

# Ards & North Down and Down CYPSP Locality Planning Group Newsletter

86th edition Feb. 2026

## Fortnightly News

Welcome to the Children's Mental Health Week edition of the Fortnightly News; for Children and Young People's services, and Families, across the Down and Ards & North Down Locality Planning Groups. Please check out all the new services and free training courses. For more on Locality Planning Groups please search;

[Children and Young People's Strategic Partnership \(CYPSP\)](#)

If you wish to advertise any upcoming programmes or activities or good news stories, please see the guidance on the back page.

Don't forget to share with your contacts ☺

[Noelle.Hollywood@setrust.hscni.net](mailto:Noelle.Hollywood@setrust.hscni.net)

Mobile number 07872422101

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# CHILDREN'S MENTAL HEALTH WEEK

February 9th-15th 2026



Emotional Wellbeing Team in Schools  
(EWTS)  
A programme of Support for Post Primary Schools





South Eastern Health  
and Social Care Trust



# DOWNPATRICK NEURO CAFÉ

Join us for an Information and Support event for parents and carers of children with Autism and ADHD and those awaiting assessment.



## The event will include:

Information stalls with representatives from statutory and community organisations

Interactive workshops for parents/carers will be available on a first come, first served basis

Light refreshments



Friday 27 February 2026



10am- 12 noon



SERC Downpatrick Campus, Market Street,  
Downpatrick, BT30 6ND

If you require any further information contact Niall on  
07971 334 537 or Noelle on 07872 422 101.

We are looking forward  
to hosting our next  
Neuro Café in  
Downpatrick SERC on  
Friday 27<sup>th</sup> Feb 10-12

SOUTH EASTERN HEALTH &  
SOCIAL CARE TRUST  
WELCOMES YOU TO

*Save  
THE  
Date*  
FOR

Stronger Together: An Information Day  
for Children with Additional Needs

Featuring stalls and presentations from a variety of  
statutory, community, voluntary and independent  
sector agencies



THURSDAY

19

MARCH

9.30AM-3.30PM

LA MON HOTEL & COUNTRY CLUB  
GRANSHA ROAD, COMBER

*Lunch & Light refreshments provided*



**JOIN  
US!**

RSVP TO SARAH JOHNSTON  
T: 07816 083873  
E: SARAH.JOHNSTON2@SETRUST.HSCNI.NET



South Eastern Health  
and Social Care Trust

# Aware NI - FREE Mental Health Courses - February and March 2026



**FREE Mental Health Courses – February & March 2026**

# THINK BEFORE YOU CLICK

PAUSE. CHECK. PROTECT.



SAFER INTERNET DAY 2026



CLICK ON THE LINKS BELOW

Online Safety Hub

CLICK HERE

PSNI - Keeping Children Safe Online

Link

Need To Report Online Abuse?

CLICK HERE

Educational Resources

Link

Safer Schools NI

Click!

Safer Internet Day 2026 quiz

Take The Quiz



Emotional Wellbeing Team in Schools  
(EWTs)  
A programme of Support for Post Primary Schools

To access some information and support on wellbeing, visit the Youth Wellness Web



Help, advice and resources for 11-18 year olds

CLICK HERE



To view some examples of resources created by the Emotional Wellbeing Team in schools, scan the QR code





The Department of Education is undertaking a consultation on its draft **Attendance Matters Strategy** and has organised a series of consultation events across February and early March.

Details of the events and the consultation are available at the link below, where those interested in attending can register for tickets via Eventbrite.

<https://www.education-ni.gov.uk/articles/school-attendance>



# PARENTING PROGRAMME SHOWCASE 2026: NEURODIVERSITY

A photograph of a child's legs and feet. The child is wearing colorful, patterned socks in shades of red, orange, yellow, green, blue, and purple. They are sitting on a light-colored wooden floor. In the background, there is a white chair and some other furniture.

**SAVE THE DATE:**

**March 31<sup>st</sup> 2026**  
**10am-12pm**  
**Online via Zoom**

Register by [clicking here](#) for the link, or  
scanning the QR code



# Peace of Mind

Inspire Wellbeing



The **PEACE of Mind** is a regional personal development programme delivered across a six-week period and is designed to enhance the emotional resilience and wellbeing of young people.

Inspire's delivery of the programme is now open to applications for 14-25 year olds considered marginalised or at risk.

The programme is delivered over 6 sessions, each focusing on a key area of personal development - starting in Sept 2025.

CONTACT [PEACEOFMIND@INSPIREWELLBEING.ORG](mailto:PEACEOFMIND@INSPIREWELLBEING.ORG) FOR AN APPLICATION FORM.

Please scan the QR code for more information





**The Changing Lives Initiative: Flourish & Thrive offers early supports to parents\* of children who may be neurodivergent and experience the world in their own unique way— including those with or without a diagnosis of ADHD, Autism, or other neurodevelopmental differences.**

**We offer a range of interventions to parents including workshops, short programmes, on-line supports and longer evidence-based parent programmes. When you register an interest, our team will match you with the most suitable interventions to meet your needs. Please scan QR code for more information.**





**OUR Generation is a project supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).**

**PEACEPLUS is managed by the Special EU Programmes Body (SEUPB) and represents a funding partnership between the European Union, the Government of the United Kingdom of Great Britain and Northern Ireland, the Government of Ireland and the Northern Ireland Executive.**

OUR Generation is a partnership led by Action Mental Health, which aims to empower and invest in our young people. Bringing together the expertise of nine partner organisations, the project is committed to delivering impactful initiatives under the PEACEPLUS Programme's specific objective of 'Youth Mental Health and Wellbeing.' Scan the QR code for more information, or download the APP.

