


**How are Children & Young People doing in NI?**

**CYPSP**  
Children & Young People's Strategic Partnership

**Northern Ireland Outcome Monitoring Report with Trends 2016 – 23/24**

**Improving Outcomes**



**Multi-agency Information to Support Integrated Planning for Children and Young People in Northern Ireland – April 2025**

<https://tinyurl.com/bdzc52cw>

**CYPSP**  
Children & Young People's Strategic Partnership

**Edition 2/2025 April 2025**

**Family Support Hubs Newsletter**

**Special Focus: Easter Activities**



Welcome to **Edition 2/2025** of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 10 April 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](mailto: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?



**natural life**

<https://cypsp.hscni.net/download/391/family-support-hubs/45810/fsh-newsletter-april2025.pdf>

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



## Children's Social Care Services Reform Programme

As part of the Children's Social Care Service Strategic Reform Programme, a dedicated Workstream has been established to create a more responsive model of family support in Northern Ireland.

**If you are a practitioner or organisation providing family support services in Northern Ireland, we want to hear from you!**

This short survey aims to understand the current family support services and gather your views on their future direction. The questionnaire will take around **10 minutes** to complete. It is anonymous and we encourage you to provide honest feedback.

If you have any questions about the survey, please contact Dr Donna Kernaghan at [donna@statsandstories.co.uk](mailto:donna@statsandstories.co.uk)

Your input will be used to shape a more effective and coordinated approach to family support in Northern Ireland.

<https://www.surveymonkey.com/r/FamilySupportServiceProviderSurvey25>



Belfast  
City Council

April 2025

**Call for proposals to support communities affected by the public disorder which occurred between July and August 2024.**

Belfast City Council is seeking proposals to tackle hate and intolerance, focusing on reducing race hate crime and hate speech. The program aims to prevent harmful ideologies that sow division. Funded projects will be tailored to local needs, offering flexibility in design.

If you are interested in putting forward a submission for consideration, please read the notes below and complete Section B.

All submissions must be returned by **Noon - Friday 9 May 2025** by email to [watsonmelanie@belfastcity.gov.uk](mailto:watsonmelanie@belfastcity.gov.uk) quoting Community Recovery Fund Open Call in the subject matter of the email. Submissions received after this date and time will not be considered.

Submissions must not exceed £20,000. This is a limited pot of funding and only a small number of projects will be supported.

Organisations are permitted to receive **One Allocation** of funding through the Community Recovery Fund. You must outline in your application if you are part of any other funding bid in this programme or any programmes that form part of the Community Recovery Fund, please contact the Good Relations unit on the email above if you need to discuss.

# Weaning Week

12th-16th May 2025

## Online resources

resources for sharing via your social media channels and with parents/carers

### Weaning your baby videos



Share and promote these short videos with practical and simple tips and advice for starting solids.

**On the Public Health Dietitian's YouTube channel:**

[Click Here](#) or scan the QR code.

See below for free flyers to promote these videos

### Introduction to solids webinar



Share and promote this 30 minute detailed and practical webinar on how to introduce solids.

Perfect for parents/carers or as a staff/volunteer update

**On the Public Health dietitian's YouTube channel:**

[Click Here](#) or scan the QR code.



## Training opportunities

Opportunities for staff/volunteers to keep up to date with the latest weaning information and advice

### Lunch and learn: weaning update



**A 20 minute online training session delivered by a Dietitian .**

For any staff/volunteers supporting parents/carers who are introducing solids

- **Thursday 15th May 2025 at 1pm**

**Booking details to follow**

### Nutrition Matters online training

## Nutrition matters for the early years

**Guidance for feeding under 5s in the childcare setting.**

2 hour free training session for anyone working in the child care setting eg. Nursery or sure start staff, childminders or foster carers.

- **Next training: 22<sup>nd</sup> May 2025 7-9pm**

More dates available.  
Book through the Child Care Partnership  
[Click here](#) or scan the QR code.



