

Information Update 9/1/25



**Wishing you all  
a Happy New  
Year**

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

# Community Dialogues

## Free Workshop for South Belfast Locality Planning Members

Funded by South Belfast PCSP this workshop offers the opportunity to hold conversations between people from different backgrounds to reduce stereotypes, build relationships and increase the number of people who are able to speak up respectfully when they hear or see degrading language or behaviour in our communities.

**Date:** 30<sup>th</sup> January 2025

**Time:** 10:00am – 12:30pm

**Venue:** Shaftesbury Community  
Recreational Centre, 97 Balfour Avenue,  
BT7 2EW



There are a limited number of places and booking will be on a first come basis, if places are oversubscribed we may limit places per organisation.

To book a place please email:

[LocalityPlanning@belfasttrust.hscni.net](mailto:LocalityPlanning@belfasttrust.hscni.net) by Friday 17<sup>th</sup> January 2025

# Community Dialogues

## Free Workshop for East Belfast Locality Planning Members

Funded by South Belfast PCSP this workshop offers the opportunity to hold conversations between people from different backgrounds to reduce stereotypes, build relationships and increase the number of people who are able to speak up respectfully when they hear or see degrading language or behaviour in our communities.

**Date:** 18<sup>th</sup> February 2025

**Time:** 10:00am – 12:30pm

**Venue:** Room 2, East Belfast Network Centre  
55 Templemore Ave, BT5 4FG



There are a limited number of places and booking will be on a first come basis, if places are oversubscribed we may limit places per organisation.

To book a place please email:

[LocalityPlanning@belfasttrust.hscni.net](mailto:LocalityPlanning@belfasttrust.hscni.net) by Friday 31<sup>st</sup> January 2025

Funded by South Belfast PCSP these workshop offers the opportunity to hold conversations between people from different backgrounds to reduce stereotypes, build relationships and increase the number of people who are able to speak up respectfully when they hear or see degrading language or behaviour in our communities.

If you would like to book a place please email:

[LocalityPlanning@belfasttrust.hscni.net](mailto:LocalityPlanning@belfasttrust.hscni.net)

## Designing a Seamless Journey

Belfast Area Outcomes Group is working on designing a 'Seamless Journey' for all children in Belfast through all sectors, organisations and services.

Please share / complete the survey. Date extended to Friday 17<sup>th</sup> January 2025

Pre-conception / Ante-natal / At birth



Pre-conception / antenatal / at birth  
<https://forms.office.com/e/mSNFpY8gUW>

Babies and Toddlers



Babies and Toddlers  
<https://forms.office.com/e/taBCwu3KFR>

School age children



School Age Children

<https://forms.office.com/e/Pfwa8aP6A9>

Emotional Health and Wellbeing Team  
for Children and Young People

IS YOUR CHILD AWAITING ASSESSMENT FOR AUTISM THROUGH THE BELFAST TRUST'S CHILD DEVELOPMENT CLINIC OR THE CHILD AND ADOLESCENT AUTISM SERVICE?

IF YOU WOULD LIKE TO FIND OUT ABOUT DIFFERENT SUPPORTS AVAILABLE AND WHAT THE EMOTIONAL HEALTH AND WELLBEING TEAM CAN OFFER

PLEASE COME ALONG TO OUR

## NEURODIVERSITY CAFE

A SAFE SPACE TO TALK AND SHARE YOUR EXPERIENCES WITH OTHER PARENTS.

VENUE - BLACKMOUNTAIN SHARED SPACE  
DATE - 20TH JANUARY 2025  
TIME - 09.45-11.15

SPACES ARE LIMITED - PLEASE REGISTER YOUR INTEREST BY EMAIL WITH YOUR NAME AND CONTACT DETAILS TO [EHWB@BELFASTTRUST.HSCNI.NET](mailto:EHWB@BELFASTTRUST.HSCNI.NET)

YOU CAN ALSO ASK YOUR HEALTH VISITOR OR FAMILY SUPPORT HUB TO PASS ON YOUR DETAILS IF YOU WOULD LIKE TO ATTEND.

