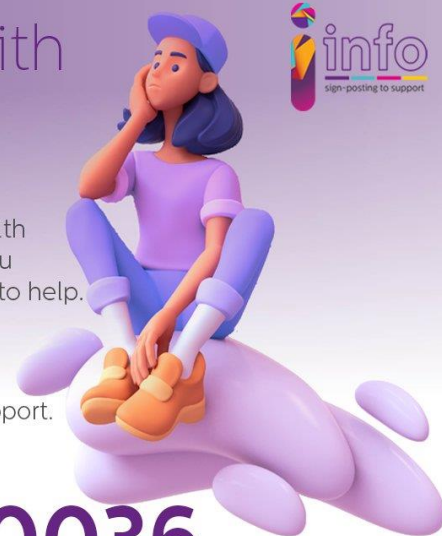
Get in touch with
our wellbeing
advisors today

Whether you're seeking mental health advice or looking information for you or someone you know... we're here to help.

Call **TODAY** to speak to one of our advisors who can signpost you to support.

Available: Monday to Friday 10am to 1pm

0808 189 0036



How to Create a Healthy Routine

Did you know that having a regular routine is good for your well-being and can help with low mood?

Here's how to add structure

<https://www.childrensociety.org.uk/information/young-people/well-being/activities/keeping-busy> to your day and develop a routine that will help you get ready for going back to school [Keeping Busy & Creating Routine | The Children's Society \(childrensociety.org.uk\)](#)



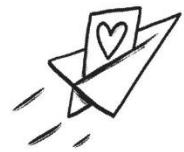


Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

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

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

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

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

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

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

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

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

17 Appreciate the good qualities of someone in your life

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

19 Share something you find inspiring, helpful or amusing

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

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

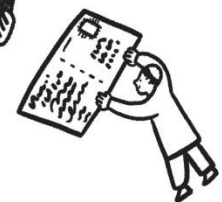
25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones



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

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together



"Thank you for being there at my lowest time"

Male caller to Lifeline service

Lifeline
0808 808 8000
Textphone:

THE RIGHT SUPPORT AT THE RIGHT TIME!

Chat to our team TODAY through our webchat service!
www.inspirewellbeing.org

Monday to Friday 10.00 am to 4.00 pm

ADVOCACY FOR ALL

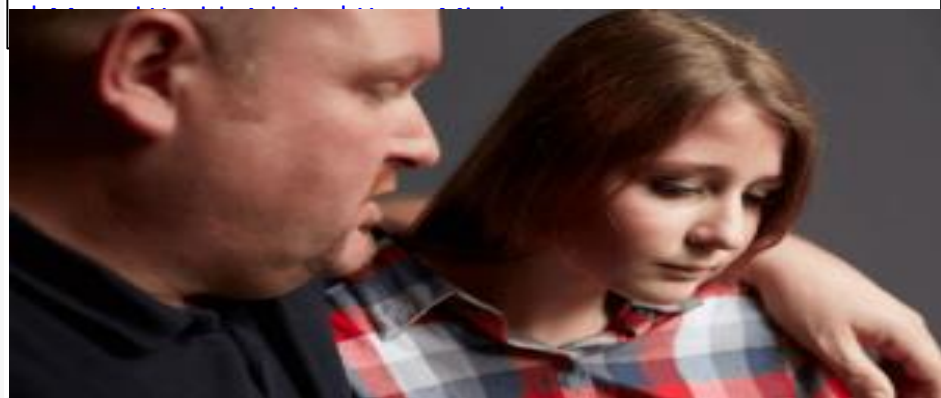
Self Help Guides for Mental Health & Emotional Wellbeing

Self Help Leaflets

HSC Belfast Health and Social Care Trust
caring supporting inspiring together

Self-Harm and Mental Health – Guide for Parents

“Having found out my child was self-harming, I was so devastated and confused as to why. My emotions were all over the place, not knowing how to help her, where to go for professional help – it was so stressful.” Our advice can help: [Parents' A-Z Mental Health Guide](#)



[A-Z Mental Health](#)



Health and
Social Care

Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practise every day:



Connect

Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Be active

Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.



Take notice

Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Keep learning

Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Give

Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).
Artwork designed in association with Belfast Strategic Partnership.

www.mindingyourhead.info

Public Health Agency, 10-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 055 0114 (local rate).