## Email banner



Add to your email signature during weaning week or share when promoting your events on social media.

[Click here](#) -or see the picture attached to the email

## Use the hashtags



Use these #s when promoting on your social media channels

#weaningweek #introducing solids #PHDG

## PHA and trust Social media pages

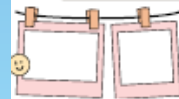


Keep an eye on the HSC trusts and PHA social media channels as they will be promoting weaning week! You can share their posts or you can tag them in any of your own posts.

## Say cheese!



**We would love to see pictures of you promoting weaning week!**



So don't forget to ask permission, take some snaps and share them with us!

## Freebies!

Perfect to give to parents at health stands, events or at 6 month review visits. Get in touch if you would like some.



Public Health Dietitians  
business cards

Includes QR code to scan and access free nutrition webinars



Public Health Dietitians  
webinar flyers

Flyers with QR code to scan to access free childhood nutrition webinars

Limited supply available in certain trusts

## Weaning your baby video flyers



**A5 flyers to promote the Weaning your baby videos.**

Get in touch if you would like some (limited supply available)

[Click here](#) for an online version which you can share on your socials or to send directly to parents.

## Top tips for weaning flyer



**A5, double sided flyer with simple tips for starting weaning.**

Get in touch if you would like some (limited supply available).

[Click here](#) or scan the QR code for an online version which you can share on your socials or to share directly to parents.

## Weaning made easy booklet



**A5, booklet with lots of tips for introducing solids.**

Available online only

[Click here](#) or scan the QR code to view the leaflet catalogue.  
Available in multiple languages [here](#).



## Introducing solids booklet



**A5, booklets with lots of tips for introducing solids.**

Available online only

[Click here](#) or scan the QR code to view the leaflet catalogue.



# PLAY SURVEY



Belfast City Council



PlayBoard is leading a review of play provision on behalf of Belfast City Council. Share your views on play in Belfast by 9 May.

[Children & young people](#)

[Parents & carers](#)

[Community groups](#)



[www.playboard.org/belfast-city-council-surveys](https://www.playboard.org/belfast-city-council-surveys)



HSC Belfast Health and Social Care Trust  
caring supporting improving together

Community Falls Prevention and Management Service



Scan me for further information



The Belfast Trust Community Falls Prevention and Management Service invites you to a

## Falls Prevention Roadshow



**Wednesday 14th May 2025**  
**11am - 2pm**

**IKEA Belfast**

(1st floor Restaurant, Community Space)

Drop in between 11am - 2pm to learn more about how to reduce your risk of falling  
Light refreshments available

**Falls Prevention Deserves Your Attention!**

BT25-3377

<https://www.playboard.org/belfast-city-council-surveys/>

# DIGITAL ARTS ACADEMY SUMMER 2025



**GOOD RELATIONS DIGITAL ARTS  
PROGRAMMES FOR BOYS & GIRLS AGED 9-12**



Belfast  
City Council

The Belfast Local Community Action Plan is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

BEAM CREATIVE NETWORK

# DRAMA & ART SUMMER CLUBS 2025



**FREE GOOD RELATIONS  
ART & DRAMA PROGRAMMES  
FOR BOYS & GIRLS AGED 9-12**



Belfast  
City Council

The Belfast Local Community Action Plan is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

# WOMEN'S TEC

## NEWSLETTER

We've got lots in store for this newsletter, so let's get stuck in!

### New Public Classes!

Ready to gain confidence and learn new skills? Our **WOMEN'STEC** public courses are here — practical, empowering, and open to all woman!

Fancy Plumbing, Tiling, DIY, Mechanics or even doing a Wood Panelling course? Then look no further! Get ready to refresh your home with brand-new skills and tackle DIY jobs with confidence.

No experience needed – just a willingness to learn! All classes are held in a friendly, supportive environment so click here to learn more!