TEA/COFFEE PROVIDED



HSC Belfast Health and Social Care Trust

Psychological services

## EMOTIONAL HEALTH & Wellbeing Team

For children, young people families & carers

Early Therapeutic Support for Children, Young People, Families & Carers


Information for Referrers

[Emotional Health and Wellbeing Service | Belfast Health & Social Care Trust website](#)

AUTISM SUPPORT GROUP

AutismNI

Forthspring



## Help and support when you need it most

Last Tuesday of the month

6.30-8pm

Offering support to parents and carers of autistic people

You are welcome to join us each month in Forthspring, 373 Springfield Road, Belfast, BT12 7DG

Cedar  
Opportunity Choice Inclusion

## BELFAST ADULT AUTISM ADVISORY SERVICE

# BAAAS

Open Tuesday's 1.30pm to 4.30pm

Phone: 07587 884 088  
Email: [v.spence@cedar-foundation.org](mailto:v.spence@cedar-foundation.org)

The BAAAS is for people aged 16 years and over who have a diagnosis of autism and for those who support them, who live in the Belfast Trust Area

HSC Belfast Health and Social Care Trust



We are now offering **FREE** Workplace Alcohol Awareness Sessions

These hour long information sessions are designed to compliment your corporate Health & Wellbeing initiatives and can be delivered on your premises in person or online. Interested? Email us for further information



www.ascert.biz

0800 2545 123

marketing@ascert.biz



Children in Northern Ireland

## NEW FREE RESOURCE FOR PARENTS!

Parent Line NI  
0808 8020 400

Are you looking for ideas and solutions to make parenting easier?

Whether you're a new parent or parenting teens, **Parentline Pathways**, our free resource offers **Go To** guidance in simple bite size form, helping you reduce stress and support your child's development.

Call 0808 8020 400 to request a copy



Get instant access today - it's 100% free for parents.

<https://www.ci-ni.org.uk/wp-content/uploads/Parentline-Pathways-Booklet.pdf>

## Evening Glow

### Wednesday Wellness Timetable

- Time: 4.40pm – 6.30pm (flexible)
- Location: Unit B1/1 1st Floor Old Mill, Conway Mill, 5 - 7 Conway Street,

Date/Facilitator	Topic
<b>4<sup>th</sup> of December</b> Niamh Nolan 	Self-Care
<b>15<sup>th</sup> of January</b> Sonya McAleer 	Confidence
<b>5<sup>th</sup> of February</b> The Women's Resource and Development Agency 	Breast, Cervical & Bowel Screening Awareness Programme
<b>5<sup>th</sup> of March</b> Shauna Corr 	Tapping
<b>2<sup>nd</sup> of April</b> Niacro Women's Service 	Women and the Criminal Justice System

BT132DE



Glow NI is a registered charity in Belfast focusing on empowering women and girls with life skills to increase confidence and self-esteem. Their unique programmes create an atmosphere and opportunity for women and girls to discover their true self. For more information click the link below

[Glow NI | Connect | Inspire | Glow](#)



## EXCITING OPPORTUNITY FOR YOUNG PEOPLE WITH NSPCC

**We are delighted to announce that applications are open to join our Young People's Board for Change 2025-27 and we would love your support to share this as widely as possible.**

NSPCC are currently recruiting a diverse group of 15 young people, aged 13 – 16, from across the UK to form our next **Young People's Board for Change**. The Board for Change will have the opportunity to share their opinions and work as a team to steer, advise and influence the work of the NSPCC for a two-year term between 2025 and 2027.

### **Young People's Board for Change members will:**

- Take part in exciting new experiences and opportunities
- Meet other young people who also want to make a difference
- Develop confidence and amazing skills for the future
- Take action and make change happen at NSPCC

Most importantly...**it will be fun!** We hope this will be a great opportunity for children and young people who would not normally get the chance to be part of a board to share their ideas and opinions. **Applications are now open**, and the **deadline to apply is 20<sup>th</sup> January 2025**.

Please help us to spread the word:

- **Support a young person to apply [here](https://nspcc.org.uk/boardforchange):** [nspcc.org.uk/boardforchange](https://nspcc.org.uk/boardforchange)
- **Share on social media** to spread the word with your networks **#NSPCCBoardforChange**
- **Get in touch** with our Participation Team to request more information [[participationteam@NSPCC.org.uk](mailto:participationteam@NSPCC.org.uk)]

### **Help us to inspire more young people to have a say.**

Markus, 17 “You get to meet people you never would have dreamed of meeting before. You meet someone from London, you meet someone from Cardiff, you meet someone from rural Scotland, like people from all over the place but we all get together for a joint cause and that’s what brings us together.”

Maisy, 16, “My whole experience of the Young People’s Board for Change has been really purposeful. The NSPCC really does care about keeping young people safe and helping them reach their full potential. It’s been a great experience. Don’t be afraid to go for opportunities and make sure you enter opportunities with the mindset that your voice really matters, even if you’re a young person.”

Lena, 16, “To those young people interested in making change, speak out, be honest and open, as this is your chance to make a change. I’ve already recommended the board to fellow pupils at school, as there are so many opportunities. For future members of the board, with weekly opportunities, choose the things you're most passionate about.”