YOU ARE NEVER ALONE.

YOU DO NOT NEED TO "MAN UP".

SUFFERING DOES NOT MAKE YOU WEAK.

IT'S OK TO SHOW YOUR EMOTIONS.

THERE IS HELP OUT THERE.

SPEAKING UP IS COURAGE.

IT'S NOT UNMANLY TO STRUGGLE.

YOU ARE NOT A BURDEN.

MENS MENTAL HEALTH REMINDERS:

#MENSHEALTHMONTH

women's aid Local groups

Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey	028 2563 2136
Armagh Down	028 3025 0765
Belfast & Lisburn	028 9066 6049
Causeway & Mid Ulster	028 7035 6573
Fermanagh	028 6632 8898
Foyle	028 7141 6800
North Down & Ards	028 9127 3196
Omagh	028 8224 1414

MENTAL HEALTH & WELLBEING



Coffee & Play Belfast



Join us for our weekly drop-in coffee morning at our Wellbeing Hub in Belfast from 10.30am every Friday. Meet other parents while your little ones play with our range of sensory toys. Find out more: [What's On – The Parent Rooms](#)

**Whatever you're facing
We're here to listen**

Call free day or night on
116 123

Email
info@samaritans.org

ALT



SAMARITANS

samaritans.org

Need some support for you or your child, but don't know where to start?



Parenting our children can throw up all sorts of challenges, questions and situations and it can be confusing where to look for support or find out what services are available.



We at Parentline can point you in the right direction. ANY question, big or small we can support you to find services available, offer advice and an ear to listen.

We are here; 0808 8020 400
Mon-Thurs 9am-9pm
Fri 9am-5pm
Sat 9am-1pm
Webchat; ci-ni.org.uk





Mental Health Support Services & Crisis HELPLINES



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

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

For help and advice on taking care of your mental and emotional wellbeing,
visit mindingyourhead.info

WORLD
MENTAL
HEALTH
DAY



Armagh City
Banbridge & Craigavon
Borough Council



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



Helplines NI

listen. support. inform

www.helplinesni.com

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



Mental health and housing

community wellbeing
.info



What to put in a memory box



Photographs



Items of clothes and Jewellery



Letters or cards from them



Awards or certificates they received



Memory Box
Creating a memory box can be a lovely way to remember a loved one who has died.
By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.

CRUSE NATIONAL HELPLINE

0808 808 1677

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



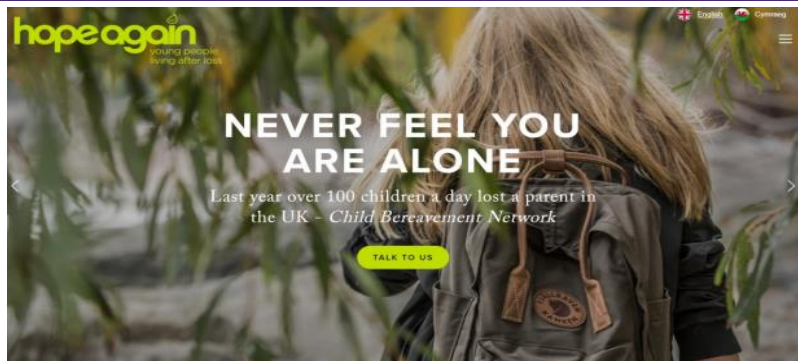
What children understand about death 5-10 years old

Children this age attend school and can get more information and misinformation.

It's important that the cause of loved one's death and the funeral process is explained.

Children will ask many questions. This will help them understand what has happened.

Let them talk about their feelings.



www.hopeagain.org.uk

**Grief is overwhelming.
Let us help.**

Cruse
Bereavement
Support

If you're struggling after someone close to you has died, there's lots we can do to support you.

We can provide information, advice or simply listen.



Find out more about how we can help you.

**Contact Cruse in North Down and Ards
028 9127 2444
Northdownandardsarea@cruse.org.uk
cruse.org.uk**

You're not alone.

Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London) Unit 0.1, One Victoria Villas, Richmond, TW9 2GW



Do you live in Northern Ireland? FREE online courses for all residents

For parents, carers and families

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your child with additional needs
- Understanding your teenager's brain

For all adults

- Understanding your relationship

For teenagers

- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)

And more!

