



Family Support Hubs Newsletter

Special Focus: Christmas Activities

Hello
December

Wishing you a month filled with love, hope, peace, and happiness. Stay positive. Stay strong. Stay healthy. Stay blessed.

Thoughtfultable.com

Welcome to **Edition 4/2025** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 04 December 2025. 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?





This edition includes:

[SPECIAL FOCUS – Christmas Activities](#)

- Welcome
- Christmas Activities

[PARENTS/CARERS](#)

- CYPSP Christmas Edition Resource Pack
- Parenting Support Programmes
- Parents Plus ADHD Programme
- Parents Plus Early Years Programme
- Autism NI Parent/Carer Support Courses
- My Family Matters Foundation
- Parentline NI/Family Support NI
- Dry Arch Family Support
- Twinkl Parents Hub/NI4kids Magazine
- Ascertainment Free Self help parent workbooks
- It's OKAY if December makes you feel...
- NSPCC Listen up Speak up
- Thinking about fostering/Samaritans
- Job Assist Centre Greater Shankill
- The Changing Lives Initiative Dec workshops
- Samaritans/Organ donation
- New Kids websites/Pharmacy First

[Professionals](#)

- Understanding your Child Free training for Professionals
- Youth Wellness Web Teacher's Zone
- PHA E-Bug Science Resource for Teachers
- Autism Awareness Training for Practitioners

[EARLY YEARS](#)

- Online Antenatal Classes
- Before birth – you can make a difference
- Healthy Start Card/Baby and U
- Mellow Bumps/Mellow Dads-to-Be
- Dry Arch Antenatal/Postnatal Family Support
- Dry Arch Learning & Development
- Help Kids Talk December Message
- SureStart/Childcare Partnership
- In our Place Understanding your Child

[KIDS ACTIVITIES](#)

- Wildlife Watch Make a glitter-free snow globe
- Make a pine cone Christmas tree

[CHILDREN/YOUNG PEOPLE](#)

- Relatable/ C-Card/CEOP Website
- Dry Arch Youth Support
- Youth Assembly
- Have a Ho-Ho Healthier Holiday Season
- In our place For Teenagers
- Are you a Young Carer?
- HEEDSSS Help and Advice for Young People
- Rights free legal advice
- Perfectly Proudful

[DISABILITY AND ADDITIONAL NEEDS](#)

- Bolster Community/Autonomie
- Dry Arch Neurodiversity Champion
- Your Journey Through Disability
- Neurodiversity UK
- Understanding your child/additional needs
- Family Fund/Contact NI
- The Together Project Sense
- Crisis Café Newry Autism
- I am Autistic/Middletown Autism
- Become an Autism Inclusive School
- Become a member of Autism NI

[CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH](#)

- Youth WellnessWeb/Hopeline247
 - Crisis Café LGBTQ+ support group
 - Exit Social Media/Crisis Drop in Café
 - Eating disorder myths debunked
 - Victim Support Phoenix Youth
- [MENTAL HEALTH & WELLBEING](#)
- December Kindness 2025 Calendar
 - Inspire Wellbeing/ Work-related stress
 - Self-Care for December
 - Find Help NI/Self Help Guides/Lifeline
 - PHA Moving is the best medicine
 - Parents supporting Parents/Aware NI
 - Mental Health Benefits of Kindness
 - 5 ways to reach your goals/ Comkit Online
 - P.I.P.S Christmas Service
 - Mental Health Helplines

[BEREAVEMENT](#)

- Bereaved NI/Winston's Wish/CRUSE Helpline/Hope Again

[BAME](#)

- Protect your Rights/ESOL/Nurse Led Clinic
- Access to HSC Guidance/Translation Hub
- YP Guide living in NI/'Boloh' Helpline

[DOMESTIC & SEXUAL ABUSE](#)

- Women's Aid/Helplines
- PSNI/Rainbow Project/Here to Help App

[DRUG & ALCOHOL SUPPORT/ADVICE](#)

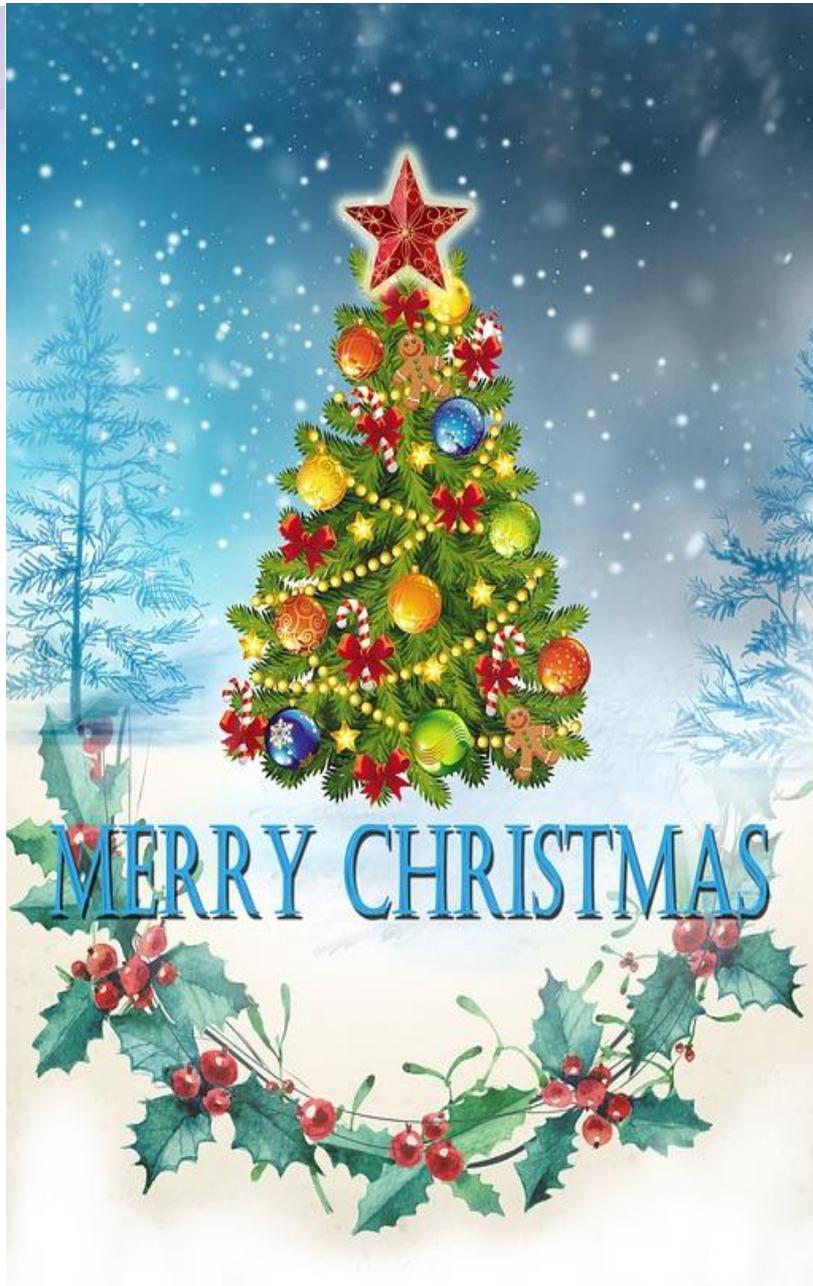
- Daisy/Helplines/ RAPID Bins
- PBNI/Ascertainment/Drug & Alcohol Start 360

[GOOD NEWS STORIES](#)

- CSP Team Celebrating Excellence
- Family First Hub – Fun Activities

[COMMUNITY](#)

- Bolster Autism Connect/TrussellTrust
- Foodbanks/Money Helper/Financial Stress/Consumer Council/Phone First



Hello and welcome to the Christmas edition of the Family Support Hub Newsletter!

As we approach the festive season, this edition is filled with events, activities, and services designed to support families across our region during what can be both a joyful and challenging time of year. Whether you are a parent, carer, or professional working with families, we hope you find something helpful and uplifting within these pages.

This newsletter is a celebration of the incredible work happening in our communities and the commitment of everyone involved in supporting families. It's also a reminder that help is always available, no one should feel alone during the holidays.

On a personal note, this will be my final Newsletter as Regional Lead for Family Support Hubs. I have recently moved into a new interim role within CYPSP, and while I will continue to champion Family Support Hubs, I want to take this opportunity to thank everyone who has supported me over the past 4 years. I would also like to give a special thanks to Yvonne Neill, whose hard work and attention to detail ensures this newsletter comes together seamlessly. Yvonne not only collates and designs each edition but also manages all the hub data behind the scenes, a vital role that keeps everything running smoothly. Her commitment is truly appreciated.

Wishing you and your families a peaceful, joyful Christmas and a bright start to the New Year.

Bronwyn Campbell
Regional Lead for Family
Support Hub Network



4TH DEC.

Meet Mr and Mrs Claus

RACING REINDEERS, CAROUSEL, CARNIVAL GAMES, ARTS AND CRAFTS, FACE PAINTING, MUSIC PLUS THE CHRISTMAS LIGHTS SWITCH ON AND SPECIAL GUESTS

COLIN TOWN SQUARE - 5PM TO 8PM



Santa Paws

North West Transport Hub
Derry~Londonderry
Saturday 6th December
11am – 4pm

Banana Block
Belfast
Sunday 7th December
12 noon – 5pm

Clear your calendars - it's time for our favourite weekend of the year: Santa Paws 🐾

- 🐾 Saturday 6th December - Translink North West Transport Hub, Derry~Londonderry, 11 AM - 4 PM
- 🐾 Sunday 7th December - Banana Block, Portview Trade Centre, Belfast 12 Noon - 5 PM

The suggested donation for your pup's paw-trait with Santa is £10, and we will be announcing more exciting activities for each of the days over the coming weeks 🎄



🎄 Jingle Bell Trail 🎄
 Free Family Event
 Saturday 6 December to Sunday 21 December 2025
 10-3pm daily
 Bangor Castle Walled Garden
 No booking required | Suitable for all age ranges |
 Parental supervision is required at all times | Festive
 Dress /
 Christmas Jumpers encouraged!
 * Free parking
 * Wheelchair & pram accessible





COME JOIN US AND ENJOY
**CHRISTMAS COOKING
FOR FAMILIES**

WATCH, LEARN AND ENJOY CHRISTMAS FAVOURITES
LEAD BY LOCAL CHEF LAURENT.

DECEMBER

10

5PM-7PM

CONTACT: NATASHA TO BOOK PLACE
02871 373870

  **Christmas Cooking for Families!**  

Join us for a festive and fun evening as **local chef Laurent** teams up with **Family First Hub** to help families learn how to create a delicious Christmas dinner!

  **What to expect:**

- Hands-on cooking with Chef Laurent
- Experience and taste all Christmas recipes
- A relaxed space to learn for parents, along with a Christmas film for the children.
- Perfect for getting into the holiday spirit!  

 **Date:** December 10

 **Time:** 5pm – 7pm



Please join us for

DECK THE STALLS

YOUTH MARKET WITH PURPOSE

Young Enterprise
Education Authority
Translink

11am - 2.30pm
Saturday 13 December
Grand Central Station, Belfast

❄️ Horizons ❄️

Everyone is welcome to attend our annual Christmas Fair at Ards Arena on Saturday 13th December 2025 from 1-4pm. Our Ards and Castlereagh South Horizons groups have been working hard to organise this and create handmade gifts for their stalls along with some of our other youth groups from across the area.

We will have Santa's Grotto, local business stalls, music, crafts, treats and more! So come along and support our young people, who will be donating all proceeds to Assisi Animal Sanctuary and Simon Community NI. We look forward to seeing you there!

Saturday 13th December
1-4pm
Ards Arena

Christmas Market

Fun for the whole family!

Handmade gifts, Santa's Grotto, food stalls, games, crafts, slushies, and more!!

All proceeds will be donated to Assisi Animal Sanctuary and Simon Community NI



Special Focus – Christmas Activities

Christmas Twinkle Trail

SEASONAL LIGHT TRAIL

SHAFTESBURY PARK, CARRICKFERGUS

7–11 December
4pm–8pm

midandeantrim.gov.uk/Christmas

Free Entry
No ticket
required





Surviving the Season: Fussy Eating & Autism Made Easier

Join our session on fussy eating and autism, led by
Dr Kirsty Porter a Children's Dietitian from
Nutrition4kidsNI.