[Young People's Board for Change | NSPCC](#)

HOME  
START



## HEALTHY EATING PROJECT

We are running a healthy eating project for families that have a child under 5. Families will receive free ingredients and recipe for a healthy meal for 6 weeks per family.

Contact us today to find out more.

[homestartsebelvast@gmail.com](mailto:homestartsebelvast@gmail.com)

07375642866

Charity no. 2306637  
Clarence House, 46 Humberstone Gate, Leicestershire, LE1 3PJ



# South Belfast Winter Support Plan 24/25

Contact Strategic Health Officer  
Emily Keenan  
[emily.keenan@forwardsouth.org](mailto:emily.keenan@forwardsouth.org)



Project supported by the PHA

Copy of Copy of Copy of  
Kids Summer Camp Flyer

For information  
on our programmes  
click here



Tutor training dates  
Jan - Mar 2025



Thursday 23 January

9.45am - 4.30pm



Friday 31 January (Online)

10am-12pm



Wednesday 5 February

9.45am - 4pm



Wednesday 5 March (online)

1pm-3pm



Wednesday 26 March

9.45am - 4.30pm



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

Tel: 028 9615 2450  
Email: [PHdietitians@belfasttrust.hscni.net](mailto:PHdietitians@belfasttrust.hscni.net)





January 23rd: 10am - 1pm

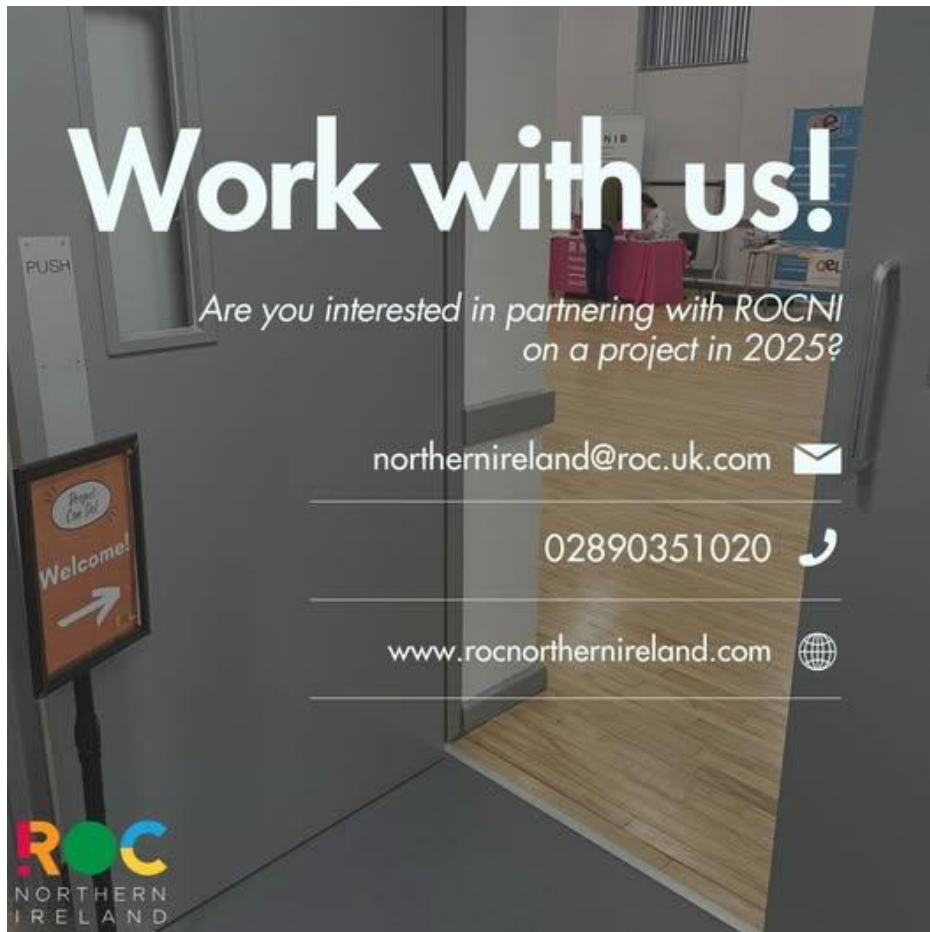
## Autistic Women and Girls – Discover, Understand, and Advocate

[Autistic Women and Girls - CiNI](#)

**NSPCC**  
NORTHERN IRELAND

**Find resources to support children who  
have additional needs and disabilities by  
scanning the QR code below.**





Are you interested in partnering with ROCNI on a project in 2025?!

Partnership working underlines ROC's ethos and mission. We are thankful for the many different groups who work with us whether churches, police, corporate businesses, schools or other community and voluntary groups - each bring something valuable to all our community initiatives and programmes.