For further details, visit: www.inourplace.co.uk

solihull.approach@uhb.nhs.uk
(+44) 0121 296 4448

www.inourplace.co.uk www.solihullapproachparenting.com



Go to:

www.inourplace.co.uk

and enter either Access Code

NIBABIES or NIFAMILIES

To return to the course(s) go to
www.inourplace.co.uk and sign in!

For technical support contact
solihull.approach@uhb.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm

Inourplace offer free online courses for parents, grandparents, carers and teenagers from the antenatal period through to 19+ years of age. All courses are available in **108 languages** through **Google Translate**. For further details please visit: <http://inourplace.co.uk>

NINES
NORTHERN IRELAND | NEW ENTRANT SERVICE

NURSE LED CLINIC



NINES is a nurse led service which provides health care advice and health assessments for adults and children who are new to Northern Ireland and **not already** registered with a General Practitioner (GP).

NHS.uk Social Care Trust
Using technology to improve lives

NHS.uk Northern Ireland
Health and Social Care Trust
Quality Care - for you, with you

NHS.uk Public Health
Agency

Southern Trust Area

NINES - Northern Ireland New Entrant Service,
South Tyrone Hospital, 8 Floor, Carlisle Road, Dungannon BT71 4AU.
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net

Protecting Your Rights

If you have been the victim of a racist incident contact the police, and some of the organisations listed who may be able to help you.

Northern Ireland Council for Ethnic Minorities
028 90 238645
www.nicem.org.uk

Bryson Intercultural
028 90 244639
www.mcrcc-ni.org

Samaritans
0845 790 9090
www.samaritans.org.uk

Victim Support
028 90 244 039
www.victimsupport.org.uk

Equality Commission for Northern Ireland
028 90 500 600
www.equalityni.org

Northern Ireland Human Rights Commission
028 90 243987
www.nihrc.org

Crimestoppers
0800 555 111
www.crimestoppers-uk.org

Created by Police Service Print-Design RPS01



Nobody deserves this.
And nobody deserves
to get away with it.
Racist Hate Crime is unacceptable.
To stop it, report it.





Translations – Cost of Living Crisis



CYPSP Cost of Living Crisis Resource

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis



10-Top-Tips-Information-Leaflet - Energy Efficiency in the Home

NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty. These increases come at a time when many household budgets are already stretched thin.

However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low-cost energy savings tips.



Help with energy costs in Northern Ireland

You may be worried about managing your energy use and costs this winter. Here is some information to help householders in Northern Ireland. (Click on Accessibility to access Recite toolbar to change language)



Belfast Warm and Well

The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.



Northern Ireland Energy Efficiency webinars

NEA Northern Ireland launches a new suite of supported e-learning courses and webinars Supported E-Learning Fuel Poverty and Health The course looks at the causes and impacts of fuel poverty with a focus on the health impacts. It aims to help delegates identify those likely to be at risk from fuel p...



Cost of Living support

A cost of living support package has been put in place for 2022 that includes one-off payments to those on income related benefits, disabled claimants and pensioners. These payments are intended to provide support to you with the current rise in the cost of living.



Cost of Living - Information & Advice

NI Direct information and advice on the cost of living including help for families and children, older people, energy savings, housing and other costs

Visit our new Cost of Living crisis section on the Translation hub at <https://cypsp.hscni.net/translations-cost-of-living-crisis/> open the Reachdeck icon and choose language of your choice to translate all of the information available.

**CYPSP
Translation
Hub**



Boloh

**The Black, Asian and Minority
Ethnic family Covid-19 Helpline**

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

helpline.barnardos.org.uk

Contact the helpline on **0800 1512605**





Women's Aid Across NI

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



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

Open Monday - Friday 09:00 - 17:00

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

Housing Executive

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

INFORMATION & SUPPORT LINE

0800 0246 991

Mondays & Thursdays
6pm-8pm

Listening, Believing & Support for All

www.rapecrisisni.org.uk



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

Belfast. 028 9024 1929

Foyle. 028 7116 0001

ANYONE

Call the Domestic and Sexual Abuse Helpline

0808 802 1414

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

Victim Support NI

Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086

belfast@victimsupportni.org.uk | foyle@victimsupportni.org.uk



**Domestic
abuse is
not just
physical.**

**16 DAYS
OF ACTION
AGAINST
GENDER BASED
VIOLENCE**

psni.police.uk

**we care
we listen
we act**



**Police Service
of Northern Ireland**

**More than
4,000**

**officers are now
trained in recognising
coercive control and
bringing offenders
to justice.**

**EVERYONE
THINKS HE'S
GREAT...**

Coercive, controlling behaviour is still abuse and it's a crime.