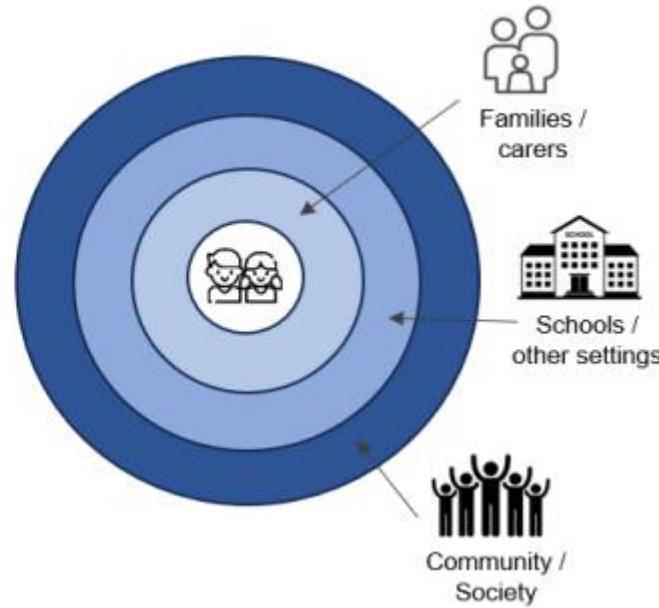
The RAISE programme is a whole community and place-based approach in localities across Northern Ireland to support the Department of Education's vision that “every child is happy, learning and succeeding”. It helps to deliver on the mission, set by the report ‘A Fair Start’, to ensure all children and young people regardless of background are given the best start in life. Please scan the QR code to hear more about RAISE in the SEHSCT area.



Children and young people are at the centre of a place-based and whole community approach to education.

This means local partnerships of **schools, communities and families/carers** helping children and young people to be happy, learning and succeeding.

This will promote inclusion and equality of opportunity, enabling more to fully develop their potential, increase their attainment and improve life chances.



# DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022  
Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory at time of print, we do not accept any responsibility or liability for any errors or omissions. We accept that you may directly contact providers that their service or organisation meets your requirements rather than any specific organisation or service mentioned by name or otherwise this does not necessarily constitute or imply any endorsement or recommendation by HSCNCTs or PHS or that organisation or service.

This publication can also be downloaded from [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



## Services for Adults

### MARC Project

Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.

### The Link

Tel: 028 9182 1124

### South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

### Open Access/Self Referrals Accepted

### Simon Community

Tel: 074 3575 4302  
 Tel: 074 3575 4304

### Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

### Open Access/Self Referrals Accepted

### Dunlewey Addiction Service

Tel: 028 9039 2547

### Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

### GP & Mental Health Professional Referrals

### SEHSCT

Tel: 028 9151 2159 (Newtownards)

Tel: 028 9266 8607 (Lisburn)

Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

### Addiction Service Referrals

Ward 15, Downshire.

Tel: 028 4451 3923

For more detailed information on services available in your HSC area visit:  
[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



"Addressing drugs and alcohol together"

## Young People/Family

### Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

### Open Access

**Extern (based in Bangor YMCA)**  
 Tel: 028 9145 4290

### Targeted Lifeskills Service

Drop-in/out programmes for young people, aged 11-25, focused on skills and harm reduction.

### LYMCA

Tel: 028 9267 0918

### Steps to Copel / Hidden Harm

For young people aged 11-25 who have been impacted by parental substance use and mental health problems.

### Open Access/Self Referrals Accepted

### ASCERT

Tel: 0800 2545123  
 [www.stepstocope.co.uk](http://www.stepstocope.co.uk)  
 [stc@ascert.biz](mailto:stc@ascert.biz)

### DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

### Open Access/Self Referrals Accepted

### Start 360 & ASCERT

Tel: 028 9043 5815

### Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

### Social Services/Addiction Services Referrals

### Barnardos

Tel: 028 9065 3470

### DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

### GP/CAMHS Referrals

### BHSCST DAMHS

Tel: 028 9615 0033

## Specific Groups

### Needle and Syringe Exchange Sites

#### Clear Pharmacy

5 Church Street, Bangor

Tel: 028 9127 1820

#### Condor's Pharmacy

35-37 Market Street, Downpatrick

Tel: 028 4461 2014

56 Rose Street, Lisburn

Tel: 028 9267 4747

2a Regent Street, Newtownards

Tel: 028 9181 3217

### South Eastern Outreach Team

Tel: 074 357 54302

Tel: 074 357 54304

### Group Support

Call or go online to find a meeting near you:

#### Alcoholics Anonymous

12 Step Programme/Group Meetings

Tel: 028 9035 1222

[www.alcoholics-anonymous.ie](http://www.alcoholics-anonymous.ie)

#### Alanon

Group Support for Family Members

Tel: 028 9060 2368

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

#### Atateen

Group Support for Teenagers

Tel: 028 9068 2368

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

#### Narcotics Anonymous

12 Step Programme/Group Meetings

Tel: 0300 365 1010

[www.na-northernireland.org](http://www.na-northernireland.org)

### Community/Stakeholder Support

#### South Eastern Drug and Alcohol Coordination Team/Connections Service (SEDACT Connections)

The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

Tel: 0800 254 5123 (ASCERT)

[www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)

[connections@asact.info](mailto:connections@asact.info)

### Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

#### ASCERT

Tel: 0800 254 5123

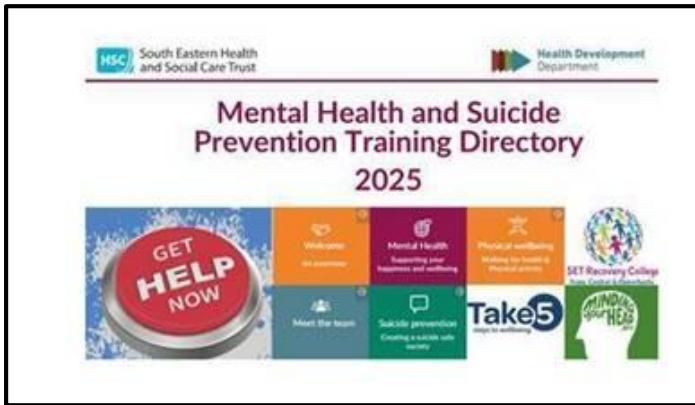
In Crisis?  
Call Lifeline

FREE 24/7 HELPLINE  
0808 808 8000

For more information scan the QR code or search;

[www.DrugsAndAlcoholNI.info](http://www.DrugsAndAlcoholNI.info)





## **SEHSCT MENTAL HEALTH AND SUICIDE PREVENTION TRAINING CALENDAR 2025/26**

We are delighted to enclose our Mental Health and Suicide Prevention training calendar

Please click on the link below to access:

<https://setrust-hscni.pagetiger.com/mh-training/version1>

You will find a range of self-help guides on page 2. These are an excellent source of information and useful for sharing.



**Thriving  
Mind.**

RESOURCES FOR WELLBEING

‘Thriving Mind’ is the ASCERT, Health Improvement in the Western Trust, and Health Development in the South Eastern Trust, supported by the Public Health Agency working together to bring tools and resources to improve well-being.

Please Scan the QR code for more information





## The King's Trust Newsletter

Northern Ireland, February 2026

We have so many great courses for young people aged 16-30 to get involved in.

**Courses are free** and give people the tools to build their confidence, find a job or start their own business.

Did you know? We **reimburse travel costs** for all our courses and can also support with **childcare costs**

[Upcoming courses from The King's Trust](#)



## Want to make a lasting difference in children's lives in your community? Volunteer to become a Roots of Empathy Instructor!



Do you love working with children? Are you a good listener and want to help children have better relationships, friendships, and mental health? The charity Roots of Empathy is searching for volunteers to become Roots of Empathy Instructors. Volunteer Instructors can be parents with time to give back or from a variety of backgrounds such as education, health care and more. You'll help us, "Change the world, child by child."

### What is the Roots of Empathy program?

Roots of Empathy is an evidence-based, award-winning classroom program that has shown significant effect on elementary school children in reducing levels of aggression, including bullying, while raising social and emotional competence and increasing empathy. The program is centred around a parent and baby's loving relationship, with a Roots of Empathy Instructor guiding a discussion with children, encouraging them to read a baby's emotional cues and take the baby's perspective.

*"I am always amazed at how the children are able to reflect on the feelings of the baby. They never want to do anything that might upset the baby. The class is reminded that we have to treat each other in the same way. No one likes to have their feelings hurt and when the children realize that treating a baby is the same as treating each other, it really affects how they respond to challenging situations in a positive way."*  
~ Volunteer Roots of Empathy Instructor

### What is involved in becoming a Roots of Empathy Instructor?

- Instructors attend a 3-day in person training on delivering the program in the Fall of 2023. A fourth day of training will be scheduled midway through the school year.
- Programs are delivered by the trained Instructor in their local community school starting in the fall and going to the end of the school year. We have volunteer Instructors that have been delivering for over 10 years!
- All new Instructors are matched with a Mentor who will support them in and out of the classroom. Also, volunteer Instructors are provided Professional Development workshops and e-learning opportunities through our Virtual Training Institute.
- All candidates are encouraged to find out more information about participating (see below) and to apply, however experience with children is an asset.

### FOR MORE INFORMATION AND TO APPLY:

CONTACT: Noelle Hollywood

[Noelle.hollywood@setrust.hscni.net](mailto>Noelle.hollywood@setrust.hscni.net)

07872422101

### OR VISIT:

<https://rootsofempathy.org/instructors/>

We are pleased to be rolling out the Roots of Empathy programme across the South Eastern Trust area; for more information; Please contact Noelle Hollywood

[Noelle.Hollywood@setrust.hscni.net](mailto>Noelle.Hollywood@setrust.hscni.net)

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

For Parents by Parents



Feb 2025



We, as parents, have worked closely with statutory, community and voluntary services to develop this resource from US 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. We cannot promise that this resource will meet every need of every parent but we have tried to produce an inclusive guide as best possible.

[https://cypsp.hscni.net/  
download/428/your-  
journey-  
guide/40669/your-  
journey-disability-  
guide.pdf](https://cypsp.hscni.net/download/428/your-journey-guide/40669/your-journey-disability-guide.pdf)

# A Teenager's Guide to ADHD

Information Guide and workbook  
for teenagers living with ADHD

[https://www.adhdfoundation.org.uk/wp-  
content/uploads/2023/05/ADHD\\_TeenagerBooklet\\_London.pdf](https://www.adhdfoundation.org.uk/wp-content/uploads/2023/05/ADHD_TeenagerBooklet_London.pdf)



Call us - 0151 541 9020

Follow us





## View Our Training Courses

We provide an extensive range of training opportunities. Here you can see all the training courses we have available, and book your place on these through our online registration system.