Discover practical strategies to help master fussy
eating including mealtime challenges, sensory
eating and food acceptance tips.

When: Wednesday 10th December

Time: 7-8.30pm, on Zoom

To book a place call free

0808 8020 400



December

put up your decorations

wear your festive jumper

send a card to a loved one

sing christmas songs

Look for robins

watch a classic movie



murphys
sketches






libraries NI

Christmas Events

Free

Free Festive Fun for Families in Libraries This December

Christmas is a magical time of year, but it can also be an expensive one for families. This December, libraries across Northern Ireland are offering a warm, welcoming and completely free way to enjoy the festive season together.

With hundreds of events taking place — from Christmas Storytimes and seasonal crafts to choir performances, LEGO sessions and family fun days — libraries are inviting children and families to step into the magic of Christmas without spending a penny. Every activity is free, and each library provides a cosy, friendly space to relax, play, create and enjoy time together.

Families can drop in to enjoy festive fun, discover new books and make memories in a comfortable space that feels extra special at this time of year.



[You can view the full programme of events here](#)
and [find your nearest library here.](#)

Booking recommended

Connect with us
www.librariesni.org.uk





Hints and tips for an inclusive Christmas



Christmas Hints and Tips

Christmas is a magical time of year filled with family celebrations and social occasions with friends, but for some autistic people and their families, Christmas can be challenging. Christmas time brings an increase in sensory experiences and social expectations that can be overwhelming.

Check out our helpful tips that may help you plan for the upcoming Christmas celebrations

<https://autismni.org/.../visuals-social-stories/christmas>



Name: _____

COUNTDOWN TO CHRISTMAS CALENDAR

2025



December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	Christmas Eve 24	Christmas Day 25	Boxing Day 26 St. Stephen's Day	27
28	29	30	New Year Eve 31			



It's that time of year when days are more likely to be filled with changes and unusual events. You can use this calendar from Middletown Centre for Autism to clarify what is happening each day, especially when there is a change to the normal routine.

https://middletownautism.com/files/shares/Resources/Mon_1st_Dec_My_Countdown_to_Christmas_Calendar.pdf



Capture
Christmas
In Mid and East Antrim



midandeantrim.gov.uk/toys



Donate preloved toys



Special Focus – Christmas Activities

Mid and East Antrim Borough Council

🎁 Give your pre-loved toys a new home this Christmas! 🎄

Our Pre-Loved Toys Scheme is back for its 7th year! Drop off your clean, complete, and good-quality pre-loved toys at any of our Household Recycling Centres (HRCs) or leisure centres by 12 December 2025.

Let's make Christmas brighter - one toy at a time 🎁

Find out where you can donate your pre-loved toys here: <https://orlo.uk/w3Q4c>

Habitat ReStore Ballymena Habitat for Humanity Ireland

Derry City & Strabane District Council

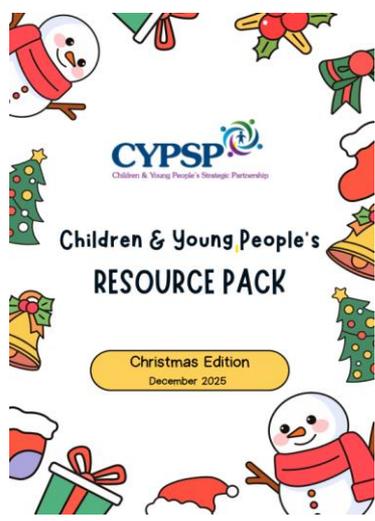
Let's Re-Play! Doing a clear out of pre-loved toys before the arrival of Santa?

📺 Why not take them along to your local charity shop rather than the recycling centre. There's still lots of play left in them and they will give a child hours of fun and enjoyment.

📺 And by donating rather than binning, you're helping reduce waste and giving toys another chance at being played with.

♻️ Check out your local charity here

<https://pulse.ly/jexx6yic87>



As Christmas draws near, we are excited to share the Christmas Edition of the Children and Young People's Resource Pack - packed with fun, creative, and seasonal activities to support children, young people, and families across Northern Ireland.

Whether you are a parent, carer, youth worker, teacher, or young person looking for something exciting to do on the run up to Christmas, this pack is bursting with:

- **Creative Crafts & Activities** – from doodling prompts to festive garlands
- **Inclusive Resources** – neuro-friendly Santa letters and sensory-friendly tips
- **Wellbeing & Kindness Calendars** – promoting mental health and positive actions
- **Bereavement Support** – gentle ways to remember loved ones during the holidays

Download your free copy here:

<https://cypsp.hscni.net/download/426/cyp-resource-pack/47234/children-young-peoples-resource-pack-christmas-dec-25.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. Please share widely with colleagues, families, and community groups!

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

Evidence based PARENTING SUPPORT PROGRAMMES

Giving every child the best start / opportunity in life



For information on these and other programmes available to families in the Southern Trust area visit our webpage:

www.cypsp.hscni.net/ebpp



SCAN ME



FAMILY

8
WEEK COURSE



PARENTS/CARERS

PARENTS PLUS ADHD Programme - Limited places available

Parenting a child with ADHD can bring special challenges but with the right support parents can learn to overcome these challenges and help their children reach their full potential.

This 8 week evidence-based parenting programme addresses the needs of parents raising a child with an ADHD diagnosis, helping them manage behaviour and emotional problems.

Location: Armagh Business Centre
2 Loughgall Rd, Armagh, BT61 7NH

Start Date: Thurs 22nd Jan to Thurs
19th March 2026

Time: 10:30am-12:30pm.

Criteria: For parents with a child diagnosed with ADHD/awaiting an assessment, aged 6-11 years and who are resident in the Southern Trust area.

Call Gemma at Bolster Community to register on 028 3083 5764 or email gemma@bolstercommunity.org

Delivered by:
BOLSTER COMMUNITY

Funded by:
HSC Southern Health and Social Care Trust

PARENTS PLUS Early Years Programme

A practical and positive parenting course promoting confidence, learning and good behaviour in young children aged 1 to 6 years.

This programme is for parents/carers of children 1-6 years with Special Needs/additional support needs, resident in the Armagh & Dungannon locality.

Time: Every Tues 9.45am-12.15pm x 6 weeks

Dates: 17th February-24th March 2026

Location: Barnardo's, Grange Building, Towerhill, ARMAGH

To apply: Call **Caroline 07561024675** or email caroline.williamson@barnardos.org.uk



Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings. Our programmes support families to communicate effectively, build satisfying relationships and overcome emotional and behavioural problems.

www.parentsplus.ie



Parent and Carer Support Courses

We still have some places left on our upcoming parent/carer support courses, with topics like sleep, school related anxiety and supporting your young child with a learning disability all available. <https://autismni.org/help-support/support-for-parents-carers/parents-carers-support-courses>



Supported by
the PHA through
the CLEAR project



Parent/Carer Support Courses



“
I loved the
practical
content -
ideas you can
actually apply
in real life.”
”

Topics include:
School-related anxiety
Sleep
Learning Disability

Book Now



MY FAMILY MATTERS FOUNDATION LTD



How to Refer

Telephoning: 028 71 163 138

Website contact form Please visit <https://myfamilymattersfoundation.co.uk>

Please note, you can only refer if you meet the criteria below:



You are aged 18+ years



Both adults (parent/carer/guardian/anyone with parental responsibilities) consent



You have no current/previous or pending convictions of a domestic abuse nature

PARENTLINE NI

A safe space for every parent, every step of the way!

Parentline NI
CHECKLIST



- FREE
- Instant connection
- No waiting list

Call us today on 0808 8020 400

familysupportNI.gov.uk

Helping You Find the Services You Need

Working parents, are you using formal childcare?

You could be eligible for help with your childcare costs.

Find out more at:
www.familysupportni.gov.uk



BUILDING BETTER BOUNDARIES

- What every parent needs to know: linking children's stage of brain and emotional development to appropriate expectations of behaviour.
- Growing together: a readiness for change & creating the conditions for change to happen.
- Descriptive guidance and praise.
- Communicating clearly, being responsive to child's needs.
- Naming and showing empathy towards children's feelings.
- Reacting and responding appropriately to children's behaviour.
- Setting limits and Holding Boundaries.
- 7 C's of Respectful Parenting
- Wellbeing for parents / carers

5 Sessions

HENRY – (HEALTH. EXERCISE & NUTRITION FOR THE REALLY YOUNG)

The HENRY Programme aims to explicitly build family resilience through a strengths-based, solution-focused partnership approach that supports families to take control of their own lives, identify their own lifestyle goals and plan to achieve them in a way that will work for their family. Families are then able to make and sustain lifestyle changes, contributing to a healthier community culture.

8 Sessions



THE PARENTING PUZZLE

- This programme explores the following topics:
 - Empathy and the 4 building blocks required for effective relationships
 - Appropriate expectations of behaviour and how to promote boundaries
 - Praise & Encouragement
 - Family Rewards
 - And much more.

5 Sessions



COOK WITH CONFIDENCE

Each week parents/carers will learn how to make authentic meals to spice up their dinner plans, ingredients are provided and a facilitator is on-hand to guide everyone through the recipes step by step. And because it's interactive everyone can chat and cook together. Each block of sessions has a different theme (family meals, fakeaways, tastes of the world etc).

4 Sessions



PARENT / CARER FAMILY SUPPORT – LIMAVADY & DUNGIVEN

FLOURISHING FAMILIES

The course for parents and carers will look at healthy relationships, exploring why we make certain decisions, effective use of finances, setting boundaries and cyberpal internet safety for the whole family.



SOLIHULL PARENTING APPROACH

The Solihull Approach aims to

- Promote understanding of children's behaviour within the context of developmental issues
- Promote the development of parent/child relationship
- Increase confidence and self-esteem in both parents and children
- Give parents a strategy for repair when things go wrong
- Promote reflective, sensitive and effective parenting

6 Sessions

For more information contact Caroline O'Kane on 028 7744 6317
Or
Caroline.OKane@dryarchcentre.co.uk
www.dryarchcentre.org

CRAFT CIRCLE

Whether you're a seasoned pro or picking up needles for the first time, there's a place for you in the Craft Circle. Each gathering is a lively blend of laughter, camaraderie, and creativity, as members bond over their shared passion for yarn and thread. Beyond the joy of crafting together, the Craft Circle also serves as a hub for giving back to the community. Members often collaborate on charity projects such as yarnbombing for Stendhal or creating hats and blankets for newborns.



Free Northern Ireland Parents Taster Packs

WINTER 2025

29 Nov - 23 Dec
BOOK NOW w5online.co.uk



Getting support at an early stage Online work you can do at your own pace

Do you tend to over think things and see the bad before the good?

As a parent, do meltdowns from your children exhaust you?

Do you over criticize yourself with mistakes and put yourself down?

ASCERT and the South Eastern Health & Social Care Trust have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace. They are all free.

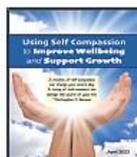
Building our Children's Developing Brain for parents to help build their children's emotional regulation.

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



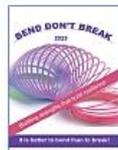
Self Compassion to Improve Wellbeing and Support Growth.

<https://www.ascert.biz/self-compassion>



Bend Don't Break: Low intensity CBT based self-help to support resilience.

<https://www.ascert.biz/bend-dont-break/>



IT'S OKAY IF DECEMBER MAKES YOU FEEL...

@POSITIVELYPRESENT



- ... FILLED WITH FESTIVE, WINTRY EXCITEMENT.
- ... LONELY AND LONGING FOR CONNECTION.
- ... NOSTALGIC FOR DECEMBERS OF THE PAST.
- ... PROUD OF THE PROGRESS YOU'VE MADE.
- ... OVERWHELMED BY LENGTHY TO-DO LISTS.
- ... MOTIVATED TO GIVE TO THOSE IN NEED.
- ... HEARTBROKEN BY SEASONAL REMINDERS.
- ... FRUSTRATED BY A LACK OF ASSISTANCE.
- ... EAGER TO MAKE NEW FUN MEMORIES.
- ... SURPRISED BY UNEXPECTED FEELINGS.
- ... GUILTY FOR FEELING JOY IN HARD TIMES.
- ... COMFORTED BY SHORTER, DARKER DAYS.
- ... ENVIOUS OF OTHERS' FUN CELEBRATIONS.
- ... INSPIRED TO MAKE POSITIVE CHANGES.
- ... EXCITED ABOUT THE ARRIVAL OF WINTER.
- ... VULNERABLE AND EMOTIONALLY FRAGILE.
- ... HOPEFUL FOR THE UPCOMING NEW YEAR.