There are several opportunities to partner with us this year - would you consider hosting a ROC Compassion Project?

Or partnering with us to facilitate a Project Can Do programme? Maybe your church could support local families through our ROC Mentors programme? Or would you be willing to host a fundraising activity on our behalf?

As a charity, ROC equips and empowers people like you to make a difference in their local community. Get in touch with Keeva today to explore ways we can work together in 2025.



Parentline NI experience large numbers of calls from parents and carers who are struggling with the issue of Anxiety Based School avoidance. Many of these parents feel like they are the only ones going through it, which is so far from the truth.

In this very special episode of the Parentline NI Podcast we share some of the stories and experiences from parents, and shine a light on this issue.

Our host Kerry McLean chats to Courtney, Lyndsey and Fiona, as well as Elaine from Strive NI in this episode. Full episode here

<https://www.buzzsprout.com/861409/episodes/15819827>

Action Mental Health offer free delivery of training programme in the BT14/15 areas, funded by Dept. for Communities.

They also offer free delivery of their Mindset programme across Northern Ireland, funded by the Public Health Agency. [Mindset-A5-Flyer-All-Trusts-04.05.22.pdf](#)

If interested in organising a session for your organisation, contact Hugh Roarty (Action Mental Health) on 07740403724

**Topics available**

- Mental Health Awareness
- Social Media
- Bullying
- Body Image
- Exam Stress
- Transitions
- Sleep
- Confidence & Self Esteem
- Mental Health in Sport

**Mental Health Awareness**

We are delighted to be able to provide these sessions **FREE OF CHARGE** to all participants, across Northern Ireland. This is only possible thanks to the generosity of corporate partners and the local community who support us through donations, fundraising and gifts in Wills.

**Bespoke Programmes**

In addition, we have developed a range of specialist, bespoke workshops that can be packaged and delivered according to the specific needs of the groups involved. These workshops can be purchased individually or as a range of sessions. Prices and booking arrangements for these courses are available on request.

To find out more or to book your session please contact your local team (details overleaf).

**For more information, please contact:**

Belfast, South Eastern, Northern & Western Trust Areas  
T 028 9442 5356  
E: amhmenssanani@amh.org.uk

Southern Trust Area  
T 028 3839 2314  
E: menssana@amh.org.uk

**Alternatively, if you or someone you know is in distress please contact Lifeline on 0808 808 8000.**

**MensSana**, meaning 'healthy minds', has been operating for over a decade. It works to promote the value of early intervention and the importance of identifying appropriate pathways and support when mental health challenges arise.

Action Mental Health changes the lives of those living with mental ill health and promotes resilience and well-being to future generations.

To find out more about our recovery and employability services or opportunities to support the work of AMH please visit our website.

[www.amh.org.uk/services/menssana](http://www.amh.org.uk/services/menssana)

action mental health

[www.amh.org.uk](http://www.amh.org.uk)  
@amhNI

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amh menssana

provoking thought

Promoting resilience and emotional well-being to young people and their key adult contacts

[www.amh.org.uk](http://www.amh.org.uk)

**AMH MensSana**

AMH MensSana supports the mental and emotional needs of children and young people and their key adult contacts through the provision of a range of activities tailored to suit specific group needs.

AMH MensSana operates across Northern Ireland.

**Your mental health matters!**

**Provoking Thought**

AMH MensSana's Provoking Thought workshops are designed to help young people aged 11 to 25 improve their mental health and strengthen their resilience to cope better with everyday life events.

These interactive workshops are delivered by professional facilitators using evidence based and quality assured materials. The sessions can be delivered in settings where young people usually meet such as post-primary schools, youth clubs, community groups and church/sport club settings.

Specific workshops have also been created for key adult contacts including teachers, parents, carers and non-teaching staff to improve their understanding of mental health and support for young people.

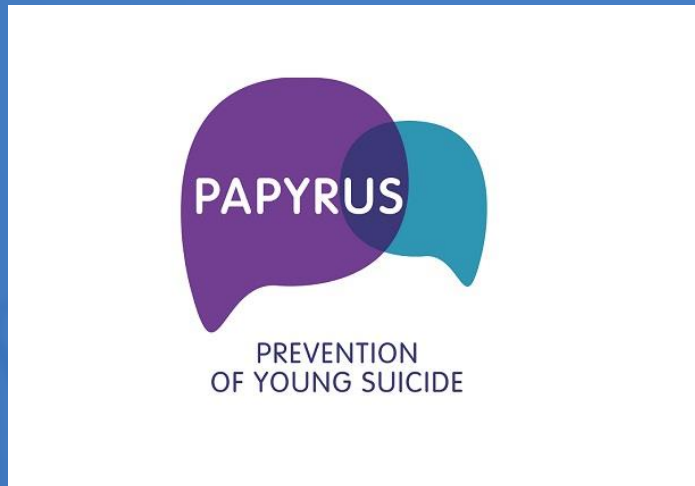
Provoking Thought encourages all participants to explore the issues around mental health, emotional well-being, the importance of early intervention, and discover more about the sources of support that are available.