**Drug and Alcohol**

**Suicide Prevention**

**Specialist courses**

<https://www.ascert.biz>

23 Bridge Street, Lisburn,  
Northern Ireland BT28 1XZ

## GET IN TOUCH

We are always here to help and have a wide range of training services and supports. If you have any questions don't hesitate to ask us using the contact information below.

**T: 0800 254 5123**

# Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents

Residents of NORTHERN IRELAND

In paid partnership with:



Use Access Code  
**NIFAMILIES**

For information on other parenting support please scan QR code



## Mental health helplines

(UK wide<sup>†</sup>, all free of charge<sup>\*</sup>)



Available 24/7

**Call 111**



**Call 116 123**

Available 24/7



**Text 'SHOUT' to 85258**

Available 24/7



**Call 0800 1111**

Available 24/7, for under 19s



**Call 0300 102 1234\***

Available 9am to 6pm, Monday to Friday<sup>†</sup>

*Follow us on;*

[www.facebook.com/ArdsCommunityNetwork](https://www.facebook.com/ArdsCommunityNetwork)

**Ards Community Network**

**Ards Community Network Centre**

**43-45 Frances Street**

**Newtownards**

**BT23 7DX**

**Tel: 02891 814625**

**Email: [info@ardscommunitynetwork.com](mailto:info@ardscommunitynetwork.com)**

**[www.ardscommunitynetwork.com](http://www.ardscommunitynetwork.com)**



ACTIVITIES TRIPS  
ART FRIENDSHIP VR  
GAMING DICE FUTURES 10-15 YR OLDS  
COOKING LEADERSHIP SPORTS

# DICE FUTURES YOUTH CLUBS

**MONDAY**  
**BREEZEMOUNT 6.30-8.30PM @ GREEN RD COMMUNITY CENTRE**

**TUESDAY**  
**BLOOMFIELD 6.30-8PM @ BLOOMFIELD PRIMARY SCHOOL  
(FOR BLOOMFIELD PUPILS ONLY)**

**CLANDEBOYE 7-9PM @ CLANDEBOYE VILLAGE HALL**

**WEDNESDAY**  
**WHITEHILL 6.30-8.30PM @ SKIPPERSTONE COMMUNITY CENTRE**

**THURSDAY**  
**CONLIG 6.30-8.30PM @ CONLIG COMMUNITY CENTRE**

**FRIDAY**  
**CLANDEBOYE 7-9PM @ CLANDEBOYE VILLAGE HALL**

TEL: 02891 461386  
EMAIL: [MANAGER@NDCN.CO.UK](mailto:MANAGER@NDCN.CO.UK)  
@ DICE\_BANGOR  
[WWW.NDCN.CO.UK/YOUTH-PROGRAMMES](http://WWW.NDCN.CO.UK/YOUTH-PROGRAMMES)

NDCN

COMMUNITY FUND



**Children Helping Children Choir**  
Approximately 100 young people from 18 schools took part in the Children Helping Children Choir Peace IV funded Project. This cross community programme provided an opportunity for young people to meet and engage with people from different community backgrounds. The children not only sang together but also learned about each other's culture, identity and built long-lasting relationships. After numerous meetings and rehearsals, the choir group came together and recorded a DVD to raise awareness of the local children's cancer charity, Daisy Lodge.

Check out the [www.family supportni.gov.uk](http://www.family supportni.gov.uk) website, making it easier for people in NI to find out about family support services and ALL REGISTERED childcare providers in NI

Childcare Providers, as services continue to re-open, please check your details are correct and up-to-date

(Quick Tip: Type name into Keyword Search in 'Childcare' Section)

Do you have vacancies? Have you indicated other offerings for parents looking for childcare?

Send additions / amendments to [info@family supportni.gov.uk](mailto:info@family supportni.gov.uk)

Latest COVID-related information available via dedicated COVID Information Section

## Family Support Hub Service

The Family Support Hubs provide early intervention family support services to vulnerable families and children aged 0-17. A Family Support Hub is a multi-agency network of statutory, community and voluntary organisations that either provide early intervention services or work with families who need early intervention services. The Hub accepts referrals for families who need early intervention family support and uses their knowledge of local service providers to signpost families with specific needs to appropriate services. The Hub also has a number of contracts with voluntary/community organisations who provide support on their behalf.

The specific purpose of Hubs is as follows -

- a. To improve access to early intervention family Support services by matching the needs of referred families to family support providers
- b. To improve co-ordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers
- c. To improve awareness of early intervention family support services

The Hubs look at the needs of families and work to match families' needs to the best possible service or services that can help.

The Hubs cover all of South Eastern Trust area. Please scan QR code for a referral form.



**Jayne McKillen**  
**Family Support Co-ordinator (Trustwide)**  
**Laganside House**  
**Lagan Valley Hospital**

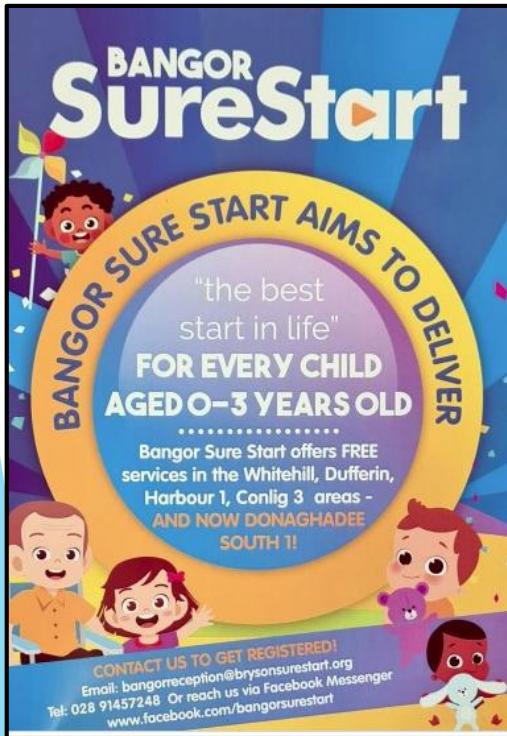
**For any queries please contact:**

**Direct Dial: 028 92 501357**

**[familysuporthubs@setrust.hscni.net](mailto:familysuporthubs@setrust.hscni.net)**

If you'd like some further information on the services, programmes or advice we offer, send us a message and we'll do our best to answer any questions you have.