NSPCC

Listen up
speak up

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

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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



A registered charity

Talk it through

We're here to listen

Call free day or night on

116 123

Email

jo@samaritans.org

samaritans.org

SAMARITANS



Job Assist Centre

Greater Shankill

Hair Extension Course Free Beauty Training



- | | | | |
|--|--|---|---|
| <p>Course Details</p> <ul style="list-style-type: none"> • Weave & Nano extensions • 1 Day course • Theory & Practical • Hair extension methods explained • Colour matching • Aftercare & maintenance • Step-by-step application | <p>Free equipment pack</p> <ul style="list-style-type: none"> • Hair pliers • Looping tools • Micro/nano beads • Weave hook and thread • Tail comb • Practice weave/nano hair • Hair extension brush | <p>Choose one course from the list below</p> <ul style="list-style-type: none"> • BIAB Nails • Acrylic Nails • Classic Lashes • Russian Lashes • HD Brows • Brow Lamination • Master Brows Course | <p>Why train with us?</p> <ul style="list-style-type: none"> • Learn from industry experts • Flexible training to fit your life • Turn your passion into profit • Accredited & recognised qualifications |
|--|--|---|---|

Construction Academy



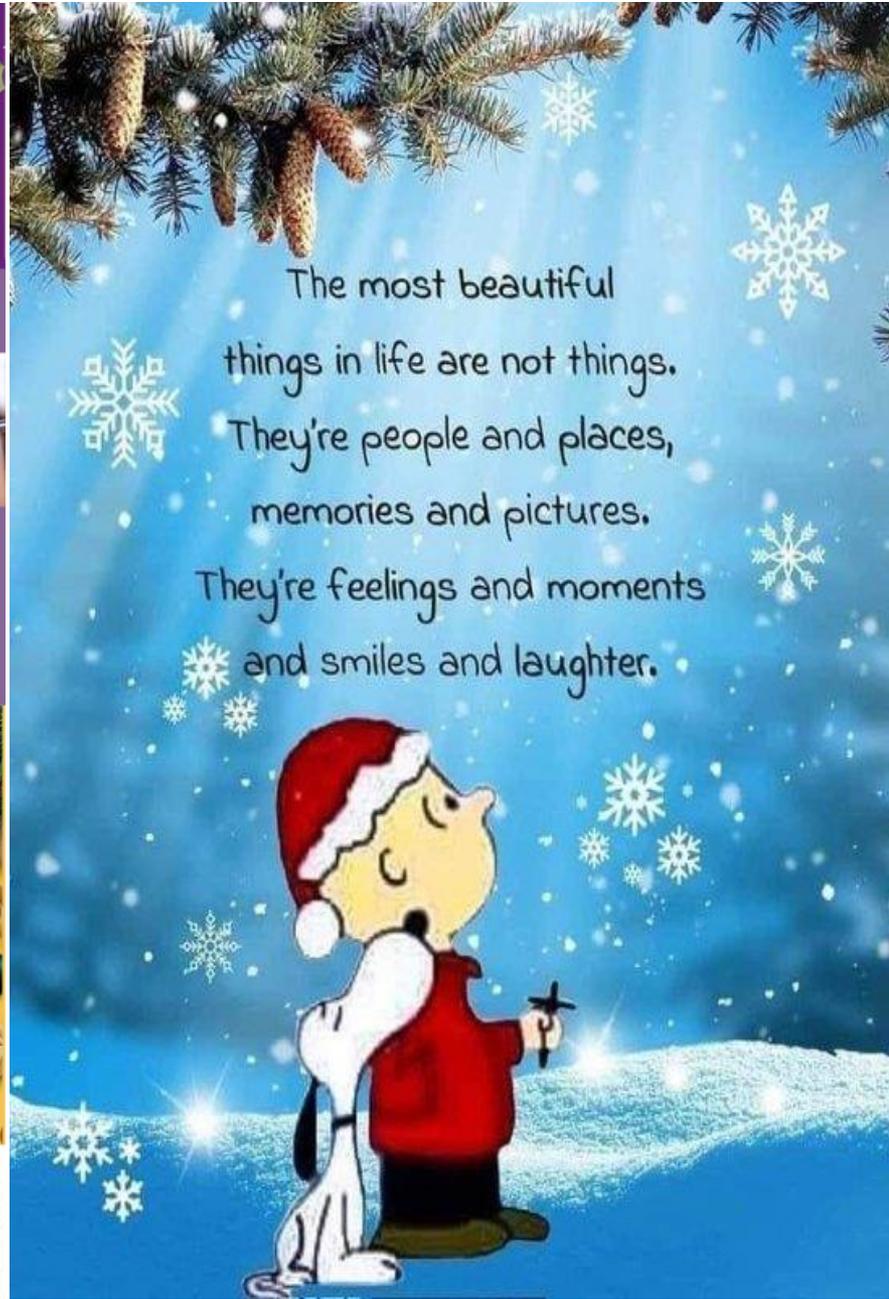
- What you will get**
- Aluminium Towers Training
 - CSR Card
 - Scissor or Boom Lift Training



Scan the QR code to register your interest



Funded by UK Government

The most beautiful things in life are not things. They're people and places, memories and pictures. They're feelings and moments and smiles and laughter.

PARENTS/CARERS



December 2025 Workshops



Dec 5th	10:30AM -11.30AM Social Smarts Helping Your Child Build Meaningful Connections	SCAN ME
Dec 9th	10:00AM -11.30AM Thinking Outside the Box: How Different Brains Grow & Learn	SCAN ME
Dec 11th	7:30PM -9.00PM Thinking Outside the Box: How Different Brains Grow & Learn	SCAN ME
Dec 12th	10:30AM -11.30AM Sensory SOS: Practical Strategies for Kids Who Feel Everything	SCAN ME
Dec 16th	10:30AM -12.00PM Thinking Outside the Box: How Different Brains Grow & Learn	SCAN ME



A project supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).
Delivered by Archways as part of The Changing Lives Initiative: Flourish & Thrive



THE
CHANGING LIVES INITIATIVE
FLOURISH & THRIVE



Thinking outside the box

How Different Brains Learn & Grow

Free Workshop For Parents and Caregivers

Raising a child who learns differently brings both joys and challenges. This workshop helps parents understand how children's brains grow and adapt, with simple strategies to support learning at home.

Whether your child has a diagnosis, is waiting, or you're just beginning to wonder, this session offers knowledge, confidence, and practical strategies you can use straight away.

In this workshop you can expect:

- ✓ Parent-friendly information on how children's brains learn
- ✓ Everyday strategies to support your child
- ✓ A focus on strengths as well as challenges

Event Details:

9TH DECEMBER 2025

10:00AM - 11:30PM

Glenwood Business Centre,
57-60 Springbank Place, Springbank Industrial Estate, BT17 0YU



SCAN HERE



A project supported by the PEACEPLUS Programme, managed by the Special EU Programmes Body (SEUPB).
Delivered by Archways as part of The Changing Lives Initiative: Flourish & Thrive



SAMARITANS

Call free on
116 123

We're here to
listen 24/7



YOU COULD BE A LIFESAVER

Organ donation law has changed to help save more lives.

The organ donation system has become an opt-out system. 'Dáith's Law' means that in the event that organ donation is a possibility after you die, unless you choose to opt out, or are in an excluded group*, you will be considered as a potential organ donor.



Learn more or register your decision at:
organdonationni.info or call **0300 123 23 23**



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



Pharmacy First

for help with everyday health conditions



For **FREE** confidential advice and treatment ask your pharmacist **FIRST**

SAVE TIME AND AVOID WAITING TO SEE A GP



- ✓ Acne
- ✓ Athlete's foot
- ✓ Diarrhoea
- ✓ Ear Wax
- ✓ Groin area infection

- ✓ Haemorrhoids
- ✓ Head lice
- ✓ Mouth Ulcers
- ✓ Oral Thrush

- ✓ Scabies
- ✓ Threadworms
- ✓ Vaginal Thrush
- ✓ Verrucae

For everyday health conditions including Emergency Hormonal Contraception, Urinary Tract Infection (UTI) and sore throat please visit your local Community Pharmacy. More info on Pharmacy First services <https://bit.ly/PharmacYFirstNI> More info about Community Pharmacy services visit <https://bit.ly/CommPharmacistsInfo...>



PROFESSIONALS

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.



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:

BETHECHANGENI

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'

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 solihullapproach@uhb.nhs.uk

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



The Solihull page on the CYPSP website has been updated to include all the latest free training available for parents/carers and a new section at the bottom of the page for free training for professionals – please share widely <https://cypsp.hscni.net/free-online-parent-training-solihull/>

Youth Wellness Web Teacher's Zone

Bereavement



Education Authority - Staff training
Critical Incident/Emotional Health & Wellbeing Service 2023-24



Cruse Bereavement Support NI
Helpful resources for parents/guardians and professionals supporting bereaved children and young people



Child Bereavement UK | Education Sector
Child Bereavement UK's mission is to ensure the accessibility of high-quality child bereavement support and information.



Bereaved NI website
Information and support if you are experiencing grief and bereavement or helping other people who are bereaved



Bereavement and Pupils with SEND
All children and young people, regardless of their circumstances, have a right to have their grief recognised, hear the truth and to be given opportunities to express their feelings and emotions. It is often assumed that young people with learning difficulties need protection from death and dying, or that they do not have the capacity to understand. However, it is important not to underestimate a pupil's ability to cope with difficult life events.



Every Mind Matters Public Health School Zone
Helping you teach PSHE, RHE and RSHE to Upper KS2, KS3 and KS4 students, with flexible, FREE ready-to-use content, videos and lesson plans co-created with teachers, and young people.



CEA Preparing for exams
This guide aims to help answer your questions and provide you with advice and tips on:
• how to revise;
• looking after your mental health and wellbeing; and
• knowing and understanding exam guidelines.



Navigating exam season resources - Place2Be
We've created three tip sheets to help young people, schools and families navigate exam season, with tips and practical advice on managing exam stress.



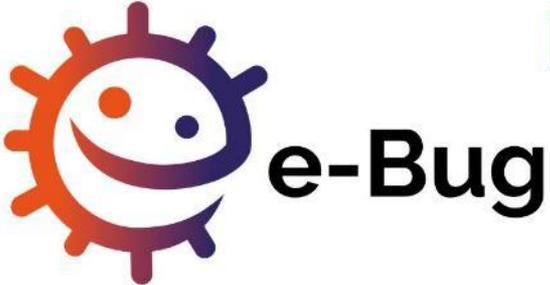
EBSA Guide | Emotionally Based School Avoidance - How to help children back into school
Educational psychology experts at the Carnegie Centre of Excellence for Mental Health in Schools have developed a guide for teachers and school leaders to address emotionally based school avoidance (EBSA).



Solihull Approach- Teachers Make A Difference
The Solihull Approach offers a transformative way of thinking about emotional regulation, nurturing, wellbeing and behaviour



PHA launches e-Bug a free, online educational science resource for teachers.
 e-Bug brings the world of microbes and antibiotics to life for children in the school environment.
 To find out more see <http://e-bug.eu/en-xi>



HSC Public Health Agency

e-Bug is an online health educational programme that aims to promote positive change among children and young people.

It provides free educational resources for ages 3-16 on microbiology, hygiene, infection and appropriate antibiotic use.

www.e-bug.eu/en-xi

PROFESSIONALS

Autism Awareness Training for practitioners

Tuesday 27th Jan 2026
 2-4.30pm Online

Closing Date
 Tuesday 13th Jan 2026

HSC Southern Health and Social Care Trust
 TOGETHER, IMPROVING CARE, TRANSFORMING LIVES



Promoting Wellbeing DIVISION

Join the Autism Services team online for an awareness session aimed at professionals working with a child or working with a parent of a child who has:

- A confirmed diagnosis
- Waiting on an assessment or
- Concerns that their child may be on the spectrum

The session aims to provide you with an increased understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

To Apply Click here: <https://forms.office.com/e/zC3t0ZyiYy>



Before birth - you can make a difference

Babies learn all sorts of things before they are born...

