

Information Update 26/9/24

If you have any information you would like to share across our Locality Planning Group members in Belfast please email to: LocalityPlanning@belfasttrust.hscni.net

What is Locality Planning?

Locality Planning Groups are partnerships between statutory, voluntary and community organisations that are working with and for children young people and families at a local geography. Their work focuses on Early Intervention, building preventative places and improving outcomes for children and young people.

Each Locality Planning Group reports to their respective Outcomes Group by sharing information, knowledge base and expertise about the local area and identifying opportunities to improve outcomes for children and young people by working better together. Each Locality Planning Group has its own page on our website www.cypsp.hscni.net/locality-planning-groups/



Who is involved?

Locality Planning Groups are Partnerships of front line leaders and staff across all sectors from the local neighbourhood/locality.



Their membership reflects that of the CYPSP in that it includes representatives from statutory agencies and the community and voluntary sector.

Members of each Locality Planning Group understand the issues for children and young people in their locality by using the CYPSP data sets, organisational data, and knowledge and input from children young people, and their families and by linking closely with local Family Support Hubs.

What do they do?

Locality Planning Groups provide the bedrock for multi-agency, multi-sectoral outcomes based planning in local areas to take place. They provide vital knowledge to identify local needs at early stages and are essential to planning early intervention services.

The Groups share information, knowledge and expertise about their local area, as well as identifying and creating an environment for more effective collaboration and partnership working, identifying opportunities to share resources, co-produce with parents, children and young people and make connections with other planning processes for children and young people.



It is recognised that whilst there is no one-size-fits-all model for Locality Planning Groups; there are key components that should be common in all of them which is that all members will focus on improving the outcomes for children, young people and families living in that area.

The Locality Planning Groups therefore work to a common set of standards to support strategic direction, through which they can assess how much they add value to local planning, build relationships, collaborative working and identify local gaps in services.

Where are they located?

There are currently 24 Locality Planning Groups established across Northern Ireland (at 2019). Minutes, membership lists, action plans and related publications can be accessed at www.cypsp.hscni.net/locality-planning-groups/



Locality Planning Groups cover different geographical areas ranging from a few electoral wards to full district council areas

Standards for Locality Planning



CONTACT DETAILS

Further information about each Locality Planning Group including membership, minutes, reports, activities and service development can be found at www.cypsp.hscni.net

If you would like to be part of a Locality Planning Group please contact:

Email: cypsp@hscni.net

www.cypsp.hscni.net

Follow us on



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@cypspni



Northern Ireland Regional Report

CYPSP
Children & Young People's Strategic Partnership

Family Support Hubs Report Card

Annual Report Card 2023/24

Aug 2024

[PowerPoint Presentation \(hscni.net\)](https://hscni.net)

Belfast Area Report

CYPSP
Children & Young People's Strategic Partnership

BHSCT Family Support Hubs Report Card

Annual Report Card 2023/24

Aug 2024

[PowerPoint Presentation \(hscni.net\)](https://hscni.net)



Connect



Keep learning



Be active



Take notice



Give



Health and
Social Care

Prioritise workplace mental health using Take5 steps to wellbeing

The Public Health Agency (PHA) and Health and Social Care (HSC) organisations have launched this year's HSC mental health and emotional well-being campaign urging people to prioritise workplace mental health.

Between World Suicide Prevention Day (10th September) and World Mental Health Day (10th October) the five local HSC Trust, the Northern Ireland Ambulance Service (NIAS) and the PHA are encouraging people to take 10 minutes for mental health self-care using the 'Take 5 steps to wellbeing'.

The 'Take 5 steps to wellbeing' are: Connect, Keep Learning, Be Active, Take Notice and Give.

More information is available about the HSC mental health campaign, the work of the Health and Social Care Trust, details of local services that provide mental health and wellbeing support and the 'Take 5 steps to wellbeing' at

www.mindingyourhead.info/workplace-mental-health-2024

This is also an opportunity to encourage everyone to learn more about mental health and suicide prevention by attending a training course. Details about the training available across Northern Ireland can be found at www.mindingyourhead.info/training

Public Mental Health Learning Network

As part of the Mental Health Strategy, a public mental health learning network has been launched to support the development of the knowledge base on prevention and early intervention and to enhance collaborative working and reflective practice.

The network is supported through Project Echo with a monthly online learning session comprising an education presentation and case discussion. Session themes include approaches in public mental health, social determinants of mental health, and developing interventions and measuring outcomes.

Once registered, participants will have access to all previous Echo sessions along with any reports or articles that have been uploaded to the Moodle page.

This network is free and is open to all in community and voluntary organisations, public sector and charity who have an interest in mental health or who feel that their role may intersect with mental health, for example education, housing, rights organisations.