5-7 Mount Crescent  
Downpatrick  
Co. Down  
BT30 6AF  
[028 44 613 630](tel:02844613630)  
[down.surestart@setrust.hscni.net](mailto:down.surestart@setrust.hscni.net)  
[www.downsurestart.org](http://www.downsurestart.org)



**BANGOR SureStart**

**BANGOR SURE START AIMS TO DELIVER**

"the best start in life" **FOR EVERY CHILD AGED 0-3 YEARS OLD**

Bangor Sure Start offers FREE services in the Whitehill, Dufferin, Harbour 1, Conlig 3 areas - **AND NOW DONAGHADEE SOUTH !!**

CONTACT US TO GET REGISTERED!  
Email: [bangorreception@brysonsurestart.org](mailto:bangorreception@brysonsurestart.org)  
Tel: 028 91457248 Or reach us via Facebook Messenger  
[www.facebook.com/bangorsurestart](http://www.facebook.com/bangorsurestart)

# SureStart 0-3yrs



**SureStart Ards** are excited to announce the launch of our new webpage with lots of information and fun activities for families and children.

Make sure to visit at: [www.surestartards.com](http://www.surestartards.com)

The image shows a screenshot of the SureStart Ards website. The header features the 'HSC' logo and the text 'South Eastern Health and Social Care Trust'. Below the header is the 'SureStart Ards' logo, which consists of a cluster of colorful handprints in various colors (red, blue, green, yellow, orange). The main content area of the website is visible, showing sections for 'Welcome to SureStart Ards', 'Baby & Toddler Groups', 'Health Visiting', 'Food & Nutrition', 'Early Years', 'Health & Wellbeing', and 'Community & Volunteering'. Each section has a brief description and a small image.

# The Power to Change

**You have it. They have it. We all have it. The Power to Change.**

This is the strapline of a new campaign launched today in collaboration with the Department of Justice and the Executive Office.

Men and boys across Northern Ireland are being asked to check and change their attitudes, beliefs and behaviours towards women and girls. Challenge their peers and have the confidence to step in safely to put a stop to behaviour that might put their friends at risk of offending.

Change is needed now.

The campaign will highlight two important elements:

**Challenging attitudes & behaviours** – calling on men to consider their responsibility and how their actions affect others.

**“Active Bystanders”** – empowering men and the wider community with the knowledge and skills to safely intervene when they see someone carrying out inappropriate actions or making unwanted comments.

A series of graphics and four scenario based videos will showcase from 29th January on social media through targeted ads aimed at men and boys. It will also be visible in local communities on buses, in washrooms of hospitality venues, digital posters, billboards and across the entire police estate.

A dedicated website has been developed to support this campaign:

<https://powertochange.info/>

**CAMPAIN KEY MESSAGES**

Inappropriate behaviours can include:

**OUT IN PUBLIC**

- Sexist comments or gestures on the street, in a bar or on public transport
- Staring at someone
- Not respecting someone's personal space
- Pesterig someone about their sex life
- Unwanted sexual attention of any kind including asking for sex
- Walking after someone on the street
- Unwanted touching of any kind

**AT WORK OR SCHOOL**

- Inappropriate comments – flirting, gestures or touching
- Repeated pressure to go out on a date or be your girlfriend/boyfriend

**ONLINE**

- Making unwanted comments on social media
- Sending sexual messages to someone that you don't know are actually wanted
- Putting pressure on someone to send a picture of themselves

**AT HOME**

- Making sexist remarks or jokes of a sexist nature
- Being condescending to your partner

PowerToChange.info

f x y in

Home Start Ards, Comber, Peninsula  
9 Cuan Gardens, Greyabbey,  
Newtownards, BT22 2QG  
028 4278 8369  
[hello@homestartacapa.org.uk](mailto:hello@homestartacapa.org.uk)  
Websites  
<http://www.homestartacapa.org.uk/>  
Follow us on Facebook



Homestart North Down  
Contact;  
07949 347198  
[admin@homestartnorthdown.org.uk](mailto:admin@homestartnorthdown.org.uk)  
Follow us on Facebook

Home-Start Down District (Ballynahinch)  
10b Lisburn Street  
BALLYNAHINCH  
BT24 8BD  
Telephone: 028 9756 3006  
Email: [ballynahinch@homestartdd.org](mailto:ballynahinch@homestartdd.org)  
Follow us on Facebook

The **Safer Schools NI** App contains contextual safeguarding information, advice and guidance, researched and written by online safeguarding experts. It's interactive, with engaging content which is easy-to-access, simple to understand and intuitive to use.

We provide contemporary, credible and relevant content and resources for your entire school community. The **Safer Schools NI** App is updated with the latest news and alerts as-and-when they happen so you'll also be in the know, in the here and now.

This App is designed to be a one-stop-shop for accessing essential safeguarding information, advice, and guidance. It's a reference point you can turn to any time, right there on your phone!