12-16 weeks

- I can hear Mum's heartbeat and breathing.
- I like to move about - sometimes I hiccup!

16-20 weeks

- I can hear your voice and other sounds.
- I have my own fingerprints.

20-24 weeks

- I'm learning to recognise the voices I hear most.
- If Mum taps her tummy I'll wake up.

24-28 weeks

- My heart beats faster when you play music to me.
- I practise sucking using my thumb - this helps me when feeding later.

28-32 weeks

- I can hear the difference between loud and soft, high and low sounds.
- After I am born I'll remember the music we share now.

32-36 weeks

- I can move in time to my favourite music.
- When Mum rubs her tummy I can feel it.

36-40 weeks

- I know the voices of the people that often talk and sing to me.
- My face shows if I'm feeling happy, sad or grumpy.



Developed by Speech and Language Therapy, Care and Learning



03/15 - 04/14/15

Healthy Start Prepaid Card

With Healthy Start, you could receive money towards the cost of fresh, frozen and tinned healthy essentials. If you're pregnant, or have a child under the age of 4, you could be eligible. Find out in as little as 5 minutes:

<https://www.healthystart.nhs.uk/how-to-apply/>



What can I buy with my NHS Healthy Start prepaid card?



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 or Browse 'Baby and U' on our website – [Baby and U - Your pregnancy journey - Northern Health and Social Care Trust \(hscni.net\)](http://www.healthystart.nhs.uk/baby-and-u)




For Mums to be

A 6-week online program to support you get ready for the birth of your baby

Starting Monday 26th January 2026

10.30am -12.30pm

For further information please contact:

Jacqueline Masterson, Promoting Wellbeing Team,
[Southern Health & Social Care Trust](#)

02837564489/ 07867208352

mellow.parenting@southerntrust.hscni.net

For Dads to be

A 6-week online program to support you get ready for the birth of your baby

Starting Monday 19th January 2026

7pm - 8.30pm

For further information please contact:

Jacqueline Masterson, Promoting Wellbeing Team,
[Southern Health & Social Care Trust](#)

02837564489/ 07867208352

mellow.parenting@southerntrust.hscni.net





"WELCOME TO THE WORLD"

- Develops parents' understanding of their baby, Infant brain development.
- Breast-feeding, Infant care.
- Parent's emotional health and well-being.
- Communication between parents and their relationship as a couple.

HYPNOBIRTHING

- This programme focuses on:
- Deep Breathing
 - Relaxation Techniques
 - Conversations you can have with your midwife
 - Birth partner support

STRENGTH & SERENITY PREGNANCY WELLBEING

Gentle stretches and breathing exercises to help keep you comfortable during pregnancy and prepare for birth. Focusing on pregnancy wellness & mindfulness

BUSY BABIES SENSORY PLAY

Mobile babies can explore a range of sensory play activities at these engaging social sessions!



BUILDING HAPPY BABIES

Building Happy Babies is a one-off workshop designed to help parents and caregivers understand the incredible development of a baby's brain in the first 1001 days of life. This session explores the importance of infant mental health, highlighting how early experiences shape emotional well-being and future development.

- Key topics include:
- ✓ What infant mental health is and why it matters
 - ✓ The role of strong attachments in emotional growth
 - ✓ How to build a secure foundation for lifelong well-being
 - ✓ Supporting parental mental health and self-care
 - ✓ Available programs and services for guidance and support
- Join us to gain valuable insights, practical tips, and resources to help nurture a happy, healthy start for your baby.

TINY TACKLERS FOOTBALL FUN

Tiny Tacklers is an engaging and dynamic 4 week Football programme specifically designed for children aged 18 months to 3 years. The programme introduces young children to the basics of Football in a playful and supportive environment. Fostering a love for the sport from an early age.

- Development Focus: Emphasizes motor skills development, coordination, balance, and social interaction.
- Fun-filled Sessions: Sessions are packed with fun games and activities that keep the children entertained while they learn.
- Parental Involvement: Encourages parents to participate in sessions, enhancing the bonding experience and supporting the child's learning journey.
- Safe Environment: All activities are conducted in a safe, welcoming, and child-friendly environment.

SURE START DEVELOPMENTAL PROGRAMME FOR 2-3 YEAR OLDS / READY STEADY PRESCHOOL

Our Sure Start Developmental Programme is designed for children aged two to three years, preparing them for preschool. This initiative, coordinated by The Health & Social Care Board and supported by the Department of Education, emphasizes the importance of play in fostering self-regulation, language development, cognition, and social skills.

Programme Benefits:

- Physical Development: Opportunities to enhance physical skills and enjoy outdoor activities.
- Cognitive Growth: Activities that help children understand their world, develop problem-solving abilities, and practice emergent skills.
- Social Interaction: Encourages children to interact with others and build social competence.
- Emotional Expression: Provides a safe space for children to express and manage their emotions.
- Symbolic Play: Activities that promote symbolic thinking and creativity.

Our monthly Stay and Play sessions are a highlight, offering parents and children the chance to learn and grow together through interactive play.

STAY & PLAY WITH ME

Stay and Play with Me is an enriching programme designed for parents, babies, and young children to explore the world together through hands-on play and learning activities. Our sessions provide a unique opportunity for parents to actively engage with their children, fostering a deeper bond while supporting their developmental journey.

- Interactive Play Sessions: Engaging activities designed for parents and children to enjoy together.
- Developmental Focus: Activities tailored to support sensory exploration and developmental milestones.
- Expert Tips: Access to a wealth of ideas and tips that you and your child can try at home, extending the benefits of our sessions beyond the programme.

ANTENATAL / POSTNATAL FAMILY SUPPORT - LIMAVADY & DUNGIVEN

SOLID START WEANING

Preparing parents for the weaning process:

- When and how to start
- First Foods
- Finger Foods
- Family Meals
- Baby Led Weaning

FAMILY LEARNING & DEVELOPMENT FAMILY SUPPORT - LIMAVADY & DUNGIVEN

For more information contact Caroline O'Kane on 028 7744 6317 Or Caroline.OKane@dryarchcentre.co.uk www.dryarchcentre.org

BREASTFEEDING SUPPORT

Our Breastfeeding Support Group is suitable for antenatal, new and experienced breastfeeding parents led by a trained Facilitator. These programmes allow parents to share experience and gather information and support about feeding their baby.

INFANT MASSAGE

Infant Massage improves circulation, relieves teething discomfort, stimulates weight gain, strengthens muscle tone, and sparks brain development.

REWIND / CBT

The Rewind technique is a therapeutic approach, particularly helpful for trauma, phobias, and anxiety, which utilizes relaxation and guided imagery to reprocess traumatic memories. It works by helping individuals access and re-record their traumatic memories in a way that reduces the emotional charge associated with them. This is achieved by guiding the individual to revisit the traumatic event while in a safe and relaxed state, often visualizing it through a "television screen" in their mind, creating emotional distance.

Cognitive behavioural therapy (CBT) is a talking therapy that can help you manage your problems by changing the way you think and behave. CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts. You're shown how to change these negative patterns to improve the way you feel. Unlike some other talking treatments, CBT deals with your current problems, rather than focusing on issues from your past. It looks for practical ways to improve your state of mind on a daily basis.

BLOSSOM & BOND PARENT & BABY GROUP

Through interactive sessions, parents and non-mobile babies come together to share experiences, laughter, and advice, facilitated by experienced caregivers, these gatherings foster friendships that can last a lifetime, creating a network of support that extends beyond the programme.

BABY PEEP

The PEEP Learning Together programme supports parents to make the most of everyday learning opportunities - listening, talking, playing, singing, sharing stories and books. PEEP's focus is on babies & children learning alongside their parents/careers.

STAY & SING WITH ME

Stay and Sing with Me is a vibrant programme that invites parents and children to bond over the joy of singing, rhyming, and moving together. Our weekly sessions are designed to create a fun and interactive environment where children can express themselves through music and movement, while parents join in the fun and learning.

- Engaging the Senses: Singing and dancing stimulate a child's auditory, visual, and kinesthetic senses, aiding in comprehensive learning and development.
- Physical Coordination: Movement activities help children develop their motor skills, balance, and coordination.
- Language Development: Singing and rhyming enhance vocabulary, phonemic awareness, and language skills.

MINI MOVERS / LITTLE STEPS

Mini Movers / Little Steps is an exciting four-week physical play programme designed for parents and their toddlers aged 18 months to 3 years. Join us as we explore a variety of fun and engaging ways to move your body together, including running, jumping, crawling, and balancing. Each session is crafted to promote physical development, coordination, and a love for active play in a supportive and joyful environment.

SURVIVING AND THRIVING IN THE TODDLER YEARS

Bedroom Breakthroughs - Smoother potty training
Sweet Dreams Sleep Success - Calmer bedtime routines
Digital Balance For Developing Brains - Healthy screen-time habits
From Fuss to Fun - Happier, hassle-free mealtimes

THE POWER OF PLAY

The Power of Play is a dynamic four-week programme designed for parents and their children aged 1 to 3 years. Each week, we focus on a different type of play, offering a variety of activities that engage your child's imagination and development. These sessions provide a wonderful opportunity for parents to actively participate in their child's playtime, creating lasting memories and fostering a strong bond.

Weekly Play themes include the Following:

- Messy Play: Dive into the fun of messy play, where children can explore different textures and materials.
- Role Play: Encourage your child's imagination with role play activities. Whether they're pretending to be a chef, a doctor, or a superhero, role play helps develop social skills, language, and creativity.
- Physical Play: Get moving with physical play sessions that focus on motor skills, balance, and coordination. From obstacle courses to ball games, these activities promote physical development and healthy movement.
- Sensory Play: Engage all the senses with sensory play activities that stimulate touch, sight, sound, taste, and smell. These experiences are crucial for brain development and help children make sense of the world around them.



DECEMBER MESSAGE OF THE MONTH

“PLAY YOUR PART RIGHT FROM THE START, I NEED YOU TO TALK AND PLAY EVERYDAY”



Through play and interaction, babies and children learn about the world around them. Join in with your child as they play, follow their lead and let them explore what they want. As you play together, talk to your child about what they are doing or seeing, and know that you are helping to build their understanding and talking skills!

Top tips for all children:

- **With young babies, nursery rhymes, Peekaboo and tickles** are all great for skin-to-skin contact, bonding and having fun together. “This little Piggy” and “Round and Round the Garden” are particularly good with babies because they involve gentle loving touch. Once your little one is familiar with these songs, watch how they communicate with you - they may smile, laugh or wriggle when you start the song because they are already anticipating the tickles at the end!
- **Have a tea party** with your child’s favourite dolly or teddy: this is great for imaginary play, social skills and language development. When playing with your child, use simple phrases to talk about what your child is doing e.g. “you’re drinking tea” “Teddy is eating a sandwich”
- **Play I Spy games on walks:** this helps keep them entertained whilst out walking, helps practice turn-taking, and also gets children thinking about all the different characteristics of objects they can see e.g. colour, size, shape
- **Take time to chat to your child about events during their day:** this will encourage them to use their memory and use the past tense. Ask simple questions e.g. “what did you see at the park today?” Get the whole family involved and ask simple questions to help your child expand their words.
- **Talk to your child when getting dressed:** this helps them practise following simple instructions and also helps them to understand and learn words for different body parts and items of clothing. Letting children choose what they want to wear can help them make choices and express preferences.
- **Practise washing up** with your little one by using child-friendly cutlery, plates and pots. Bring in new action words such as washing, scrubbing, and cleaning. Use simple phrases to talk through what you are doing, for example, “Daddy is scrubbing the plate”.



Remember to have regular times throughout the day when you turn off the television and put away your phone – this makes it easier for babies and children to listen and learn.

Watch our message of the month video below:

[December video clip - watch here](#)

Email: helpkidstalk@resurgamtrust.co.uk

Phone: 028 92 670755 option 6

Visit our website:
<https://www.helpkidstalk.co.uk>

[Fun games to help development and bonding - BBC Tiny Happy People](#)

Check out the Help Kids Talk Facebook or Instagram pages for more advice and tips this month!