[New Courses at WOMEN'STEC!](#)

## Belfast Community Day

ovacome..  
The ovarian cancer support charity

27<sup>th</sup> June 2025 11am-2pm

The Black Mountain Shared Community Space,  
280 Ballygomartin Road,  
Belfast,  
BT13 3NG

A free lunch and learn to raise awareness of ovarian cancer and the work Ovacome are doing to health inequalities

For anyone who works with underserved communities

Contact [l.waters@ovacome.org.uk](mailto:l.waters@ovacome.org.uk) to book your place.



Registered Charity Number: 1159682



**HSC** Public Health Agency  
Project supported by the PHA

**NATIONAL CHILDREN'S BUREAU**

**ANGEL EYES NI**

## IMH Lunchtime Learning

**Angel Eyes NI**

Coping with the Cost-of-Living Crisis -

Protecting Your Wellbeing

Wednesday 30th April

12noon- 1pm online

To book please scan the QR code



UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

inourplace

**NHS**

## Understanding your relationships:

An effective framework for reducing parental conflict and raising children's wellbeing



UNDERSTANDING YOUR CHILD  
SOLIHULL APPROACH

inourplace

**NHS**

A lunchtime webinar to consider universal support for parents and their families

**You're invited!**

[Understanding your relationships: framework for reducing parental conflict Tickets, Thu 15 May 2025 at 13:00 | Eventbrite](#)

# Supporting Women, Reducing Stigma

Friday 9th May : 9.30 – 12.30pm in the NEW  
Shankill Shared Women's Centre

Mark maternal mental health week  
by joining us as we highlight the  
good practice that is developing in  
Northern Ireland and the work still to  
be done.



THE  
PILGRIM TRUST

# Weekly Tea Dance

**Wednesdays 11am**

CHARLSTON | WALTZ | TANGO

Forthspring, 373 Springfield Road

DANCERS OF ALL SKILL LEVEL WELCOMED  
| Refreshments provided | Regular trips



## JOIN US AT OUR DROP-IN DAY

We're here to help young people aged 16-30 explore courses, find a career or launch their own business. Come along and find out about local opportunities.

Questions? Email:  
[outreachni@kingstrust.org.uk](mailto:outreachni@kingstrust.org.uk)

### AT THIS EVENT YOU'LL:

- Learn about the range of programmes and wellbeing activities we have on offer
- Speak to our friendly team and find out how we can support you
- Get travel costs reimbursed for your visit\*

### FURTHER INFORMATION:

Date: 2 May 25

Time: 12pm - 2pm

Location: The King's Trust, 8 Weavers Court, Belfast, BT12 5GH

\*Travel costs are reimbursed for travel by public transport including bus and train, or travel by your own car. Car parking is available at our centre.



# CLUB YOUTH

Monday, Wednesday, Friday  
6 - 8.30PM

*Bring a friend*



**ART • FUN • GAMES**

## AFTERSCHOOLS

A Creative Learning Program for children  
aged 5 years and up



• PLAY • LEARN • GROW



Quality, affordable afterschool  
childcare

We provide an afterschool  
collection service too from  
selected schools!

We adopt a play approach -  
access to quality play is central to  
a child's development.



Games  
Trips  
Gardening  
Library  
Homework  
Learning

£18 per day

Register your child  
02890313945  
<https://www.forthspring.org/springers>



**Forthspring**  
Inter Community Group

£2  
ENTRY

# FAMILY FUN DAY

- > BALLOON MODELLING
- > FACE PAINTING
- > BOUNCEY CASTLES
- > GO KARTS
- > MANICURES + NAILS
- > PETTING ZOO

**SATURDAY**  
**JUNE 21**  
**@12PM TO 3PM**



# Table of Contents



Join us for our new women's weekly meet with  
Karen Sethuraman.

**Mondays 7 - 8pm, starting May 5th 2025**

A safe space to share your experiences as a woman  
and grow deeper in your understanding of self.