For more information search;  
[www.eani.org.uk](http://www.eani.org.uk)

# Routine childhood immunisations

When to immunise	Diseases protected against	Vaccine given	Immunisation site*
Two months old	Diphtheria, tetanus, pertussis, polio, Haemophilus influenzae type b [Hib] and hepatitis B (6 in 1)	DTaP/IPV/Hib/HepB (Infanrix hexa)	Thigh
	Rotavirus	Rotavirus (Rotarix)	By mouth
	Meningococcal group B disease (MenB)	MenB (Bexsero)	Left thigh
Three months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (6 in 1)	DTaP/IPV/Hib/HepB (Infanrix hexa)	Thigh
	Pneumococcal disease	PCV (Prevenar 13)	Thigh
	Rotavirus	Rotavirus (Rotarix)	By mouth
Four months old	Diphtheria, tetanus, pertussis, polio, Hib and hepatitis B (6 in 1)	DTaP/IPV/Hib/HepB (Infanrix hexa)	Thigh
	Meningococcal group B disease (MenB)	MenB (Bexsero)	Left thigh
	Measles, mumps and rubella [German measles]	MMR (MMR VaxPRO <sup>®</sup> or Priorix) <sup>®</sup>	Upper arm or thigh
Between 12 and 13 months old - within a month of the first birthday	Pneumococcal disease	PCV (Prevenar 13)	Upper arm or thigh
	Hib/Meningococcal group C disease (MenC)	Hib/MenC (Menitorix)	Upper arm or thigh
	Meningococcal group B disease (MenB)	MenB (Bexsero)	Left thigh
	Influenza (from September)	Flu nasal spray (Fluenz) (annual) <sup>1</sup> (if Fluenz unsuitable, use inactivated flu vaccine)	Nostrils (Upper arm)
Three years four months old or soon after	Diphtheria, tetanus, pertussis and polio	DTaP/IPV (Boostrix IPV or Repevax) <sup>2</sup>	Upper arm
	Measles, mumps and rubella	(MMR VaxPRO <sup>®</sup> or Priorix) <sup>®</sup> (check first dose has been given)	Upper arm
Girls and boys aged 12 to 13 years	Conditions caused by human papillomavirus including cervical cancer (in girls) and cancers of the mouth, throat, anus and genitals (in boys and girls) and genital warts.	HPV (Gardasil 9) (one dose)	Upper arm
Around 14 years old	Tetanus, diphtheria and polio	Td/IPV (Revaxis), and check MMR status	Upper arm
	Meningococcal groups ACWY disease [MenACWY]	MenACWY (MenQuad, Nimenrix or Menveo) <sup>2</sup>	Upper arm

## Immunisations for at-risk children

At birth, 1 month old, and 12 months old	Hepatitis B	HepB (Engerix B or HBvaxPRO) <sup>2</sup>	Thigh
At birth	Tuberculosis	Bacillus Calmette-Guerin (BCG) vaccine	Upper arm (intradermal)
Six months up to two years	Influenza	Inactivated flu vaccine	Upper arm or thigh
Over two up to less than 18 years	Influenza	Flu nasal spray (Fluenz) <sup>1</sup> (if Fluenz unsuitable, use inactivated flu vaccine)	Nostrils (Upper arm)

\* Where two or more injections are required at once, these should ideally be given in different limbs. Where this is not possible, injections in the same limb should be given 2.5cm apart. For more details see Chapters 4 and 11 in the Green Book. All vaccines are given intramuscularly unless otherwise stated.

<sup>1</sup> Contains porcine gelatine.

<sup>2</sup> Where two or more products to protect against the same disease are available, it may, on occasion, be necessary to substitute an alternative brand.



PARENTS & CAREGIVERS | PRACTITIONERS | ABOUT US | NEWS | CONTACT US

# WEBSITE NOW LIVE!

- Check out Help Kids Talk website for:
- helpful tips and advice
- booking details for free monthly training
- access to informative bitesize sessions
- latest news and events

[www.helpkidstalk.co.uk](http://www.helpkidstalk.co.uk) 



**Regional Integrated Support for Education NI (RISE NI)** is an early intervention service. Our aim is to help children enjoy, achieve, and learn to the best of their ability in school.

RISE NI supports children in mainstream schools by working closely with parents and education staff to help children develop the foundation skills for learning.

**The multidisciplinary team supports children by:**

- Working alongside the teacher in the classroom for whole class, small group or individual programmes
- Providing training to teachers to help them support pupils learning and development
- Supporting parents

**The Team:**

**• Team Co-ordinator**

**• Behaviour Therapists** – help children to develop and manage themselves in relation to their emotions, behaviour and self confidence

**• Dietitian** – helps to promote healthy eating choices

**• Physiotherapists** – encourage the development of movement, balance and co-ordination skills

**• Occupational Therapists** – help children develop their attention, fine motor (including handwriting), organisation and co-ordination skills

**• Social Workers** – support parents and children by providing advice and information to access appropriate services

**• Speech and Language Therapists** – help children develop their listening, understanding and expression of spoken language and speech sounds

**• Psychologists** – help children develop and maintain positive relationships, understand their emotions and cope with changes

**• Therapy Assistants** – help the other team members to carry out programmes with children

**Clerical Staff**

**Contact Details;**

**RISE NI**

8 Moss Road

Ballygowan

Co Down

BT23 6JE

**(028) 9752 0941**

**info.riseni@setrust.hscni.net**

**<https://belfasttrust.pagetiger.com/keystage2/ks2>**



 Libraries NI 

9 h ·

Your local library can provide you with a list of nearest foodbanks and social supermarkets.