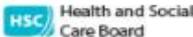


SureStart



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

#SureStartWorks



About CCPS Training & Quality Sure Starts For Childcare Providers Parent Resources



CHILDREPARTNERSHIPS.HSCNI.NET

Training & Quality – Childcare Partnerships

Training Queries - If you would like to cancel or amend course details please contact the relevant training office. Please click here.



Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk



Residents of NORTHERN IRELAND

In paid partnership with: HSC Public Health Agency

Use Access Code
NIFAMILIES

EARLY YEARS



Make a glitter-free snow globe



You will need

- A glass jar with a lid



- Unused small Christmas decorations



- Craft glue



- White tissue paper, cotton wool or moss



- White paint and long brush



- Decorations from nature



Twigs



Pine cones



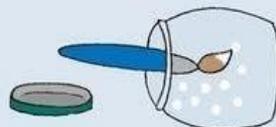
Holly leaves



Acorns

Traditionally, glitter is made up of shiny microplastics that are really damaging to the environment and animals, especially in our seas. Try this glitter-free snow globe for an eco-friendly alternative!

- 1 Paint tiny white dots on the inside of your jar to imitate snow, then put aside to dry.



- 2 On the inside of your jar lid, glue down scrunched-up tissue paper or cotton wool to look like snow, or try dried moss for a natural look.



- 3 Glue your decorations on top of the 'snow' or moss. This is where you can get creative!



- 4 Screw your lid back onto the jar, and turn upside down to create a snow globe decoration!



www.wildlifewatch.org.uk ← For more activity ideas

Make a pine cone Christmas tree



You will need

- A pine cone (you'll find them in woodlands, parks and gardens under conifer trees)



- Bottle cork

Tapered ones work best



- Paints and small brushes



- Yellow card



- Scissors



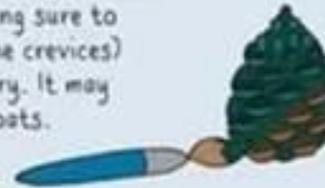
- Craft glue



- 1 Release any insects that may be hiding in your pine cone and give it a brush with a dry paintbrush to remove any dirt.



- 2 Paint the whole pine cone green (making sure to get in all the crevices) and let it dry. It may need two coats.



- 3 Time for snow! Using white, paint the tips of the pine cone and wait to dry. Use coloured paints to create 'baubles' out of tiny dots.



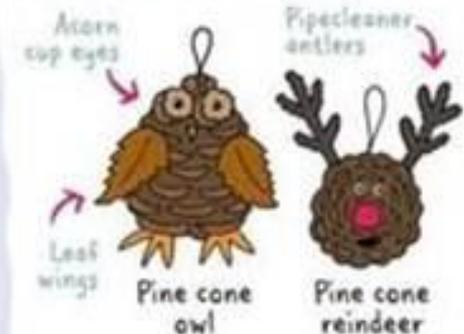
- 4 Cut out a star-shaped piece of yellow card, and glue to the top of the tree.



- 5 Glue your cork to the bottom of the tree to create the pot!



Why not make some other pine cone creations...



www.wildlifewatch.org.uk ← For more activity ideas



YOUNG PEOPLE



Relateable.

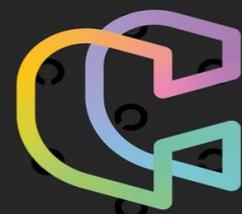
Free Relationships & Sexuality Education for 15-16 Year Olds

We can provide 4 x 2hr sessions over a 4-week period that may include:

- | | |
|-------------------------------------|-------------------------------|
| Healthy relationships | Sexual & reproductive health |
| The human body & development | Violence and staying safe |
| Sexuality & sexual behaviour | Skills for health & wellbeing |
| Values, rights, culture & sexuality | Understanding Gender |

This service is available free to groups across Northern Ireland and is provided face to face at your premises.

For more information please contact office@relateni.org.



C-CARD

Northern Ireland C-Card Scheme

Free condoms and lubricants available for 16-25 year olds Available across Northern Ireland.

Find your local provider at:



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 [CEOP Education](#) at the National Crime Agency



YOUTH SUPPORT – LIMAVADY & DUNGIVEN



A Youth Mentor helps you believe in yourself, hold on to hope, make sense of your world, and see your future more clearly when it feels clouded and uncertain. Young people often feel alone, even in our busy world. They might struggle in school, get into conflicts, or cause trouble. In reality, they just want to share what they're going through, but often keep it bottled up to avoid burdening their parents.

Our Dry Arch Youth Mentors work with young people in a caring and sensitive manner, helping them explore their feelings and supporting them through tough times. Our mentors assist with:

- High anxiety & coping skills
- Self-esteem & confidence
- Identity
- Peer pressure & belonging
- Exam pressure
- Planning for their future
- Bullying
- Relationship and life skills
- Family issues
- Digital safety



You can complete a request for support by filling out our referral form at www.dryarchcentre.org and we will get back to you.

ADULTING 101

Introducing **Adulting 101**, a comprehensive programme designed to equip our young people with the skills they need to navigate adulthood with confidence. Aimed at fostering independence, building relationships, and developing essential life skills. **Adulting 101** is your go-to resource for preparing for the challenges and opportunities of adult life.

Programme Overview:

Delivered in partnership with North West Regional College, Limavady Men's Shed and Shane Mulgrew, our programme covers a wide range of topics to ensure young people are well-prepared for adulthood.

CREATIVITY WORKSHOPS – LEGO OR ARTS BASED

A carefully crafted **Arts or Lego-based** workshop where young people can engage freely in activities that spark creativity. This environment is safe, secure, and relaxed, allowing children and young people to express and release their issues and concerns through a creative process.

FOOD FOR THOUGHT

Join our 4-week **Parent and Child Cooking Programme**, designed to strengthen bonds and enhance relationships. Created by the Dry Arch Centre, this attachment-based programme supports parents in connecting with the I-Generation of children and young people. Through cooking together, you'll learn practical strategies for fostering respectful, healthy, and happy family dynamics. Our no-nonsense approach addresses the challenges of parenting teens while understanding their perspective. Gain valuable insights and tools to navigate the complexities of modern parenting and build a more harmonious family life.

INSIDE OUT EMOTIONAL RESILIENCE

Our dynamic and engaging psycho-educational and therapeutic group for **Key Stage 2** children is inspired by the colorful emotions of the film **Inside Out**. This interactive program uses movement and activities to help children understand and express their feelings in a fun and supportive environment. Through engaging sessions, they will develop practical self-help strategies, confidence-building techniques, and self-soothing methods to manage and regulate big emotions effectively.

REFLECTIONS – SUPPORTING THE EVAWAG JOURNEY

Empowering Programme rooted in the **EVAWAG (Ending Violence Against Women & Girls)** philosophy, designed to help girls and young women navigate the complex world of emotions and personal growth.

BEYOND BANTER – SUPPORTING THE EVAWAG JOURNEY

Empowering Programme rooted in the **EVAWAG (Ending Violence Against Women & Girls)** philosophy. Creating a safe space for boys and young men to examine violence, including violence against women, the "bystander role" and male "banter".

TICKED OFF

Our interactive and fun-based programme is tailored for **Key Stage 3** children, focusing on understanding and managing emotions and feelings. This programme teaches that emotions and feelings are a natural part of who we are. Throughout the sessions, a variety of therapeutic exercises are used to connect participants with each other and regulate their bodies and senses, preparing them to absorb the teachings effectively. Designed to be engaging and enjoyable, this programme offers valuable insights and skills in a way that resonates with young people in this age group.

INCTRL – IN PARTNERSHIP WITH NSPCC

InCtrl is a service that is designed to help keep children aged 9– to 13-years-old safe online to prevent technology-assisted child sexual abuse (TA-CSA). We support children and young people to build digital resilience by helping them recognise the risks they encounter online, promoting their emotional wellbeing and strengthening the supports around them. The programme is tailored to the individual needs of children and young people. We encourage parents and carers to get involved in the work we do so that we can help them support and protect their child from technology-assisted child sexual abuse.

EMOTIONALLY-BASED SCHOOL NON ATTENDANCE PROGRAMME FOR PARENTS AND CHILDEN

Join us in a safe space where every child is heard, every parent is supported, and small steps lead to meaningful change.

For more information contact **Donna O'Kane** on 028 7744 6317
Or
Donna.OKane@dryarchcentre.co.uk
www.dryarchcentre.org

YOUTH SUPPORT – LIMAVADY & DUNGIVEN



STRENGTH 2 STRENGTH WITH EXTERN

Strength 2 Strength is a community-based programme which utilises a strength based approach to address the needs of vulnerable children aged 8–13 years and their families who may be experiencing difficulties at home in school and in the community. Tailor made programmes include: Individual and group work

- Activity sessions and day trips
- Residential overnights
- Care/career support
- Promoting involvement in positive activities in the community



TEENAGE ACTION GROUP (TAG)

Discover a dynamic space where young people can freely express themselves through a range of engaging activities. Our programme includes cooking, baking, board games, group projects, and outdoor adventures designed to ignite creativity and foster growth. Youth-led initiatives empower participants to take ownership and develop leadership skills in a safe and supportive environment. Whether addressing challenges big or small, teens learn to approach issues positively and constructively. Throughout the programme, participants build confidence, cultivate healthy relationships, and strengthen teamwork abilities. Join us to explore new interests, forge lasting friendships, and evolve as a leader in our vibrant community.

PHYSICAL ACTIVITY

Our **Physical Activity** Programmes are designed to provide young people with a healthy outlet for expressing their emotions, building resilience, and enhancing their overall well-being. In partnership with local gyms and experienced trainers, we offer a range of activities tailored to meet the diverse needs of our youth.

HOPEFUL MINDS

Tested and approved by teens, the **'Hopeful Minds for Teens'** programme introduces the **Five Keys to SHINE Hope™**:

- Stress Skills
- Happiness Habits
- Inspired Actions
- Nourishing Networks
- Eliminating Challenges.

MIND MATTERS

Our programme focuses on developing skills that foster resilience and instill hope. Through practical, hands-on activities grounded in current neuroscience and psychology, participants learn methods to manage their emotions effectively, enhancing their ability to overcome challenges and strengthen relationships. Participants are guided in addressing their physical, emotional, relational, and mental health, promoting overall well-being. Specifically designed for young people who have experienced trauma, the programme explores **Adverse Childhood Experiences (ACEs)** and their impact, helping participants understand and navigate their feelings and experiences. We are committed to supporting young people in building a foundation of resilience and hope for a brighter future.





Everything you need to know:

- Open until Friday 19 December
- If you're aged 12-21 you can complete the survey
- Share with all young people you know!
- This will help inform the 2025-2027 Youth Assembly's priorities



At Christmas we're often surrounded by so much delicious food and drink...festive fries, boxes of chocolates and cheeseboards galore! You can absolutely still enjoy the festive period without overdoing it.

Find out top tips from our Public Health Dietitians in this short video.

Scan the QR code or click the link to watch:
https://youtu.be/u_8Upqynyq4?si=EZQekFLF1Q_o_kFZM



For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers



www.inourplace.co.uk

Designed by clinical psychologists in partnership with practitioners and teenagers

Residents of NORTHERN IRELAND



In paid partnership with:

Use Access Code
NIFAMILIES

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



Help and advice for young people

New website for young people with local and national resources for topics like:

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



app.headsss.uk

HEADSSS

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



WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.
Always there, always safe, always right, always anonymous, always confidential, never judgemental.



Perfectly Proudful

LGBTQIA+ & Allies Youth Group

Are you looking somewhere to be yourself, have fun and engage with like minded others?

Perfectly Proudful is a Safe, Supportive and Inclusive Space for young people aged 13 to 18 years old.



YOUNG PEOPLE

Support services available through the Resurgam Trust

The Connected Minds Empowering Youth project – a mentoring and support service for children, and young people aged 8-24 years old in Lisburn.

We provide:

- 1-1 Support for emotional health and wellbeing issues.
- Support for parents and family members.
- Connect to and develop services to directly address the issues of emotional health and wellbeing.
- Listen and respond meaningfully to the voices of children, and young people.