**Key Aims**

- Recognising the importance of looking after our mental health and emotional well-being.
- Developing confidence to seek help.
- Developing mental health literacy.
- Challenging the stigmas and misconceptions about mental health.
- Highlighting the sources of support available.
- Building resilience for well-being.
- Highlighting the value of coping skills.
- Raising awareness of the signs and symptoms of mental distress.
- Identifying factors that cause stress in young people.

## [Girlguiding Ulster Training Sessions | Papyrus](#)

Papyrus in partnership with Girl guiding Ulster supported by PHA through the Clear Project are delivering SPOT (suicide prevention overview tutorial) and SPEAK (suicide prevention explore ask keep safe) for those working with or supporting young women and girls in Belfast, Southern and South Eastern Locality.



## [Emergency Departments | Belfast Health & Social Care Trust website](#)

Phone First is a telephone service for members of the public who are unwell and considering travelling to an Emergency Department. Before attending an Emergency Department at the RVH, Mater or RBHSC you should PHONE FIRST on 028 9615 9444



**Belfast  
City Council**

Cost of living

## Cost of living support in Belfast

[Cost of living support | Belfast City Council](#)

The high cost of living – from energy bills, rent and mortgage costs to the price of groceries – can put additional worries, stresses and pressures on everyone. This page highlights the help available. Whether you need support with your mental health, assistance managing expenses or ideas for low-cost ways to relax, this is a one-stop shop for all such information.

There are links to the following:

- Money & debt advice
- Food & energy costs
- Benefit & grants
- Housing advice
- Support for people with disabilities
- Carers support
- Pet expenses
- Older people support
- Find local advice
- Support for families
- Mental health & wellbeing
- Addiction, gambling & Substances

You can access all the detail using this link

[Cost of Living 24 - Community Wellbeing NI](#)

cost of living<sup>24</sup>  
support

STRUGGLING WITH  
THE COST OF LIVING?

Lots of people are.

Cost of Living 24 is your gateway to independent support, advice and information.





summerhill  
foundation

## SUMMERHILL COST OF LIVING PROGRAMME



As the cost of living continues to be an ongoing challenge for many families, Parenting Focus is delighted to be working in partnership with the Summerhill Foundation to provide practical support and information to parent groups across the region.

We are offering host centres the opportunity to provide a 4 week x 2 hour programme to support their local families with information, tips and strategies focussed around 4 key themes:

1. **Nutrition and Healthy Eating**
2. **Taking Care of the Pennies**
3. **Making Ends Meet Physical &**
4. **Emotional Wellbeing**

- The programmes can be delivered daytime or evening depending on the needs and requirements of the parent group
- We ask that centres recruit a minimum of 10 parents to take part in the programme
- Parenting Focus can create a promotional poster to support awareness raising in your local area
- Parents that complete all 4 sessions of the programme will receive a certificate and **£20 gift voucher** to celebrate their success and commitment to attending

If you would like to find out more or explore the potential of hosting a programme then please get in touch with Kelly Barbour via [kellyb@parentingfocus.org](mailto:kellyb@parentingfocus.org)



## ACT UP PROGRAMME

Aged 12-18 and have a diagnosis of ASD, Acquired Brain Injury, Physical disability or awaiting ASD assessment?

**CEDAR PROVIDE A FREE 10 WEEK PROGRAMME FOR GROUPS OF YOUNG PEOPLE FOCUSING ON PERSONAL DEVELOPMENT, HEALTH & WELLBEING AND SOCIAL SKILLS**

Groups can be in evening or we can come into schools /groups at a time that suits you.

**CONTACT NATASHA 07912046089 OR  
N.PEACOCK@CEDAR-FOUNDATION.ORG**



Family Support Ni in collaboration with The Parent Participation Service would love to hear your thoughts on the Family Support Ni website! If you have a few moments, please share your feedback by completing this quick survey. Thank you—we truly appreciate your time and insights!

You can access the survey by clicking [here](#).



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



### ASCERT launches NEW Courses | January - March 2025

ASCERT are delighted to launch 4 new training courses for 2025. They are:

**Complexities of Cannabis**—Participants will have a greater understanding of cannabis and its use, both recreational (illicit) and prescribed/medicinal.