For more information on the network or to receive registration information please contact Laura Moreland, Public Mental Health Officer at the Mental Health Foundation on:

lmoreland@mentalhealth.org.uk



Public Mental Health Learning ECHO Knowledge Network

2024 ECHO Session Programme

Wednesday Afternoons 2.00pm to 3.30pm

ECHO Date	Curriculum/Education Topic
23 rd October 2024	Inequality and Mental Health: Interventions
27 th November 2024	Protective and Risk Factors for good mental health
18 th December 2024	Developing community-based interventions to support good mental health
22 nd January 2025	Developing public mental health interventions in schools
25 th February 2025	Measuring Impact and Outcomes of public mental health interventions
26 th March 2025	Building the case for investment in prevention

DOMESTIC AND SEXUAL ABUSE STRATEGY

2024-2031

Justice Minister Naomi Long and Health Minister Mike Nesbitt jointly launched the Domestic and Sexual Abuse Strategy, which includes data showing that on average domestic abuse is reported to police every 16 minutes and a sexual offence every two hours.

The strategy makes clear that domestic and/or sexual abuse cannot be tackled in isolation, and that a whole society approach is required. Central to this is ensuring the voices of victims, including children and young people, are valued and at the core of decision making.

The Ministers also announced a Children's Sexual Offences Legal Advisers (SOLA) scheme, which will provide free legal advice to children and young people affected by sexual crime, as well as a small grant scheme to support the invaluable work provided by the community and voluntary sector.

For more information click on the link below:

[Domestic and Sexual Abuse Strategy launched | Department of Health \(health-ni.gov.uk\)](https://www.health-ni.gov.uk)

Trauma Informed Organisational Toolkit Implementation Workshops

Embedding a Trauma Informed Approach



Participants will be guided to reflect and identify areas for development and receive additional resources to support them on their journey.

Target audience:

Those who have completed trauma informed training (a minimum requirement of Level 1 & 2 or equivalent)

Those in a leadership, policy development, or commissioning role

Those who wish to support trauma informed development in their organisation

To sign up click here: [Workshop Registration](#)

Trust	Date / Time	Venue
Western	04.11.2024 1pm - 5pm	Silverbirch Hotel, Omagh
	18.11.2024 1pm - 5pm	Waterfoot Hotel Derry / L'Derry
Belfast	25.11.2024 1pm - 5pm	HSC Leadership Centre Belfast
	12.12.2024 9am - 1pm	NICVA Belfast
Northern	05.12.2024 9am - 1pm	Dunsilly Hotel Antrim
	10.12.2024 1pm - 5pm	ECOS Centre Ballymena
South Eastern	06.11.2024 1pm - 5pm	Lagan Valley Island Lisburn
	15.11.2024 1pm - 5pm	Lagan Valley Island Lisburn
Southern	29.11.2024 9am - 1pm	The Junction Dungannon
	03.12.2024 1pm - 5pm	Craigavon Civic Centre Craigavon



DIANE FORSYTHE MLA & CARA HUNTER MLA, ALONG WITH



REQUEST THE PLEASURE OF YOUR COMPANY FOR THE LAUNCH OF

DOMESTIC VIOLENCE AND ABUSE: LEGAL REMEDIES GUIDANCE

Information about the criminal and civil law surrounding domestic violence and abuse in Northern Ireland



Monday 14th
October 2024



10am
to 11.30am



Long Gallery,
Parliament Buildings
Belfast

Tea and coffee available on arrival from 9.30am. Spaces are limited so please RSVP by email at your earliest convenience to dvpevents@belfastwomensaid.org.uk, noting any dietary or access requirements. Please present your invite on entry to Parliament Buildings.

Event kindly sponsored by Diane Forsythe MLA & Cara Hunter MLA

Kindly funded by



Funded by



DOMESTIC ABUSE AND THE IMPACT ON CHILDREN AND YOUNG PEOPLE

We are offering FREE awareness sessions across Belfast, looking at the impact of domestic abuse on children and young people.



East	Tuesday 8th October 2024	10am to 1pm	East Belfast Community Development Agency
South	Wednesday 13th November 2024	10am to 1pm	30 Adelaide Park, Belfast
North	Tuesday 14th January 2025	10am to 1pm	Girdwood Community Hub
City Centre	Wednesday 19th March 2025	10am to 1pm	City Centre, venue TBC



Believe in children
Barnardo's

We will have contributions from our partner agencies including:

Women's Aid
WORKING TO END DOMESTIC ABUSE

NSPCC



Francis Hanna
SOLICITORS

Places must be booked in advance. To register, please contact dvpevents@belfastwomensaid.org.uk noting any specific dietary or access requirements. Registration from 9.30am. Lunch will be provided. Please note West Belfast session took place March 2024.