Contact:

connectedmindsync@resurgamtrust.co.uk
028 9267 0755 (option 6)

Connected Minds Youth Committee

This committee is for young people aged 14-24 years who are passionate about raising awareness and positive change around mental health within our community. The group aims to inspire, motivate, and empower young people, make positive changes within our local area. We are also grant makers where local groups can apply for funding to deliver mental health activities for children, and young people.

Contact:

connectedmindsync@resurgamtrust.co.uk
028 9267 0755 (option 6)

Resurgam Healthy Living Centre

We provide free advice, support, information, and programmes to help you with your health and wellbeing needs.

Programmes include:

- Living with pain and self-management
- Healthy eating and practical cooking for the whole family
- Stop smoking support
- Mental health and wellbeing
- Information in a wide range of conditions including local support/ services.

Contact:

healthylivingcentre@resurgamtrust.co.uk
028 9252 8233

Resurgam Youth Initiative

We provide youth services for children and young people aged 5-25 years old. We have centres in Hillhall, Old Warren, Ballymacash, Hilden, and the Maze. We deliver programmes on health, education, youth voice and participation, equality, and diversity. We are an OCN accredited centre, and we offer a range of OCN training options for young people.

Contact:

Francie.ferris@resurgamtrust.co.uk
07895 757720

Scan the QR code to access all help line support available in Northern Ireland





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



In partnership with:



Southern Health and Social Care Trust

DISABILITY AND ADDITIONAL NEEDS

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



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





NEURODIVERSITY CHAMPION LIMAVADY / DUNGIVEN

Meet Colleen - Our Neurodiversity Champion

Hello, I'm Colleen, and I've been proudly serving as the Neurodiversity Champion since January 2023.

Here's how I like to explain my role:



-
-
-

- Neuro - Our brains
- Diversity - Our differences and uniqueness
- Champion - An advocate



Neurodiversity embraces the idea that everyone experiences and interacts with the world in their own unique way. There is no single 'right' way to think, learn, or behave. Importantly, differences are not deficits. While many people follow a more common pattern of brain function and learning, known as being Neurotypical, others experience the world differently - and that's where my role comes in.

As a Neurodiversity Champion, I advocate for children and young people who see and experience the world through a different lens.

I collaborate with parents and schools to identify and implement environmental accommodations that help Neurodiverse children not only cope but thrive, both at home and in the classroom.

If you'd like to learn more or have any questions, feel free to reach out to me at Colleen.OHara@dryarchcentre.co.uk.



YOUR JOURNEY THROUGH DISABILITY

For Parents by Parents

Download at: - <https://tinyurl.com/YourJourneyGuide>

A Guide to help YOU on your journey through disability/ additional needs



WHY WE WANT TO HELP YOU ON YOUR JOURNEY

Parents have worked closely with statutory, community and voluntary services to develop this resource as an easy read guide for YOU, to help signpost you to information, advice and support that you as a parent may need on learning your child has additional needs/a disability. This guide was devised to be a source of help available when it's needed, at whatever stage of your journey.

This guide includes information on support services and counselling available along with lots of tips and advice. We hope you can dip in and out of this guide, to source whatever information and support you may need



NEURODIVERSITY INFORMATION SESSIONS

Join us for engaging Neurodiversity Information Sessions designed to foster understanding and inclusion for all. These sessions provide insights into key areas of neurodivergent experiences, including:

- Sensory Processing: Explore how individuals perceive and respond to sensory input, and learn strategies to support diverse sensory needs in daily environments.
- Executive Function: Gain a deeper understanding of cognitive processes along with tools to enhance flexibility and reduce stress within the home environment.
- Visuals and Transitions: Discover the importance of visual supports and structured transitions in creating clarity and comfort for neurodivergent individuals navigating change.

These sessions are ideal for educators, caregivers, and anyone interested in building a more inclusive world. Come away with practical tools, empathetic insights, and a renewed commitment to celebrating neurodiversity.

Let's make every environment a space where everyone can thrive!

READY STEADY SHINE - STAY AND PLAY SESSIONS

aimed at supporting children with additional needs, this programme conveys simple narratives using a mixture of sensory experiences. Each step of the programme is accompanied by a sensory activity to interest and delight your child's senses so where appropriate, touch, smell, sounds, taste and visual stimuli.

CONNECTED PARENTS COFFEE MORNINGS

These coffee mornings offer parents / carers of neurodiverse children & young people an opportunity to connect with other, to access support, and to share and receive information.

SENSORY SANTA

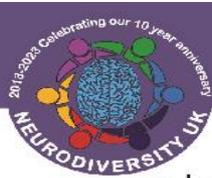
Christmas Event tailored for neurodivergent families

INSIDE OUT EMOTIONAL RESTLENCE

Our dynamic and engaging psycho-educational and therapeutic group for Key Stage 2 children is inspired by the colorful emotions of the film Inside Out.

This interactive program uses movement and activities to help children understand and express their feelings in a fun and supportive environment. Through engaging sessions, they will develop practical self-help strategies, confidence-building techniques, and self-soothing methods to manage and regulate big emotions effectively.

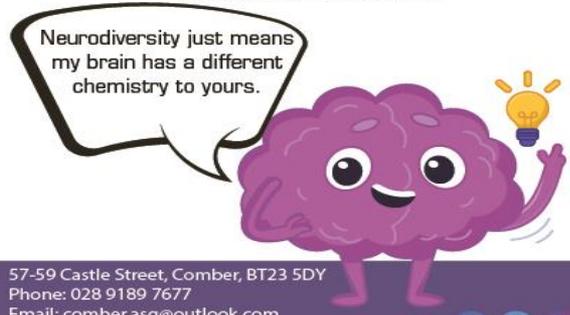




NeurodiversityUK

To help and support individuals and families affected by:

- **Learning Difficulties**
Dyslexia, Dyspraxia, Dysgraphia etc...
- **Mental Health Conditions**
Anxiety, Depression, OCD, Bipolar, PTSD, etc...
- **Neurodevelopmental Disorders**
Autism, ADHD, Tic Disorders, etc



57-59 Castle Street, Comber, BT23 5DY
Phone: 028 9189 7677
Email: comber.asg@outlook.com
NIC 100167



DISABILITY AND ADDITIONAL NEEDS



Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk



Residents of **NORTHERN IRELAND**

in paid partnership with: HSC Public Health Agency

Use Access Code **NIFAMILIES**



Grants for families raising disabled or seriously ill children

Family Fund provide grants to families raising disabled or seriously ill children. ❤️ You can apply to Family Fund now for items like clothing, kitchen appliances, furniture, technology items, or even a family break. Find out more about our grant programmes online, and apply today: <https://www.familyfund.org.uk/grants/schemes>



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>



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](#)



The Together Project



Supporting families of disabled children from 0-12 years with complex needs across Northern Ireland, including those with deafblindness.

Activities include:

- Family Fun Days
- Early Intervention (0-5 yrs)
- Stay & Play sessions
- Home visits
- Sibling activities



All activities are free and designed to help families connect and create positive memories

If you are interested in being involved, please contact:

Amanda.Johnston@sense.org.uk
Belfasthub@sense.org.uk
 Telephone: 02890833430



aine.donnely@sense.org.uk

CRISIS CAFE NEWRY

Talking Autism - Parents and Carers Peer Support Group.
 This group was set up by parents and continues to be facilitated by parents. They meet on the second Tuesday of each month at Crisis Cafe from 7-8.30pm. New members always welcome.
 Parents and Carers Autism Peer Support Group aims to create a supportive and understanding community for parents and carers of autistic children and young people. (A diagnosis is not necessary).

For further information DM page or just come along.
 Anne Small Carla Quinn Clare McLoughlin Grace Clarke

For parents and carers



Ask Questions
Understand
Talk to a Friend
Include
Show Support
Make a Difference

2nd Tuesday of each month

River House 41
The Mall Newry

TALKING AUTISM PEER SUPPORT GROUP



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 [Autism Card — Autism NI](#) or email info@autismni.org

Become an autism inclusive school



Receive training and expert guidance to support neurodivergent students in the classroom



Nursery, Primary, Secondary & tailored options available



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.middletonautism.com>



Become a member! 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



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.



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

Call Childline on:
0800 1111

Call LIFELINE on:
0808 808 8000

Scan QR code



Text Shout:
852558

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

Crisis Cafe

LGBTQ+ peer support group for young people 13-17yrs
Wednesdays 4-5pm (upstairs room). Everyone Welcome
[#peersupport](#) [#socialcafe](#) [#lgbtq](#) [#youngpeople](#) [#support](#)
[#community](#) [#newry](#)



Crisis Cafe

LGBTQ+ SUPPORT
GROUP

WEDNESDAYS 4-5pm

SUICIDE

the biggest killer of young people in the UK.

HOPELINE247



HOPELINE247 | Papyrus UK |

Suicide Prevention Charity

Are you having thoughts of suicide or are concerned for someone who feels suicidal? Then contact HOPELINE247 for free confidential support on 0800 068 4141.



Where to find
mental health
support online
and on the phone





Exit social media

Social media can be fun and a great way to find out what your friends and family are up to. But sometimes it can be overwhelming, especially when you're dealing with difficult emotions. It's OK to exit social media or take a break. Read more tips: <http://ow.ly/jmcK50PQH14>

eating disorder myths debunked

- the main tell of an eating disorder is being underweight
- you can be any weight and have an eating disorder
- eating disorders aren't that serious
- eating disorders have the highest mortality rate on any psychiatric disorder
- eating disorders are a woman's illness
- eating disorders affect people of all genders
- eating disorders in teens are just a "phase"
- eating disorders generally begin in adolescence and it needs to be taken seriously

@crazyheadcomics x @counsellingwithalix



CRISIS DROP IN CAFE NEWRY

ARE YOU AGED 12-18?

FEELING DOWN, OVERWHELMED OR ANXIOUS?

CALL IN AND CONNECT WITH US

MONDAYS 3.30-7PM

RIVER HOUSE 41 THE MALL NEWRY 07703466075

SOMETIMES YOU JUST NEED TO TAKE A BREAK (AND THATS OK)



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



Victim Support NI

We offer long-term creative arts therapy to young people aged 8-21 living in the Northern Health & Social Care Trust area through our Phoenix Youth project. It's available to young people suffering the effects of trauma. Find out more here:

<https://bit.ly/3JxcU4A>



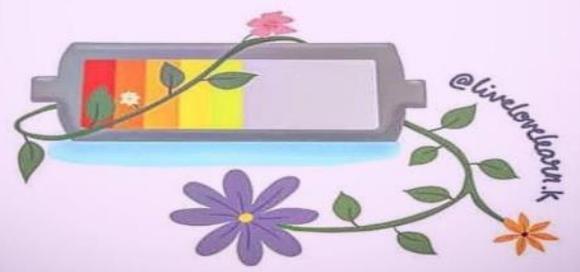
JUST LIKE UNTANGLING
CHRISTMAS LIGHTS...
STOP WORRYING
ABOUT HOW IT WILL
HAPPEN



AND START BELIEVING THAT IT WILL



Taking time to
recharge is
productive too.