**Understanding Synthetic Cannabinoids (Spice)**— This course will provide a more in-depth understanding of synthetic cannabinoid receptor agonists and semi-synthetic cannabinoids, their effects, risks/harms associated with their misuse, and harm reduction strategies. Participants should already have a basic knowledge of drugs and alcohol before completing this course.

**Understanding Vaping and Spice**— Participants will have a greater understanding of vaping as a route of administration for nicotine and illicit drugs, with a particular focus on the use of “spice”.

**Understanding the Use of Performance and Image-Enhancing Drugs:** Participants will have a greater knowledge around the types of performance- and image-enhancing drugs that can be used (e.g. anabolic-androgenic steroids, Melanotan II), the populations that may use them, and approaches to working more effectively with people who use these substances.

These courses are available EXCLUSIVELY within the statutory, community and voluntary sectors and you can book individually or for your team for FREE!

Each course can accommodate up to 15 people. Group bookings can be booked by emailing [training@ascert.biz](mailto:training@ascert.biz) and individual bookings by clicking the link next to the course you want to attend in this email.

# Breastival

This is the first of 2 free sessions for families expecting a baby



Are you an expecting parent?

## Creative Beginnings

Crafting your parenting plans.

Come along and join us for an evening of creative planning. What are your wishes for this journey? How will this new baby change your family dynamic?

Identify your support network and hear about what to expect in those early days and weeks of becoming a parent.

You do not need to be creative to join in. We have simple resources available and our team will be there to support you with your goals. Bring a member of your support system and we'll provide the rest.

Food and refreshments provided

multiple locations across NI



scan to register for free



# Breastival

This is the final of 2 free sessions for families with a new baby



Have you recently had a baby?

## let's chat

About your journey so far.

Come along and join us for a little pause as we discuss your journey into motherhood.

We'll print some of your favourite photographs and allow you space to process how your life has changed recently.

While you create a little memento of your baby's early days with other mums, you can reflect on your birth experience.

what went to plan?  
Is there anything that didn't?  
how are you, really?



scan to register for free

Refreshments and good buns provided

multiple locations across NI, if you would like to see this in your community we would love to hear from you





# Belfast Learning Festival

9 – 13 April 2025

Creating Connections – Take Time to Connect

Inspire, connect and make an impact with Belfast's biggest learning celebration!

## Introduction

The Belfast Learning Festival takes place from **Wednesday 9 April – Sunday 13 April 2025**.

This year the festival will showcase the theme of 'Creating Connections'. This aims to promote the idea that learning is a lifelong journey, encouraging individuals of all ages to 'Take Time to Connect' with new knowledge, skills and each other.

As a **UNESCO City of Learning**, the festival aims to showcase the vibrant learning community across Belfast by offering free learning experiences for all ages and interest levels. It's a chance to celebrate how learning brings us together and to inspire participation in lifelong learning across the city.

## How to get involved?

We're seeking the support of your organisation to make this possible by providing a new or existing event or activity.

- **Submit a planned or existing activity:** Do you offer learning activities throughout the year? Can your learning activities take place between 9 to 13 April? If so, share the details with us and they can benefit from increased awareness by being part of the festival programme.

To include your event in the festival, complete the attached form and return it to [belfastlearningcity@belfastcity.gov.uk](mailto:belfastlearningcity@belfastcity.gov.uk) by **31 January 2025**.

- **Apply for a small grant:** Need support to bring your event idea to life? We're offering a small grant scheme to help fund constituted, not-for-profit organisations deliver eligible events.

To request an application form and guidance notes, contact [communityplanning@belfastcity.gov.uk](mailto:communityplanning@belfastcity.gov.uk). The closing date for small grant applications is **12 noon, 20 December 2024**.

## Key requirements

Your event will be featured as part of the Belfast Learning Festival programme. Therefore, event hosts must satisfy the following requirements:

- Events must be **FREE** of charge.
- Events must be **OPEN** to the public.
- Events must be based in **BELFAST** and take place between 9 – 13 April 2025.

## Why get involved?

Being part of the festival will help your organisation:

- Raise its profile.
- Connect with new audiences.
- Showcase its support for lifelong learning.
- Make a difference.

Let's work together to make Belfast a place where everyone feels inspired to learn and grow.

We can't wait to see what exciting events you'll bring to this important celebration!

## Event Ideas

Examples of the types of events we want to include in the festival include:

**Cross Cultural Sessions:** Promoting understanding and cooperation among Belfast's diverse communities, using cultural exchange as a tool for connection.

**Intergenerational Learning:** Bringing together different generations to share skills and knowledge, promoting mutual understanding across age groups.