#STILLABUSE



Visit: nidirect.gov.uk/still-abuse call PSNI on: **101** or the
confidential 24 hour domestic and sexual abuse helpline: **0808 802 1414**



© 2020 PSNI

the rainbow project

Cara-Friend here

**LGBTQ + Advocacy Officer
The Rainbow Project
Joe Walsh
advocacy@rainbow-project.org
T: 02890 319030
M: 07904 864957**

**LBTI Support Officer
Cara-Friend/HereNI
Amanda McGurk
amanda.mcgurk@cara-friend.org.uk
T: 02890 890202
M: 07849 912877**

**If you have
experienced
domestic abuse, you
can speak to us in
complete
confidence.**

**You will be believed
&
we are here to
support you.**



Powerful animation from Women's Aid Belfast & Lisburn, depicting the real-life experiences of children living with domestic abuse in Northern Ireland over the past 18 months.

Read more about the animation and view it at:
<http://belfastwomensaid.org.uk/launch-animation-children-domestic-violence-covid-19-lockdowns/>



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

Its ok to ask for help. We are here for you!

0800 2545 123
daisy@ascert.biz



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

NORTHERN IRELAND MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

drugsand alcoholni
Supporting recovery and reducing harm

HSC Public Health Agency
Project supported by the PHA

NI RACTS **facebook** **twitter**

www.drugsandalcoholni.info/RAPID

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

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

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

Substance Abuse Support

If you or someone you know is impacted by substance abuse, contact ASCERT for free on 0800 254 5123. We're here to help.

Cruse Bereavement: 0808 808 1677

Lifeline: 0808 808 8000

THE UK HAS THE HIGHEST RECORDED RATES OF DRUG-RELATED DEATH DUE TO OVERDOSE IN EUROPE

ASCERT

START 360 Connections services develop and deliver drug and alcohol-related projects, events and initiatives in the community.

<https://www.start360.org/how-can-we-help-you/connections-north>

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

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

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

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

www.addictionni.com or call 028 9066 4434

[facebook](https://www.facebook.com/addictionni) [instagram](https://www.instagram.com/addictionni) [addictionni](https://www.linkedin.com/company/addictionni)

www.drugsandalcoholni.info

Affected by someone else's drinking or drug use?

I'm embarrassed by her drinking

Drugs and alcohol support services are available in your local area. Reach out, get help. Find out more at <http://DrugsAndAlcoholNI.info>

Support services are available for anyone impacted by alcohol and drug misuse, including family members.





Public Health Dietitians now on YouTube




Public Health Dietitians YouTube channel is now live
Subscribe to "Public Health Dietitians" on YouTube at
www.youtube.com/channel/UC-f5E0ehqIR3z-cQdUvkCQ

ESW
2022
Energy Saving Week

energy saving trust

Be wise about your energy

#EnergySavingWeek22



Do you know if you are on the correct tariff?

Check out The Consumer Council NI energy price comparison tool that will enable you to compare electricity and gas tariffs for every supplier in Northern Ireland https://consumercouncil.org.uk/comparison_tool/begin

6 ways to boost your energy budget and make it stretch further



#2. Save on your home heating

- Pull your sofa away from the radiator.
- Keep your curtains closed to keep heat in.
- Use draught excluders at doors.
- Draught-proof windows and doors.
- Insulate your home.
- Turn down your thermostat by 1°C.

#1. Minimise your electricity usage

- Switch off appliances at the wall.
- Reduce your washing machine temperature to 30°C.
- Only use the water you need in a kettle.
- Use outdoor drying instead of tumble dryer.
- Turn off lights when leaving a room.
- Wait to use appliances like washing machine until there is a full load.