December Kindness 2025

MONDAY

1 Spread kindness and share the December calendar with others

TUESDAY

2 Contact someone you can't be with to see how they are

WEDNESDAY

3 Offer to help someone who is facing difficulties at the moment

THURSDAY

4 Support a charity, cause or campaign you really care about

FRIDAY

5 Give a gift to someone who is homeless or feeling lonely

SATURDAY

6 Leave a positive message for someone else to find

SUNDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

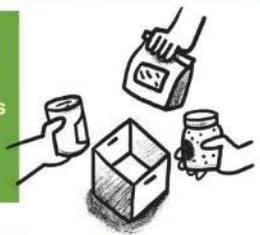
28 Be kind to the planet. Eat less meat and use less energy



29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2026



ACTION FOR HAPPINESS

Happier · Kinder · Together



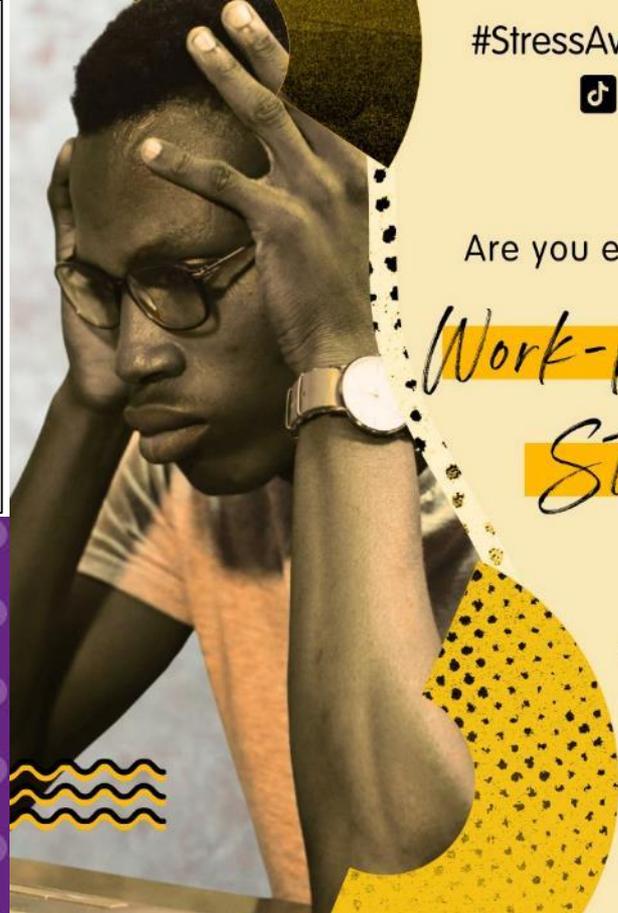
Getting the right support isn't always easy, especially when problems are affecting your mental health. It's not always clear where to go for support. That's where we can help.

If you are over 18 and live in Northern Ireland get in touch with our team today:
 Freephone - 0808 189 0036
 Use our webchat - www.inspirewellbeing.org
 Email - hello@inspirewellbeing.org

Our phonedlines and webchat are open from 10:00 am to 4:00 pm Monday to Friday!

IF YOU NEED US... CONTACT US

We are here to listen:
 Freephone - 0808 189 0036
 Webchat - inspirewellbeing.org
 Email - hello@inspirewellbeing.org

#StressAwarenessMonth



Are you experiencing

Work-Related Stress?

Let's break it down together



AWARE
OVERCOMING DEPRESSION. CHANGING LIVES.

Not Everyone Feels Holly And Jolly This Season, Some Are Grieving, Stressed & Drained. Be Kind, You Never Know What Someone Is Going Through... ❤️



SELF-CARE for DECEMBER

@POSITIVELYPRESENT

ENJOY MOMENTS MINDFULLY

REPLAY HAPPY MEMORIES

SEND LOVE INTO THE WORLD

MAKE PLANS FOR NEXT YEAR

FIND TIME FOR FUN

ADD BEAUTY TO YOUR HOME

FORGIVE YOUR MISTAKES

ROMANTICIZE THE PRESENT

FAN THE FLAME OF OPTIMISM

IDENTIFY YOUR UNIQUE TRAITS

ALLOW ANY DOUBT TO DIE

TAKE CARE OF YOUR SPACE

HUSTLE FOR THE GOOD LIFE

KEEP TRACK OF YOUR GOALS

STAY CLOSE TO THOSE YOU LOVE

MENTAL HEALTH & WELLBEING

Are you living with drug or alcohol issues? Are these impacting on your wellbeing?



HELP AND ADVICE RESOURCES

SELF-HARM

ANXIETY

BEREAVEMENT

COMMUNICATING WITH YOUNG PEOPLE
CYFATHREBU A PHOBL IFANC

Supporting your child Self-harm and Suicide
Cynorthwyo'ch plentyn Hunan-niwedid a Hunanladdiad





Find Help NI.com

Funded by
Department of Health

Find Help NI is a not for profit organisation, which has been created by experienced mental health professionals, to help our community find the right help, at the right time. Through years of front line experience working with people across NI, from all walks of life, they recognised the need for a joined up approach to wellbeing that looks at the whole person, and everything in that person's life that contributes to their sense of wellbeing. There are many dimensions to our wellbeing, and all these dimensions contribute to a healthy life.

- Family & Relationships
- Disabilities & Medical
- Ethnic Minority & Cultural
- LGBTQIA+ Abuse
- Addiction Bereavement
- Anxiety, Depression & Self-Harm
- Neurodiversity Eating Disorders
- Housing, Living, Finance & Benefits



Find the right help at the right time!



Founded by Pamela Kirkpatrick & Cara Swanston, who together have decades of experience specialising in mental health within the community, voluntary and statutory sectors.

Self Help Guides for Mental Health & Emotional Wellbeing



PHSC Belfast Health and Social Care Trust



A-Z Mental Health



OUR MISSION

- ✓ To put health and wellbeing in the hands and pockets of every single person in Northern Ireland.
- ✓ Connecting our community to people, services, and organisations that can help, through a comprehensive online directory with all NI's fantastic services in one place.
- ✓ Inspiring people to take control of their health and wellbeing through information, education, helpful resources, inspiring blogs and content that will benefit Wellbeing & Mental Health

Find Help NI wants to be part of a bigger picture of creating a collaborative and joined up Northern Ireland, who puts the health and wellbeing of our community at the centre of everything it does. Helping to create a motivated and inspired nation of help seekers, who know where to find help and how to also help themselves and their loved ones.

Visit Website Today!



info@findhelpni.com



Become a Member!



"Thank you for being there at my lowest time"

Male caller to Lifeline service



Lifeline

0808 808 8000

Textphone: 18001 0808 808 8000





Sleigh bells ringing, Christmas trees twinkling - it's a time when you should be Merry and Bright.

Christmas time along with the new year will mean different things to different people. What if it's not a time when you feel merry and bright? What if it's a time that adds stress to your life? How can you balance the expectations of those around you as well as looking after your own mental health and well-being.

First thing to remember is you are not on your own with the Christmas dread.

Here are a few tips to help you through the Christmas period

- It's ok to prioritise what's best for you, even if others don't seem to understand.
- Think about what you need and how you might be able to get it.
- Consider talking to someone you trust about what you need to cope.



Be prepared

Think of what you can put in place to help you to manage

- If you are going somewhere that you've never been before think about what would make this easier for you. Some people prefer to do a practise run beforehand just to help manage their anxiety
- Think about whether you really need to do things if you're not looking forward to them. Can you do them differently or for less time?
- Make a list of any services that you might need and their Christmas opening hours.
- If you're worried about feeling lonely or isolated this Christmas, think of some ways to help pass the time. For example doing something creative or spending time in nature.
- There may be people that you can't be with this Christmas. If it is someone that is away, can you make a video call? If you have lost a loved one, think of a way to remember them on the day, light a candle or hang a special bauble on the tree.
- You can't beat fresh air, try to get out for a good walk to clear your head.

Finally, its ok to say NO, if you really don't want to do something don't feel pressurised to go along just for the sake of it.

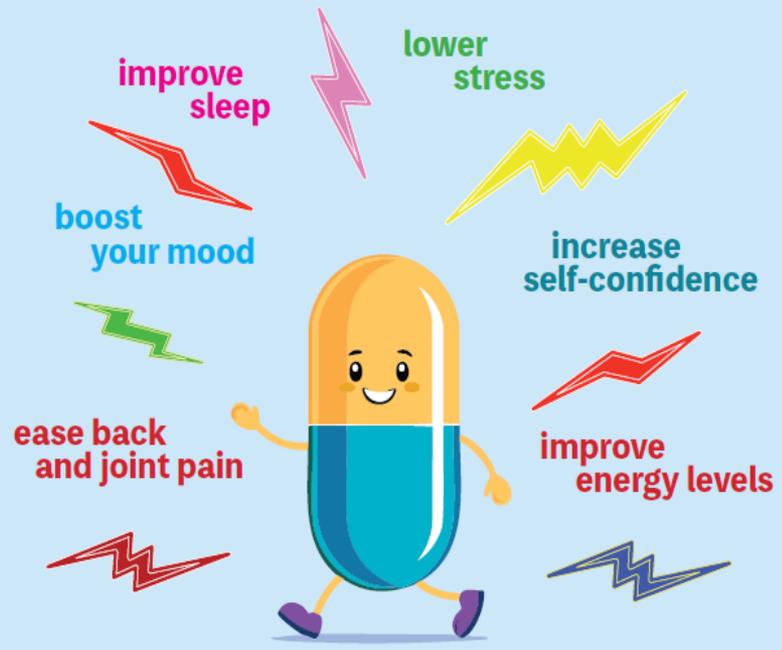
Check out our planner to see if there is something fun that you can look forward to in the New Year.



We want you to know that Abbey SureStart is here for you. If you have never engaged with us before it's never too late. The Family Support team will be offering 1-1 on site chats. We hope to see you all soon for lots of fun filled activities.

Moving is the best medicine

If physical activity was a drug, we would call it a miracle cure.



Regular physical activity can also help to reduce your risk of high blood pressure, high cholesterol, heart disease, type 2 diabetes and certain cancers.

To find out more, pick up your free *Moving is the best medicine* leaflet in pharmacy.



www.choosetolivebetter.com/getting-active





PARENTS SUPPORTING PARENTS

Stronger Together

Navigating the challenges of
supporting young peoples
mental health

**First Thursday of
each month
7-8.30pm**

Crisis Cafe River House 41 The Mall
Newry BT34 1AN 07703466075
Info@crisiscafe.co.uk

**FREE
MENTAL HEALTH
SUPPORT AVAILABLE**



- ✓ No need to pre-register
- ✓ No referral needed
- ✓ No waiting lists
- ✓ No official diagnosis needed

Find your nearest support group today!

LEARN MORE



aware-ni.org/lets-talk

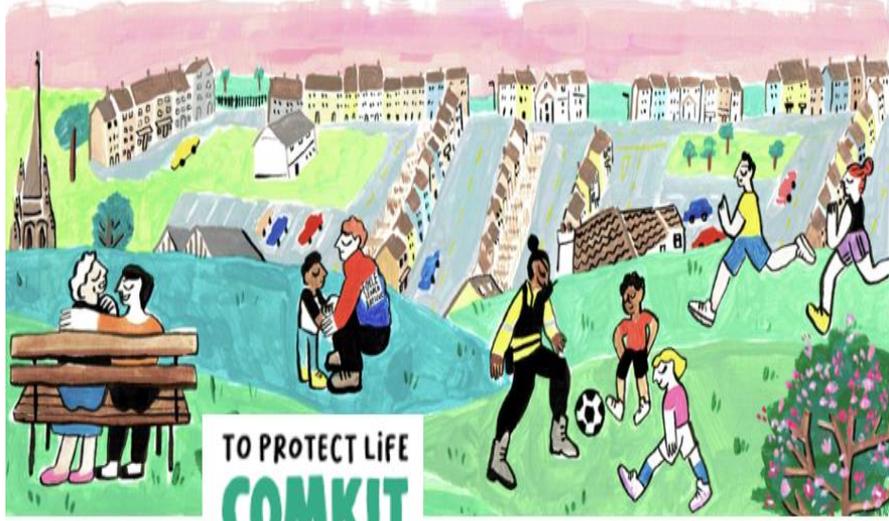


What are the mental health benefits of kindness?

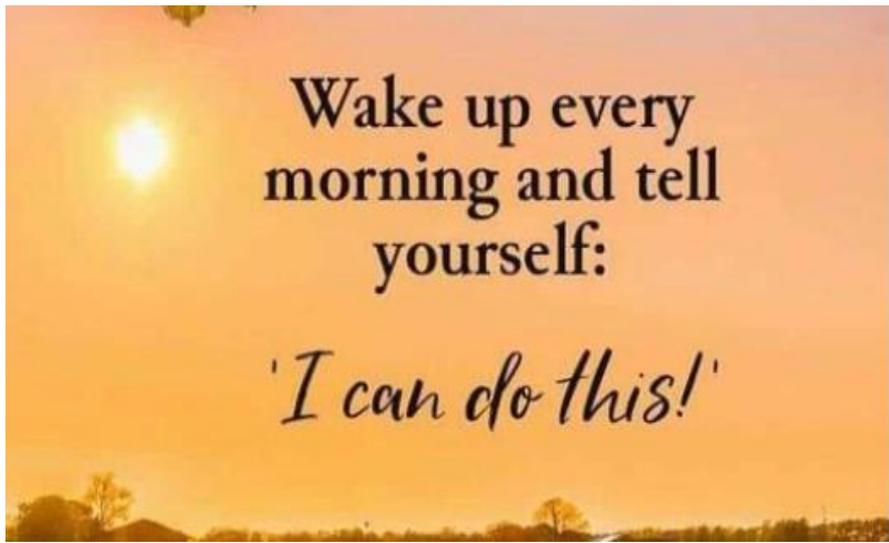


Being kind and compassionate is proven to benefit your wellbeing and happiness.