**Community Led Workshops:** Encouraging citizens to share skills and knowledge on various areas from cooking, nutrition, men's sheds etc.

**Book Clubs and Discussion Groups:** Facilitating discussions on selected books/topics, encouraging diverse perspectives and deeper understanding, using literature as a tool for connection and learning.

**Storytelling Sessions:** Local storytellers sharing Belfast's heritage and folklore, using stories to connect generations and communities.

**Collaborative Art Projects:** Bringing people together to create shared pieces, using creativity as a means of connecting and learning from one another.

**Performances and Exhibitions:** Highlighting the role of the arts in connecting people.

**Experiments and Demonstrations:** Showcasing how scientific inquiry connects us to the world around us.

**Hackathons and Problem-Solving Challenges:** Encouraging participants work in teams to solve real world problems, learning through team-work and innovation.

**Tours:** Focusing on the city's history, culture and innovation, highlighting how connecting with the past informs present learning e.g., museums, galleries etc.

**Networking Seminars:** Using professional and social networks to enhance learning and career opportunities. Bringing together community voluntary, statutory and public sector to share ideas and best practices and learn for the city's future.

**Public Speaking and Presentation Skills:** Helping participants develop new skills, enhance confidence and effectiveness in verbal communication.

**Digital Literacy for Connection:** Sessions on improving digital skills for all ages, emphasising online safety, social media literacy and digital collaboration tools.

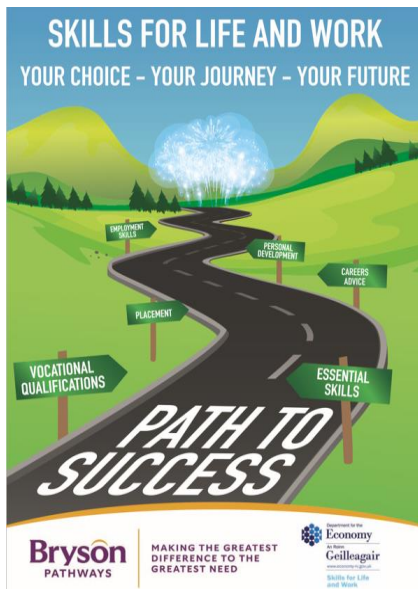
**Personal Development workshops:** Connecting with oneself via mindfulness/ health and fitness classes/ wellbeing/relaxation developing your personal creative expression.

## Join Us Today

Submit your idea by returning the event submission form to [belfastlearningcity@belfastcity.gov.uk](mailto:belfastlearningcity@belfastcity.gov.uk) by **31 January 2025**.

### Grant Support

Need support to bring your event idea to life? We're offering a small grant scheme to help fund constituted, not-for-profit organisations deliver eligible events. To request an application form and guidance notes, contact [communityplanning@belfastcity.gov.uk](mailto:communityplanning@belfastcity.gov.uk). The closing date for small grant applications is **12 noon, 20 December 2024**.



**Are you 16/17?  
A school leaver?**

**Train for Success in:**

- Bricklaying
- Business Administration
- Childcare
- Joinery
- Retail
- Health and Social Care
- IT
- Hairdressing
- Playwork
- Catering

**Benefits:**

- £70 Joining Bonus
- £40 weekly EMA and Travel Allowance (Benefits are not affected)
- Bonuses
- "Bring a Friend" Incentive
- Health and Well Being Support
- Trips and Activities
- Employment Opportunities
- Emergency Help with Utility Bills and Food
- Protective Clothing
- Tools and Equipment
- Free Personal Hygiene Products
- Lunch Club

**Find us at**

The ABC Hub 40-42 Ardoyne Avenue Belfast BT14 7DA	Stockman House 39-43 Bedford Street Belfast BT2 7EE	Unit 1C Altona Business Park Altona Road Lisburn BT27 5QB
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**Bryson PATHWAYS** 02890438211  
www.brysonpathways.org

## Bryson PATHWAYS

### To Net Zero

▶

Do you own your own home?

▶

Is your annual household income less than  
£28,000 Single person household  
£35,000 Couple / Single parent family?

▶

Do you have an old or broken electrical appliance?

Bryson Pathways can offer intensive support and measures to help you overcome barriers to energy efficiency in your home.

This scheme involves face-to-face, in-home individually tailored behavioural advice and support to reduce energy usage and improve efficiency and home-owner understanding.

Practical low energy measures will be available, along with the replacement of inefficient electrical appliances.

To find out more contact us at:  
[advice@brysonpathways.org](mailto:advice@brysonpathways.org)

**Making the Greatest Difference to the Greatest Need**  
Bryson Pathways is managed and operated by Bryson Energy

## Bryson PATHWAYS

### To Heating & Insulation

▶

Do you own your home?  
Or  
Do you rent from a private landlord?