Children over 5+ years are welcome to join us in youth  
club while you attend.

Refreshments provided.

# EXERCISE CLASSES

Come along and get fitter with like minded local people!



**TUESDAY 5.30 - 6.15PM**  
**THURSDAY 9.30AM - 10.30AM**  
**THURSDAY 5.30 - 6.15PM**

£1 per class

**No need to book  
Just turn up**

## Accupuncture Clinic



**All welcome**

**Mondays  
11.30-12.30pm**

**JOIN  
US  
COACH  
CLAIRE  
LOGAN**

# ZUMBA CLASS

**Wednesdays  
6-7PM**

All welcome!  
£1 per class

Last Wednesday of every month  
12 - 2pm  
Forthspring, 373 Springfield Road



# FREE COMMUNITY LUNCH



# Midweek Mingle

Wednesdays nights just got awesome.



6 PM



A weekly gathering of women in a chilled environment. We'll have a yarn, drink some tea and generally put the world to rights. #magic

Different activities each week to include art, bingo, quizzes, and seasonal crafts.

Are you a professional working with children and young people? Do you want to learn more about supporting them after a bereavement?

Sign up to one Winston's Wish training courses, from free online modules to in-depth three-day courses.

<https://winstonswish.org/supporting-you/professionals-and-training/>

**WINSTON'S  
WISH** **WW**

Giving hope to grieving children

Specialist bereavement training for individuals and organisations to help teachers, social workers and other professionals better support the grieving children and young people in their care.

HSC Belfast Health and Social Care Trust Psychological services

Emotional Health and Wellbeing Team  
For Children and Young People

## LET'S TALK FEEDING

A Workshop for parents of children on ASD/CDC waiting lists offering practical advice and support around fussy eating. Come along and chat to other parents and share your experience.

Monday 12<sup>th</sup> May 2025  
New Lodge Arts  
Ashton Centre  
5 Churchill Street, Belfast  
Time - 9.45-11.15

Referrals accepted via local family support hubs or through the health visiting service.

Emotional health and Wellbeing team  
[EHWBT@belfastTrust.hscni.net](mailto:EHWBT@belfastTrust.hscni.net)

For One Night Only, Don't Miss the Award Winning Action Ability!

[View in  
browser](#)



**GRAND OPERA HOUSE**

BELFAST.

What's On

Vouchers

Eat & Drink

## Get ready to rock the Grand Opera House like a wagon wheel!

**Tue 3 June, 7.30pm**

Dust off your cowboy boots and line dance your way to the 10th anniversary show of Action Ability's annual showcase. This time the cast is keep'n 'er country and it's going to be the best hoedown in town!

With its hilariously original script full of the usual mayhem you've come to expect and country classic songs by the likes of Shania Twain, Nathan Carter and Dolly Parton, only a gambler would miss it!

Leave the ranch, jump on them country roads, and join Action Ability for a very special night at the Grand Opera House.

Book tickets online now via the website or by calling the Box Office on 028 9024 1919.

[Keep 'er Country with Action Ability](#)

[ASCERT News & May Training Courses](#)



Free Training Courses for those working in the statutory, community and voluntary sectors



Public Health Agency Update  
April 2025  
[PHA Update April 2025](#)

The Public Health Agency have launched their short-term grants to help improve mental health and wellbeing.

Community and voluntary groups are being encouraged to apply for grants to help improve mental health and emotional wellbeing in their areas. The PHA is keen to invest in programmes that will have a particular focus on using one or more of the 'Take 5' Steps to Wellbeing'. These are five simple steps that we can build into our daily lives to maintain and improve wellbeing – Connect, Be active, Keep learning, Give and Take Notice.

Applications open on Monday 28 April and the closing date is 3pm on Friday 16 May 2025.