Find your local library on our website  <https://bit.ly/LNIFind>



 **Community Helpdesk**

Connecting people with useful information

## A Library is a World of Discovery

There is plenty going on in your local library for you and your children to enjoy.

You can:

- read and borrow books,
- access free Wi-Fi and study space,
- use library computers,
- find out information and
- take part in social activities all for free.

Our libraries have books for children and young people of all ages and abilities.

From board and picture books for our very youngest readers, easy readers to help children learning to read, to a large selection of fiction and non-fiction books to help develop your child's curiosity and love of reading as they get older.

Joining the library is free and no-one is too young to join. Our friendly and welcoming staff will be pleased to see you and are always happy to help you and your family whatever your needs.

# Youth Health Advice Service

**HSC** South Eastern Health and Social Care Trust **ymca** north down

## YOUTH HEALTH ADVICE SERVICE

RELATIONSHIP & SEXUALITY EDUCATION (RSE)

SEXUAL HEALTH  
S.T.I. TESTING & FREE CONDOM SCHEME

DRUGS & ALCOHOL  
BASELINE ASSESSMENT & SUPPORT

EMOTIONAL HEALTH & WELLBEING  
SIGNPOSTING TO APPROPRIATE CARE

 ANNA JOHNSTON  
YOUTH SUPPORT WORKER  
YMCA NORTH DOWN  
07591 840723

FOR 16 TO 25 YEAR OLDS  
IN-PERSON SUPPORT  
OR BY PHONE, TEXT,  
ZOOM & EMAIL

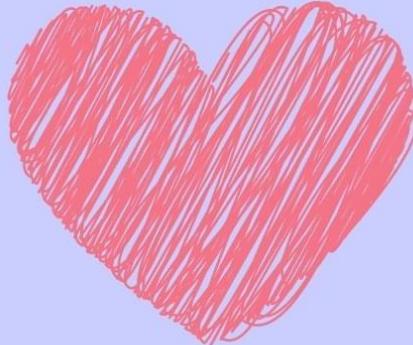
FOR MORE INFO ON YOUTH HEALTH ADVICE  
 [setrust.hscni.net/health-living/youth-health-advice](http://setrust.hscni.net/health-living/youth-health-advice)  
 [YHAS@setrust.hscni.net](mailto:YHAS@setrust.hscni.net)  07753 310352

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



## HAVING SEXUAL INTERCOURSE AT AN EARLY AGE HAS BEEN LINKED TO:

- UNPROTECTED SEX
- INCREASED RISK OF SEXUALLY TRANSMITTED INFECTIONS
- UNPLANNED PREGNANCY



 Sexual Health NI

**HSC** Public Health Agency

FREE

COMMON  
YOUTH.

## RSE PROGRAMME

for 12-14 year olds in youth and community groups

WITH: **COMMON  
YOUTH.**

- Interactive, engaging and structured
- Build emotional resilience, communication & assertiveness skills
- Empowering young people to make informed choices



### TOPICS

Periods

Puberty and body changes

Staying safe online

Healthy relationships

Consent

LGBTQ+

Body Image

Resilience

Friendships

For full  
programme  
content, email:  
[Hello@commonyouth.com](mailto>Hello@commonyouth.com)

COMMON  
YOUTH.



QUEEN'S  
UNIVERSITY  
BELFAST

## Towards better sexual health online survey!

We're researching sexual health and young people in NI – the last study was in 2000! If you're aged 16-24, take our confidential survey now!

Take part and be in for a chance to win a £25 voucher!

(Please note: Participants must be living in Northern Ireland.)

Scan the QR code

Scan to find out more and take part in our survey!



Go-to for Emotionally Based School Avoidance

**Emotionally Based School Avoidance (EBSA)** refers to difficulty in attending school due to intense, adverse emotional factors. It is estimated to affect 1-5% of school-age children and is more prevalent in secondary schools.

Playne, S. et al (2018). Differentiation between school attendance problems: Why and how? Cognitive and Behavioral Processes

**School Avoidance**  
School avoidance is different from truancy (skipping school) and school refusal or being kept home by parents.

In school avoidance, the child may want to go to school but feel they can't because of anxiety and emotional distress.

**School Avoidance Cycle**  
Once anxiety manifests, children and young people frequently fall into a school avoidance cycle.

**Early intervention is key!**  
Try to avoid waiting until your child stops going to school before you get help.

**Stay alert for early signs.**

- Talking negatively about school
- Intense emotions when preparing for school, especially after a break or illness
- Complaining of headaches or stomach aches
- Becoming more distant from family and friends
- Trouble sleeping and reluctance to get out of bed in the morning
- Feeling nervous or unwell

*"School avoidance is not about CAN'T. It is about not feeling safe enough right now."*



Children in Northern Ireland

[www.ci-ni.org.uk/Ready-to-go.EBSA\\_.pdf](http://www.ci-ni.org.uk/Ready-to-go.EBSA_.pdf)

## School Anxiety and Distress

### A Best Practice Guide for Schools

Developed in partnership with parents and professionals



Children in Northern Ireland

# CYPSP Youth Wellness Hub

<https://cypsp.hscni.net/youth-wellness-web/>



Have a look through the Youth Wellness Web and then Help us keep it relevant - [Click here to take our Survey and give us your feedback](#)

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

There are many resources that you can access to get the help you need. There may also be services around you that can help.

A place where you can come to access help and resources if you need it anytime, anywhere!

No young person should feel alone and should feel they can get the support they need when they need it at any time or any place, no matter how big or small the situation.

When you are struggling it's okay to reach out, the Youth Wellness Web has been co-designed by young people for young people for easy access to different resources and services that can really help you.