Speak up for babies: Giving our most vulnerable the best start

Thursday 3rd October: 9.30-1.30pm
Online

Join us for our annual Infant Mental Health Conference, to hear from infant mental health experts:

- Dr Karen Bateson - Joint CEO/Executive Director of Oxford Parent Infant Project (OXPIP)
- Graham Shulman - Lead for NHS Lanarkshire Infant Mental Health Service, and joint Head of Child Psychotherapy in CAMHS NHS Lanarkshire

This is a partnership event, co-hosted by members of the Regional Infant Mental Health Implementation Group, including the Public Health Agency, Health and Social Care Trusts, and voluntary/community members of the Stronger from the Start Alliance.

Scan QR code to register or click here



[Speakers announced for Speak up for babies - Giving our most vulnerable the best start \(campaign-archive.com\)](https://campaign-archive.com)

0808 8020 400

A FREE confidential helpline for parents and carers throughout NI. If you need us, we're here.



NSPCC



Free training to help keep children safe

Sign up now and learn how to play your part

It's up to all of us to keep children safe. That's why we're encouraging every adult in the UK to Listen up, Speak up.

When we all listen up and speak up for the people around us, we can make sure that children always come first. It might mean stepping in to help juggle childcare, providing a listening ear to a struggling teen, or calling the NSPCC Helpline if you think a child is at risk.

Our Listen up, Speak up training will show:

- the signs a child might be at risk, and steps you can take to help
- how to approach difficult conversations to help keep children safe
- who you can contact if you're ever concerned about a child or their family.

There are two ways to get involved:

1. Host a workshop

We can deliver an hour-long workshop at your workplace, school, club or community group. These are completely free of charge and will be delivered from February 2024 onwards. Anyone aged 18+ is welcome to attend.

To book a workshop, please contact

northernirelandcampaigns@nspcc.org.uk


2. Sign up to our 10-minute digital training

Visit our Listen up, Speak up page to find out more: nspcc.org.uk/speakup




<https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.pdf>

[Translations – Children and Young People’s Strategic Partnership \(CYPSP\) \(hscni.net\)](#)




Health and Social Care




Children & Young People’s Strategic Partnership

A GUIDE TO HELP YOU ON YOUR JOURNEY THROUGH DISABILITY/ADDITIONAL NEEDS

For Parents by Parents



May 2024



SCAN ME

CYPSP Translation Hub





A great start for babies and young children

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That’s where HENRY comes in.

The HENRY programme helps you give your child the best possible start in life.



"This programme changed my life."

www.henry.org.uk

About the programme

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.

The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

Weekly sessions

Each week helps you provide a healthy, happy, supportive environment for the whole family.

Week 1 – Decide what changes you want to make and set your own goals

Week 2 – How to juggle life with young children so you all get what you need

Week 3 – How to respond to children’s needs without giving in to all their demands

Week 4 – Positive mealtime tips for a happy family – reducing mealtime stress for everyone

Week 5 – Ideas for active play to help children learn, develop and stay happy

Week 6 – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps

Week 7 – Understanding and managing your child’s behaviour for a happier home

Week 8 – Celebrate your success as a parent and plan the future for your family

"I highly recommend it. It was brilliant."



Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

What do other parents say about it?

"I'm so glad I did this programme. Do it!"

"This was the best thing I could possibly have done to help me be a better mum"

What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved and keep track of how well you're doing.



The HENRY Parent Toolkit

How can I join an online programme?

Online HENRY programmes are running locally soon. Talk to your local Child Health Assistant, Health Visiting Service, or Sure Start Centre to find out more, help you decide if you would enjoy it, or to ask to join a programme.

For more information about HENRY go to:

- www.henry.org.uk
- [henry.healthyfamilies](https://www.facebook.com/HENRY.HealthyFamilies)
- [facebook.com/HENRY.HealthyFamilies](https://www.facebook.com/HENRY.HealthyFamilies)



Charity number 1132581 | Company number 6952404

Upcoming Open Courses

Understanding and Supporting Autistic People

- 5th November 2024 (10-3.30pm): In person training in Belfast
- 19th February 2025 (10-3.30pm): Online delivery



Understand the main differences associated with autism and explore various strategies to support autistic people in a neuroinclusive way.



Autism and Sensory Processing

9th October 2024, 10-1pm: Online facilitation
This course will explore a range of sensory processing differences in relation to autism, including sound, visual, touch, taste, smell and proprioception.