Read more and apply at

<https://www.publichealth.hscni.net/news/short-term-grants-help-improve-mental-health-and-wellbeing>





# Mindful Parenting

A free 6-week online course to help you manage stress, respond with greater calm and compassion, and reconnect with the joys of parenting.

AWARE NI is delighted to offer a series of free 6-week online mindfulness programmes specifically tailored for parents and carers of children and young teenagers. Mindful Parenting explores the many aspects of parenting and how bringing mindfulness to our roles as parents enhances our lives and wellbeing and those of our children.

- ▶ We have various free courses running throughout the year.
- ▶ These courses are hosted online via Zoom.
- ▶ Beginners are welcome - no experience necessary!
- ▶ Each session runs for two hours and is interactive, with a focus on practice, open discussion, and reflection.

For more information on available courses, please visit [aware-ni.org/upcoming-mindfulness-courses](https://aware-ni.org/upcoming-mindfulness-courses), scan the QR code below or email [sharon@aware-ni.org](mailto:sharon@aware-ni.org)



AWARE-NI.ORG    

T: 02890 357 820 (BELFAST) / 02871 260 602 (DERRY/LONDONDERRY)  
Registered with the Charities Commission for Northern Ireland with NIC100561 Company No. NI.30447

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

# Mindful Parenting

## Course information

This six-session course offers an experiential journey into mindful parenting. Each weekly 2-hour session is interactive, with a focus on hands-on practice, discussion, and reflection.

## Who it's for

Ideal for parents and carers of children and young teens who want to deepen their understanding of parenting and bring more mindfulness into daily life.

## What to expect

We'll explore key aspects of parenting through a mindful lens—learning how present-moment awareness can support your wellbeing and strengthen your relationship with your child. You'll gain practical tools to manage stress, respond with greater calm and compassion, and reconnect with the joys of parenting. Research shows mindfulness in family life boosts communication, emotional resilience, and connection.

As parents, we often juggle competing demands and emotional ups and downs—both our own and our children's. This course offers a supportive space to reflect and build confidence in facing those challenges.

## A compassionate approach

Mindful parenting isn't about perfection—it's about being present, kind, and real. We embrace the idea of being a "good enough" parent, knowing we can only offer our children what we first offer ourselves.

## What you'll learn

Each week includes adult mindfulness practices and fun, simple activities to try with your child. These offer new ways to connect, play, and be present together. A chance to pause, reflect, and reconnect with what matters most in your parenting journey.

## Course participants should:

- ▶ Create a Zoom account
- ▶ Attend all sessions and be punctual, with your camera on.
- ▶ Do some personal mindfulness practice in your own time

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

# Floating Support Service



Making A Positive Difference By  
Empowering People And Communities

## FLOATING SUPPORT SERVICE

Our Floating Support Service will provide support and assistance to families who are experiencing or at risk of homelessness. The Floating Support will support service users to obtain and sustain accommodation within the community in the long term.

### Type Of Support We Can Offer:

- Securing and/or maintaining a tenancy.
- Transitioning to a new tenancy.
- Moving on from supported accommodation.
- Finding suitable accommodation.
- Applying for accommodation via social or private landlords.
- Understanding the terms of your tenancy - rights and responsibilities in partnership with your landlord.
- Support to maintain safety and security of dwelling.
- Support in setting up and maintaining home or tenancy.
- Support in managing finances, maximising income and accessing benefits.
- Signposting and accessing other support services.
- Support into education, employment, or training.



- Developing domestic/ daily living skills.
- Developing social skills.
- Support in establishing social contacts and activities within the community, to promote emotional well-being and alleviate social isolation.

### Who Is Eligible To Apply:

- Men and women with dependent children.
- Require support to maintain your independence and tenancy.
- Be willing to engage with the service and the support provided.

### How To Make A Referral:

**T:** 028 9075 2310

**E:** [homelesservices@arkhousing.co.uk](mailto:homelesservices@arkhousing.co.uk)

This service is available to families living in the **Greater Belfast** area.