▶

Is your annual household income less than  
£28,000 Single person household  
£35,000 Couple / Single parent family?

▶

Do you have a broken boiler or pump?  
Or  
Old boiler over 15 years old?

▶

Do you need insulation in your home?

Bryson Pathways can offer support and measures to help you overcome barriers to effectively heat and insulate your home. This scheme and any work involved is completely free to the householder.

To find out more contact us at:  
[advice@brysonpathways.org](mailto:advice@brysonpathways.org)

**Making the Greatest Difference to the Greatest Need**  
Bryson Pathways is managed and operated by Bryson Energy

# Regional Trauma Network



## Lunch 'n' Learn

**Free 40 min training sessions**

13:00 - 13:40

Fortnightly on Tuesdays

### SBNI Trauma Informed Organisational Toolkit Series

- 14/01/25 SBNI Trauma-Informed Toolkit: Overview
- 28/01/25 Learning & Development / Workforce Wellbeing
- 11/02/25 Environment / Policy & Practice
- 25/02/25 Resourcing / Leadership
- 11/03/25 Evaluation & Sustainability / Working Together
- 25/03/25 Lived Experience & Involvement / Continuous Improvement

\*1 hour CPD awarded if attend full session and read materials sent afterwards  
Certificate provided if you supply details in Poll or Chat **by 13:10.**

#### Zoom Details:

Meeting ID: 881 4815 4726

Passcode: 123456

<https://setrust-hscni-net.zoom.us/j/88148154726>

**No need to book, just log in!**



For more information, contact:

**Dr Alison McKenna**  
alison.mckenna@setrust.hscni.net  
or **Dr Paul Gallagher**  
p.gallagher@wavetrauma.org  
or **Orla Connolly**  
orla.connolly@hscni.net

## Youth@CLC Are Looking for New Members for 2025 – Children's Law Centre

Youth@CLC Are Looking for New Members for 2025  
03 January 2025

**The Children's Law Centre (CLC) has opened expressions of interest for 14 – 18 year olds to join our youth advisory panel Youth@CLC. The youth panel will be co-ordinated by Julie Graham, CLC's new Youth Participation and Advocacy Worker. Julie has joined CLC as part of the *Rights Here, Right Now – Empowering Young People to Know Their Rights* project funded by The National Lottery's Community Fund.**

**[Register Your Interest](#)**

## [Fuel Poverty and the Just Transition | Department for Communities](#)

The Fuel Poverty and Just Transition Project have been established to provide a Long-Term Framework for Addressing Fuel Poverty in Northern Ireland. Alleviating Fuel Poverty will have a positive impact on both mental & physical health, especially for more vulnerable populations. The Consultation will run from 12th December 2024 until 6th March 2025 with stakeholder engagement will be held in early 2025, both in face-to-face and online.

## [Consultation on a new Fuel Poverty Strategy for Northern Ireland | Department for Communities](#)



**Public Health Agency Stress Control Classes** are running in January and February 2025. The classes will teach you skills to fight stress and topics include what stress it, controlling your thoughts, actions, and techniques to get a good night's sleep. Please click the link below to find out more.

## [Home - Stress Control](#)

Videos

Session	Time	Status
Session 1	9 am Monday	What is Stress? and First Aid
Session 2	9 am Monday	Controlling Your Thoughts
Session 3	9 am Monday	Controlling Your Thoughts
Session 4	9 am Monday	Controlling Your Thoughts
Session 5	9 am Monday	Controlling Panicky Thoughts
Session 6	9 am Monday	Wellbeing, Tying it All Together

Stress Control Session One: 9am Monday 6th January (627 views • 4 days ago)

Stress Control Session Two: 9am Monday 13th January (Premieres 13/01/2025, 09:00)

Stress Control Session Three: 9am Monday 20th January (Premieres 20/01/2025, 09:00)

Stress Control Session Four: 9am Monday 27th January (Premieres 27/01/2025, 09:00)

Stress Control Session Five: 9am Monday 3rd February (Premieres 03/02/2025, 09:00)

Stress Control Session Six: 9am Monday 10th February (Premieres 10/02/2025, 09:00)



[Children's Symptom Checker | Belfast Health & Social Care Trust website](#)

**Before attending the Children's Emergency Department, we ask parents to use this symptom checker. It will guide you on the best course of action for your child's condition.**

**If your child is feeling unwell, you can use our symptom checker to gain a better understanding of what might be happening and where to get treatment. This will help ensure your child receives the most appropriate care in the right place, at the right time, from the most appropriate team.**