#3. Switch supplier and save

- 20 electricity tariffs available with suppliers.
- Your home heating oil supplier will have their own price.
- Shop around, switch and save.
- Switch from paper billings to direct debit e-billing.



#4. Switch to energy-rated appliances

- Replace household bulbs with LED alternative bulbs.
- Switch existing household appliances to energy-saving appliances.

#6. Emergency oil drums

- Avoid paying 20 litre emergency oil drums from forecourts.
- These are expensive and should only be used in emergency circumstances.

#5. Oil Buying Clubs and budgeting

- Enable householders to buy oil at a reduced price.
- More people that buy oil together, the lower the cost.
- Budget your money and make savings.





[Find a Food Bank Near You](#)



GET HELP

NO ONE SHOULD GO HUNGRY – WE'RE HERE TO HELP



PHA guide to respiratory illness

Rest up 	Drink plenty of fluids 	Catch it, bin it, kill it
Wash hands regularly 	Antibiotics don't work on viruses Speak to your pharmacist about cold remedies 	Winter vaccines If eligible get your COVID-19 booster & flu vaccine



NEW 'PHONE FIRST' SERVICE FOR EMERGENCY DEPARTMENTS AND MINOR INJURIES UNITS



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

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

Interpreter Now – [Visit site](#)

COMMUNITY



Fermanagh and Omagh Early Intervention Family Support Hubs met with Michelle O'Neill First Minister and Barry McElduff chair of Fermanagh Omagh District Council and raised awareness of our work we are doing locally along with great work Hubs throughout NI are doing and the needs that Hubs are seeing. We discussed trends, unmet need, and gaps in services here.

Included in the photo is, Seana Connor Fermanagh Hub Co-Ordinator, Karen Mc Hugh Omagh Hub Co-ordinator and manager Lisa Mc Garvey.

Family Support Hub



Success Story - Fresh Little Minds

Family First Hub successfully secured funding for the Highly Acclaimed Mental Health & Resilience Programme Fresh Little Minds. Thirty children from the age of 5 to 12 years old completed a six week 'GROW' programme that introduces the children to the AMBER approach, teaching them neuroscience and helping them appreciate how their minds and bodies work together.

Exploring themes including, kindness, bottling up feelings, people time and me time, whilst learning techniques that help their bodies feel better when anxious, stressed, scared, worried or excited.

Feedback:

"The programme has been so beneficial for our daughter which helped give her some skills to manage those big feelings. It also gave her the opportunity to connect with peers her age outside of school which has been great due to her shyness."

We are pleased to announce that OLT have secured funding to extend this programme and run another six-week programme.



The Feel Good Parenting Programme – 6 week course

This course is to help parents feel good about themselves and their parenting.

- To build on their knowledge of their own children to help them grow thrive and learn.
- To help them recognize all their positive parenting skills and provide support in areas that they would further like to develop.
- To provide parents with up to date information on stages child development and them importance of emotional development. To create opportunities for parents to develop better communication and relationships with children through understanding and doing things together.

All sessions will be delivered with the intention of positively building relationships with parents.


Contact: Sharon Doherty - familyfirsthub@olt.ie or 028 71373870





Fraud alert

Close contact testing & tracing **ceased** in NI on 22 Apr 2022.

Reminder to be vigilant regarding fake texts advising that you have been in contact with a COVID variant & encouraging you to buy PCR tests 

This scam is designed to steal your money & info

HSC Counter Fraud Services

fraudalert

Fake text message

NHS-UK: ALERT!! You were recently around a confirmed Omicron case. Urgently manage your vaccine or order a testing kit here: <https://www.nhs.uk>

Fake website

Personal Information

Contact and shipping information

Full name:

Date of birth:

Mobile number:

Address:

Town:

Payment Information

You will be charged £1.34 for delivery.

Name as it appears on card:

Card number:

Card expiry date:

CVV:

BOOST YOUR COVID-19 & FLU PROTECTION

For more go to:
nidirect.gov.uk/winter-vaccines

HSC Public Health Agency **DoH** www.health-ni.gov.uk

DoH www.health-ni.gov.uk **HSC** Health and Social Care

COVID-19 vaccination

A guide for women who are pregnant or breastfeeding

For further information on Family Support Hubs in your area?

Email: cypsp@hscni.net or Visit <http://www.cypsp.hscni.net/family-support-hubs/>