Supporting Autistic Teenagers

3rd December 2024 (10-1pm): Online facilitation

This course will explore what differences or challenges can be experienced by autistic teenagers as they increase independence.



Explore our open courses

For information on our programmes click here

Tutor training dates Sept - Nov 2024



Wednesday 9 October
9.30am - 4.30pm

Cook it!

fun, fast food for less

Thursday 26 September and
Wednesday 16 October
9.30am - 4pm

I can Cook it!

fun, fast food for less

Thursday 26 September and
Wednesday 16 October
9.30am - 4pm



Making the most of your slow cooker

Friday 25 October (Online) and
Thursday 7 November (Online)
10am-12pm



Tuesday 19 November
1pm-3pm



Wednesday 2 October and
Thursday 21 November
9.30am - 4pm

Please note!
You must have completed Food & Health Essentials training before you can proceed to book any other session dates

Tel: 028 9615 2450
Email: PHdietitians@belfasttrust.hscni.net

We would love you to come to our ...

GIRLS ALLOWED

(FRIDAY NIGHT IN) YOUNG WOMENS EVENT
FRIDAY 25TH OCTOBER 2024
6PM - 9PM
ULSTER UNIVERSITY, YORK STREET, BELFAST.

It'll be a geg

CELEBRATING YOUTH WORK WITH YOUNG WOMEN.

CHINESE FOOD,
WORKSHOPS ON RELATIONSHIPS, PERIODS, MENTAL HEALTH, FITNESS ETC
GUEST SPEAKERS INCLUDING BILLIE MC CORMACK
DJ

TO REGISTER CONTACT: MARIA@YOUTHACTION.ORG OR NEVE.ROBINSON@IASHTONCENTRE.COM

Public Health Dietitians' Group HSC Public Health Agency Health and Social Care
Project supported by the PHA

Lunchbox & Snack Ideas

Inspiration for healthy packed lunches & snacks for school aged children

WATCH NOW

SCAN ME

<https://youtu.be/JN8YfPjGnGs?si=OkQVMhgrqVXMsLKF>

Public Health Dietitians' Group HSC Public Health Agency Health and Social Care
Project supported by the PHA

Constipation in children

The right diet and a good toilet routine can help keep your child's bowels moving.

Watch our series of short videos for helpful tips and advice from a Registered Dietitian and Continence Nurse.

- Causes and signs
- Keeping hydrated
- Getting enough fibre
- Healthy toilet habits

Watch this series of short videos on the Public Health Dietitians YouTube channel

Constipation in children - YouTube

Public Health Dietitians' Group HSC Public Health Agency Health and Social Care
Project supported by the PHA

We want to hear from you!

Let us know what videos on nutrition for children and teenagers, you want to see on the Public Health Dietitians YouTube channel.

Scan the QR code to fill out the quick survey

Thank you! Closing date 1st October 2024

SCAN HERE

<https://forms.office.com/e/1SqWt6z360>

Health Visiting and Breastfeeding Information



HSC Belfast Health and Social Care Trust
caring supporting improving together

Health Visiting Helpline

Belfast Trust Health Visiting Service Helpline is available for all families with children aged 0-4 years for support and advice. We are also available for all Health and Social Care staff and any other agencies as a point of contact/ direct communication with the BHSCT Health Visiting Service.

Our helpline is available Monday to Friday 9am-5pm

Please contact us on:
028 9504 0846 or Email: HVadvice@belfasttrust.hscni.net

HSC Belfast Health and Social Care Trust
caring supporting improving together

libraries ni
www.librariesni.org.uk



Breastfeeding Support Group

Location: Chichester Library
109 Salisbury Avenue, Belfast BT15 5EB

1st & 3rd Monday each month Time: 10.30-12midday

Dates: 2024

15th Jan	15th Apr	5th Aug	4th Nov
5th Feb	20th May	19th Aug	18th Nov
19th Feb	3rd June	2nd Sep	2nd Dec
4th Mar	17th June	16th Sep	
18th Mar	1st July	7th Oct	
	15th July	21st Oct	

BT23-3113

HSC Belfast Health and Social Care Trust
caring supporting improving together



Breastfeeding Support Group

Location: Newtownbreda Baptist Church (NBC)
43 Newtownbreda Road, Belfast, BT8 7BQ

1st & 3rd Tuesday each month Time: 10.30-12midday

Dates: 2024

16th Jan	16th Apr	2nd July	1st Oct
6th Feb	7th May	16th July	15th Oct
20th Feb	21st May	6th Aug	5th Nov
5th Mar	4th June	20th Aug	19th Nov
19th Mar	18th June	3rd Sep	3rd Dec
		17th Sep	

BT23-3112