- Boosts optimism
- Reduces stress
- Promotes belonging
- Reduces isolation
- Boosts self-esteem
- Improves mood



ComKit is an empathetic communications toolkit to support families, communities, organisations, reporters and political representatives in what to do and say at a time of heightened suicide concern.



EMOTIONAL BURNOUT

((Sometimes looks like...))



Saying "I'm fine" because explaining feels like too much work.



Avoiding texts because you don't have the energy to connect.



Feeling relief when plans get canceled.



Forgetting the last time you did something just for fun.



Functioning so well people assume you're okay.



Being exhausted by even small decisions.

thesunshine.therapist



Public Initiative for the Prevention of Suicide & Self-Harm

Christmas Service

of Remembrance, Hope & Healing

For families and friends of loved ones lost through suicide

at
St Marys Church Of Ireland
Hill Street, Newry

on
Sunday 14th December 2025 at 4.00pm

Service Includes: Memory Tree Ceremony, Candle Light Procession
Everyone Welcome, Light refreshments will be served afterwards.

For Further Information
Telephone: 028 3026 6195
Email: info@pipshopeandsupport.org



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



Minding your head has information, advice and support to help people in Northern Ireland look after and improve their mental health and wellbeing and find out what to do in a crisis.

www.mindingyourhead.info

Mental health and housing



community wellbeing .info

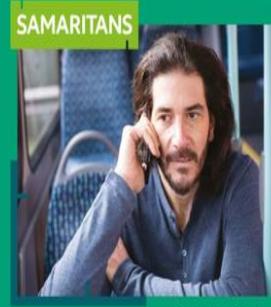
women's aid Local groups

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

Whatever you're facing We're here to listen

Call free day or night on **116 123**

Email 116@samaritans.org
 ALI



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!





Bereaved NI
NI Bereavement Network

Language

Enter your search here



Home | Care Before Death | Practical Support | Bereavement Support | Helplines | Video Wall | For Carers | For Professionals

Cruse Bereavement Support

"You are not alone" [Click here for bereavement information and support](#)



The search filter below can help you to find specific bereavement help and support

Person who has died

Circumstances of Death

Age groups needing su...

Types of support

Get bereavement support

Winston's Wish provides grief and bereavement support for children and young people (up to 25) after the death of someone important, along with advice and support for the parents, carers and professionals supporting them.

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

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.

Cruse
Bereavement Support



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

CRUSE NATIONAL HELPLINE

0808 808 1677

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



hopeagain
young people
living after loss

**NEVER FEEL YOU
ARE ALONE**

Last year over 100 children a day lost a parent in the UK - Child Bereavement Network

TALK TO US

www.hopeagain.org.uk

BEREAVEMENT



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.mcrc-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 RPDDT



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



Keeping People Safe



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

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).

Belfast Health and Social Care Trust
 South Tyrone Health and Social Care Trust
 Public Health Agency

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



Access to Health and Social Care Guidance

Belfast Trust has led on work on behalf of the region to put together some information which newcomers to Northern Ireland might find useful. This booklet aims to inform about health and social care services and how to access them. The booklet has been translated into the following languages - click on each language for the document.



English	Dari	Bulgarian	Pashto
Arabic	Ukrainian	Hungarian	Russian
Mandarin	Polish	Portuguese	Romanian
Slovak	Tetum	Lithuanian	



CYPSP Translation Hub

CYPSP brings together a range of agencies to improve outcomes and lives of children, young people and their families in Northern Ireland



1.9 million people live and work in Northern Ireland
approx. **54,500+** speak English as a second language

We completed a survey with **83** groups supporting **7,000+** families and analysed the results

A Key area identified was: Lack of Interpreters / Translations in a Central Resource

CYPSP developed a Translation Hub that provides important information translatable into **110** languages on Health, Family Support, Education, Housing, Cost of Living, Employment and much more for Parents, Carers, Professionals and Support groups

The Translation Hub was launched in August 2022 and is now recognised as a key resource

The Translation Hub brings together information from our partners

- Health & Social Care Board
- Public Health Agency
- Health Trusts
- Education Authority
- Business Services Organisation
- Police Service of Northern Ireland
- NI Housing Executive
- Community / Voluntary Sector Groups



Frontline Social Workers, Social Care & Health Care staff can access the Translation Hub on their phones just scan the QR code

If you would like to know more or suggest new content email : cypsp@hscni.net

www.cypsp.hscni.net/translation-hub



BLACK, ASIAN AND MINORITY ETHNIC



[A Young Persons Guide to living in Northern Ireland under the United Kingdom's National Transfer Scheme \(NTS\)](#)

This is your guide to help you know what to expect when you arrive in your new home, who is there to support you and some helpful things you should know about Northern Ireland.

Boloh Helpline

Call us on 0800 151 2605

In Urdu and Hindi the word Boloh means “to speak or to talk”. We called the service Boloh Helpline because by sharing your experiences we are able to support you. We are here to help!



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@btpopenworld.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>

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.

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

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.

More than **4,000**

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

16 DAYS OF ACTION AGAINST GENDER BASED VIOLENCE

psni.police.uk

we care we listen we act



Police Service of Northern Ireland

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



DOMESTIC & SEXUAL ABUSE

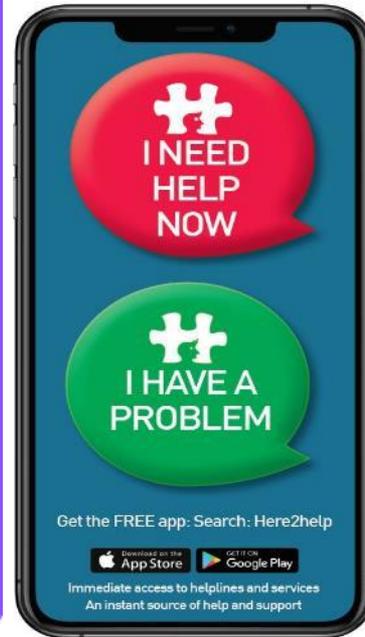
If you have experienced domestic abuse, you can speak to us in complete confidence.

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



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



The Here2Help App provides quick access to advice and support services for anyone in crisis and needing help. It contains details of local, not-for-profit organisations who can help with many issues such as mental health, addiction, housing and domestic abuse. INFO + ADVICE 24/7



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



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

Source: National Institute for Research in Drug Abuse, 2007; EMCDDA, 2008.

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.



www.drugsandalcoholni.info/RAPID

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



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

STEPS2COPE ASCERT21

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.



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

[addictionni](https://www.addictionni.com)

www.drugsandalcoholni.info

Affected by someone else's drinking or drug use?



HSC Public Health Agency

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.



CELEBRATING EXCELLENCE

CHILDREN'S SERVICES PLANNING TEAM
RECOGNIZED FOR OUTSTANDING CONTRIBUTIONS



THE YOUTH WELLNESS WEB
Driving Success Through Collaboration



INTERACTIVE MAPPING AND PERFORMANCE SYSTEM
Innovation in Data Intelligence



TRANSLATION HUB
Breaking Down Barriers

At this year's SPPG Recognition and Awards event, the Children's Services Planning Team was celebrated for its exceptional work in supporting the Children and Young People's Strategic Partnership (CYPSP). The team received multiple commendations for initiatives that have made a real difference to children, young people, and families across the region.

Driving Success Through Collaboration

The team was highly commended under the **Partnership and Driving Success** category for its work on The Youth Wellness Web. This innovative online platform provides young people with easy access to mental health and wellbeing resources, empowering them to find support when they need it most.

"The Youth Wellness Web is about giving young people the tools to take control of their wellbeing. It's a collaborative effort that reflects our commitment to listening and responding to their needs," said a spokesperson from the Children's Services Planning Team.

[Explore the Youth Wellness Web](#)

Innovation in Data Intelligence

The team was also highly commended in the **Innovation in Data Intelligence** category for its Interactive Mapping and Performance System. This system represents a significant step forward in how data is used to inform planning and service delivery for children and families. By visualizing key indicators and trends, the platform enables decision-makers to target resources effectively and respond to emerging needs with precision.

[Learn more about CYPSP Mapping Tools](#)



Breaking Down Barriers with the Translation Hub

In addition, the team's Translation Hub was recognized under the ***Excellence and Outstanding Performance*** category. This initiative ensures that vital information and resources are accessible to families whose first language is not English. By providing translated materials and culturally sensitive communication, the hub promotes inclusivity and equal access to services, strengthening support for diverse communities.

[Access the Translation Hub](#)

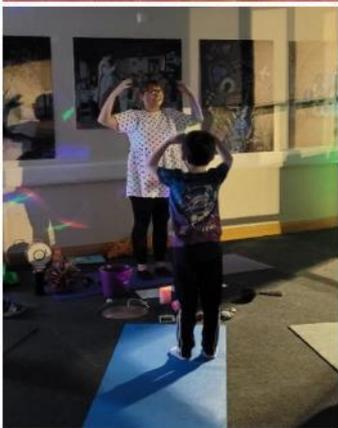
Commitment to Children and Families

These achievements highlight the unwavering commitment of the Children's Services Planning Team to improving the lives of children and young people across the region. Their work demonstrates how collaboration, creativity, and data-driven approaches can lead to meaningful change and better outcomes for families.

"These projects show what can be achieved when we work together with a shared vision for children and young people. Congratulations to everyone involved," said Tracey McCaig, Chief Operating Officer.

Congratulations to Bronwyn, Valerie, Louise, Sharon and Yvonne





Family First Hub have been busy recently delivering a range of child-based programmes within the Old Library Trust we hosted a Halloween Event for children to enjoy some fun, games and of course show off their Halloween costumes! We also had The Nurturing Bee Brenna delivering 4-week programmes of Yotism and Lego Based Therapy sessions to support children in building social and emotional skills , exploring creativity and releasing emotions through calming relaxation skills.



HEY!!

**BOLSTER
COMMUNITY**

HELLO!

Welcome

AUTISM CONNECT

Hi



**A place of community,
connection & support**

- 📍 **Armagh**
- 📍 **Banbridge**
- 📍 **Newry**

For further info contact
Bolster Community on 028 3083 5764



[Find a Food Bank
Near You](#)



GET HELP

**NO ONE SHOULD GO
HUNGRY - WE'RE HERE TO
HELP**



COMMUNITY

Apply for a free defibrillator for your community

Find out if your community group is eligible for a free, BHF-funded defibrillator. Having a defibrillator and knowing how to do CPR will give members of your community a better chance at surviving a cardiac arrest.



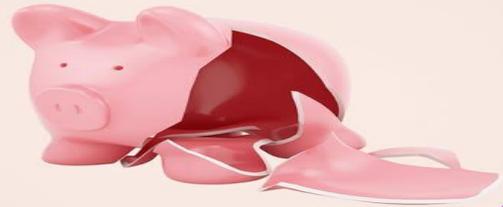


Our consumer service



MoneyHelper provides clear, free, impartial money and pensions guidance that's on your side and backed by government.

Financial stress?



Learn the true cost of borrowing and find help and support.



The Consumer Council is authorized and regulated by The Financial Conduct Authority to act as a credit broker. Our Firm Number is 913042.



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

Join the stay warm scheme now

Collect stamps to help pay for your home heating oil.

Belfast City Council
www.belfastcity.gov.uk/staywarm

Belfast City Council fuel stamp scheme 'Stay Warm' helps householders save for home heating oil by spreading the cost. You can buy oil stamps from participating retailers, collect them on a savings card and use the value of the stamps to pay for all, or part of, your oil when placing an order. The scheme is available throughout Belfast. <https://www.belfastcity.gov.uk/staywarm>

'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](#)

For further information on Family Support Hubs in your area?

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