

Teen programmes

Parents Plus Special Needs Programme 11-18 yrs

Start date: Thurs 10th Sept — Thurs 22nd Oct 2026
Times: 7 weeks (10am —12.30pm)
Location: Clanrye Group, Armagh
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.
Delivery partners: Clanrye & Parenting Partnership
Enquires/Referrals: e claire.convery@clanryegroup.com
t: 07483 059876
Referral form: <https://forms.office.com/e/9Me89INnsa>

Start date: Wed 13th Jan—Wed 3rd March 2027
Times: 7 weeks (10am-12.30pm)
Location: St Pauls High School Bessbrook
Attendees: All parents/carers of young people 11-18 years with special needs within Newry & Mourne area
Delivery partners: Parenting Partnership & Newry MDT Team
Enquires/Referrals: Parenting Partnership-07880474747
e parenting.partnership@southerntrust.hscni.net
t: Newry GP MDT Team 074503937693
e john.flett@southerntrust.hscni.net

Start date: Thurs 28th Jan—Thurs 18th Mar 2027
Times: 7 weeks (6.30pm-9pm)
Location: Online
Attendees: Parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis.
Delivery: Clanrye
Enquires/Referrals: e claire.convery@clanryegroup.com
t: 07483 059876
Referral form <https://forms.office.com/e/9Me89INnsa>

General Enquiries

Parenting Partnership

📞 07880 474747

Child Development Interventions Co-ordinator

📞 028 3756 4462 / 07795 450278

Visit the webpage for more
programmes and information:

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

Evidence
Based

SUPPORT PROGRAMMES FOR PARENTS AND CARERS

Giving every child
the best
start/opportunity
in life



Early Childhood

Programme Details	Dates	Time	Location	Referrals
Mellow Dads to be (where Mum is 20+ weeks gestation)	Wed 16th Sept 26— Wed 21st Oct 26. 6 weeks.	7pm—8.30pm	Online	t: 028 37 564489 e: mellow.parenting@southerntrust.hscni.net
Mellow Bumps for mums to be 20+ weeks gestation Referrals can be taken at any time for future programmes.	Thurs 17th Sept—Thurs 22nd Oct 26. 6 weeks.	11am—1pm	Newry Sure Start	t: 028 37 564489 e: mellow.parenting@southerntrust.hscni.net
	Tues 3rd Nov 26—Tues 8th Dec 26. 6 weeks.	6.30pm—8.30pm	Online	
Tiny Steps inc. of Incredible Babies. Parent and Baby 0-4 months living outside Sure Start area Face-to-face Parent/Infant programme will also include Infant Massage. Additional 6 sessions to include e.g. Sleep support, weaning, sensory play / physical activity sessions.	Monday 14th Sept 26. 19 weeks.	10am—12 noon	Home Start, Banbridge	t: 028 406 626234 e: homestartbanbridge1@btconnect.com
	Tues 15th Sept 26. 19 weeks.	10am—12noon	Home Start Armagh & Dungannon	t: 028 8778 9489 e: homestartad@btconnect.com
	Mon 21st Sept 26. 19 weeks.	1pm—3pm	Home Start, Newry (based in Kilkeel)	t: 028 3026 6139 e: info@homestartnewry.com
Tiny Steps inc. of Mellow Growing Together. Parent and baby 0-4 months living outside Sure Start area Face-to-face Parent/Infant programme will also include Infant Massage. Additional 6 sessions to include e.g. Sleep support, weaning, sensory play / physical activity sessions.	Wed 21st Oct 26 19 weeks.	10am—12 noon	Home Start, Craigavon	t: 028 38 345357 e: homestart.craigavon@btopenworld.com
TogetherNESS (Solihull) Understanding Your Child For parents of children in the toddler and pre-school age range across the Southern Trust.	Wed 14th April 27—Wed 16th June 27. 10 weeks.	7pm—9pm	Online	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
IY Autism & Language Delay Programme Available to parents of children 2-6 years with a confirmed Autism diagnosis or awaiting assessment. Delivery Partners: Parenting Partnership & Southern Trust Autism services.	Thurs 10th Sept 26—Thurs 17 Dec 26. 14 weeks.	10am– 12noon	Autism Services, The Oaks, Old Longstone Hospital site, Armagh, BT61 7PR	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
	Tues 12th Jan 27—Tues 27th April 27. 14 weeks.	10am—12noon	Banbridge Leisure Centre, 15 Downshire Place, Banbridge, BT32 3JY	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
Parents Plus Early Years Programme Available to parents of children 1-9 with mild/ moderate special needs in the Armagh & Dungannon locality.	Tues 19th Jan 27—Tues 10th Mar 27. 7 weeks.	9.45am—12.15pm	Barnardo's Grange Building, Towerhill, Armagh	t: 07561 024675 e: caroline.williamson@barnardos.org.uk
Parents Plus Children's Programme Available to parents/carers of children 6-12 years.	Tues 8th Sept 26—Tues 10th Nov 26 . 9 weeks.	10am—12noon	Online-priority for parents/carers in N and M area	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
	Wed 14th Oct 26—Wed 16th Dec 26. 9 weeks.	10am—12 noon	Online-priority for parents/carers in A and D area	
	Thurs 14th Jan 27—Thurs 18th Mar 27. 9 weeks.	10am—12 noon	Online-priority for parents/carers in C and B area	
Parents Plus ADHD Programme Available to parents/carers of children 6-12 years with a confirmed diagnosis/awaiting an assessment.	Wed 7th Oct 26—Wed 2nd Dec 26. 8 weeks. Priority for families in the C and B area	10.30am—12.30pm	NIACRO Offices, 26 Carolton Street, Portadown, BT62 3EP	t: 028 308 35764 e: gemma@bolstercommunity.org
	Tues 26th Jan 27—Tues 23rd Mar 27. 8 weeks. Priority for families in the N and M area	10.30am—12.30pm	Altnaveigh House, 51 Downshire Road, Newry, bt34 1ee	
Invest in Play (5-12 years) Available to families across the Southern Trust	Tues 15th Sept 26—Tues 8th Dec 26. 12 weeks.	10am—12noon	Clanrye, Unit 34 Armagh Business Centre, Loughgall Road, Armagh BT61 7NH	t: 07880 474747 e: parenting.partnership@southerntrust.hscni.net
	Thurs 21st Jan 27—Thurs 29th April 27.12 weeks.	10am—12noon	Dungannon Leisure Centre, Circular Road, Dungannon, BT71 6BH	

School Age