All you have to do is click on your age group below where you will find information on Bereavement if you are struggling after a death, Bullying and how to find help, Your Wellbeing on how to stay well and be happy, Mental Health for lots of advice if you are worried or anxious, view some great videos and podcasts and finally support and advice about school.





**Ballynahinch  
Counselling  
Service**

Professional counselling  
on your doorstep

**028 97561100**



**50 Windmill Street,  
Ballynahinch, BT24 8HB**

**Tel. 02897561100**

**Mob. 07835305411**



**WEBSITE**





## Breastfeeding Peer Support Service

Mother to mother support (primarily telephone / text support) given by trained volunteers who have breastfed or are still breastfeeding their children.



Our Peer Support Link Worker will either see you on the ward or contact you after discharge home to offer you the service. Your Midwife or Health Visitor can also make a referral at any time.

Contact Laura on 07855 169 707 to find out more.

Check out our Feeding Your Baby Resource page at any stage of pregnancy and beyond for lots of information, useful videos and links.



<https://setrust.hscni.net/healthy-living/feeding-your-baby/>



ASCERT

Head Office, 23  
Bridge Street,  
Lisburn,  
BT28 1XZ

E:

[info@ascert.biz](mailto:info@ascert.biz)



South Eastern Health  
and Social Care Trust



## Getting support at an early stage!

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

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

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

Check out these online resources with workbooks and visual  
clips to support yourself and those who are struggling:

- Using Self Compassion to Improve Wellbeing & Support Growth
- Bend Don't Break – Building Resilience
- Self-Care for Families

#HopeThroughAction

Access to these resources is free and you  
can complete it at your own pace!

# Gateway

Gateway is a social work service for children and families. It is the first point of contact for people who wish to share a concern about a child/young person who is not already known to social services. It exists to respond quickly to the needs of children and families who are referred for a social work service.

The Gateway Service can be directly contacted for help in the Lisburn, Dunmurry, Moira, Hillsborough, Ballynahinch Downpatrick, Newcastle, Bangor, Newtownards and Comber areas on:

**0300 100 0300**

Monday to Friday: 9.00am – 5:00pm (excluding public and bank holidays)

**Out of Hours**

Contact the Emergency Duty Service on:



# Helplines



Find Help NI  
Sponsored • ⓘ  
If you find yourself... See more

**Who is Find Help NI For?**

Find Help NI is for anyone in NI who wants to improve their mental health, wellbeing and day to day life.

Visit [FindHelpNI.com](https://FindHelpNI.com)



FindHelpNI.com [Learn more](#)

- **Lifeline** tel:0808 808 8000 [www.lifelinehelpline.info](http://www.lifelinehelpline.info)
- **Childline** tel:0800 1111 [www.childline.org.uk](http://www.childline.org.uk)
- **Samaritans** tel:116 123 [www.samaritans.org](http://www.samaritans.org)
- **NSPCC** tel:0808 800 5000 [www.nspcc.org.uk](http://www.nspcc.org.uk)

# Cost of Living Guide



The cost of living guide continues to get high numbers of downloads and is being well shared on social media and through organisations intranets and newsletters etc.

<https://cypsp.hscni.net/download/390/lpg/39049/cost-of-living-crisis-resource.pdf>

## Translation Hub

We have also had a number of requests for the guide in different languages so it is available on the translation hub section of the cypsp website.

[Translations - Children and Young People's Strategic Partnership \(CYPSP\) \(hscni.net\)](https://cypsp.hscni.net/translations)



**Please find your comprehensive guide to help you on your journey through disability/ additional needs;**

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

Please encourage your members to share the link to the resource with their own members, families, and service users.



## Service Hours and Locations

## Ards Office

9am - 5pm Monday to Thursday  
(9am - 4pm - Friday)

30 Frances Street  
Newtownards  
BT23 7DN

## Bangor Office

9am - 5pm Monday to Thursday (9am - 4pm - Friday)

39A Hamilton Road  
Bangor  
BT20 4LF

## Hollywood Office

Monday - 10am - 4pm

Wednesday - 10am - 4pm

Friday - 10am - 1pm

Queen's Leisure Complex  
Sullivan Close  
Holywood  
BT18 9JF

# Locality Planning Meetings for 2026

## Ards & North Down LPG

Tuesday 10<sup>th</sup> March

Tuesday 16<sup>th</sup> June

Tuesday 8<sup>th</sup> September

Tuesday 8<sup>th</sup> December

2-4pm

Ards Arena

South St

Ards.

[Noelle.Hollywood@setrust.hscni.net](mailto:Noelle.Hollywood@setrust.hscni.net)

## Down LPG

- ▶ Wednesday 18<sup>th</sup> March 2026
- ▶ Wednesday 17<sup>th</sup> June 2026
- ▶ Tuesday 15<sup>th</sup> September
- ▶ Wednesday 9<sup>th</sup> December

2-4pm

Ballymote Sports  
& Wellbeing Centre

BT30 6PX

# Fortnightly News

If you would like to tell us about your service, we would love to include your contributions.

- Please submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
- Less words, bigger pictures!
- We do not advertise or endorse those events or programmes which are privately funded as a business.
- Fortnightly News will be issued with updates from LPG meetings.
- We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- Your feedback is welcome.(We are not perfect, but will strive to be as good as we can.)
- Please let us know if Fortnightly News has helped your service, event or activity in anyway.

For more information on the Fortnightly News  
please contact;  
[noelle.hollywood@setrust.hscni.net](mailto:noelle.hollywood@setrust.hscni.net)  
or mobile 07872422101