



Family Support Hubs Newsletter

This edition includes:

SPECIAL FOCUS

- Cost of Living

PARENTS/CARERS

- COVID-19 Support & Resources
- Youth Wellness Web/Translation Hub
- Resource pack for C&Y People
- Family Support NI/Parent Support
- During Sibling Arguments
- Do I need to keep my child off school?
- Parent support in Polish
- Dad's Voice/We're in your corner
- Samaritans/Fostering
- NSPCC Letting the Future In
- Carers/Siblings as young carers
- High Five/A Mind of Their Own
- Bolster Ability Services/
- SBNi/Top Tips for Managing Bullying/Libraries NI/Twinkl NI
- Building our Children's Developing Brain
- 15-Minute After Dinner Bonding
- The Feel Good Parenting Course
- Parenting NI/Tiny Happy People
- GamCare/ParentLine NI – Find the Yes
- Help Kids Talk/Online Safety Website

EARLY YEARS

- Expecting in 2022
- Christmas Cook It Programme
- BBC Tiny Happy People
- Baby and U/Health Benefits of Breastfeeding/October Message
- Childcare Partnership/SureStarts
- BookTrust Bookstart Packs

KIDS ACTIVITIES

- Low cost/no cost play ideas
- Halloween events and activities
- Free family days out/Forest School

CHILDREN/YOUNG PEOPLE

- Understanding your brain
- Text A Nurse/CEOP Website
- Are you a Young Carer?/Shout
- ESOL/Job Apply NI
- YMCA/Rights Responder

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/Autonomie
- Feeding & Eating/Family Fund
- Contact Helpful guide/Autism NI
- Autism Cafe/RNIB

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Childline/Self Harm Awareness
- Mindful Ways to get out of your Head/Eating Disorders
- Young Persons Mental Health Guide
- How to Create a Healthy Routine

MENTAL HEALTH & WELLBEING

- New Ways November 2022 Calendar
- Lifeline/Self Help Guides
- Self-Harm & Mental Health Guide/Inspire
- Take 5/Samaritans/Autumn Retreat
- Drop-in Coffee/Confused
- Minding Your Head/Helpines NI

BEREAVEMENT

- CRUSE Helpline/Hope Again
- What to put in a Memory Box

BAME

- Free English Classes
- NINES – Nurse Led Clinic/Protect your Rights
- Access to HSC Guidance
- CYPSP Translation Hub Cost of Living 'Boloh'

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helpines
- PSNI/The rainbow Project
- Real-life Experiences

DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy/Helpines/ RAPID Bins
- PBNI/Ascort/Start 360

COMMUNITY

- ComKit Online Platform
- Be wise about your energy
- 6 Ways to Boost your Energy Budget
- The Trussell Trust/Foodbanks
- Ukrainian Cash Support Scheme
- Community Helplines/Phone First

GOOD NEWS STORIES

- Bolster Community
- COVID ADVICE/GUIDANCE
- Covid-19 Advice & Guidelines

Welcome to Edition 5/2022 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 27 October 2022.

If you would like a service or information to be included in the next edition of the newsletter please send details to: cypsp@hscni.net

Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013.

Hubs co-ordinate existing statutory/community and voluntary services:-

- To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
- To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
- To improve awareness of early intervention family support services.
- To assess the level of unmet need for early intervention family support services and inform the Trust's CYPSP Outcomes Groups.

For More information or to make a referral visit

<https://cypsp.hscni.net/family-support-hubs>

Where are the hubs?

Click on map:-





Welcome

Hello and welcome to the October edition of the Family Support Hub Newsletter.

It's certainly feeling very Autumnal and the darker evenings are closing in. At times like this thoughts turn to having something warming and comforting to eat and the fire lit or heating on to keep us cosy. This year, more than in any year most of us can remember those home comforts are feeling like luxuries and, in far too many cases, beyond the reach of many families. At this time of year parents may be turning their thoughts to Christmas preparation however with the massive hikes in energy bills as well as the cost of food and other essentials we are seeing people focusing on how to make what they have stretch and to get the best value for money.

We are working increasingly closely with our colleagues in other departments and organisations to ensure we are making the best use of available resources and to ensure that the right help gets to the right people at the right time. This is no small feat but we remain committed to doing what we can to support families across Northern Ireland as well as recognising that those in need of support will also be those who are supporting others. You will see we have also included a piece on The Pantry, a social supermarket being operated in North Belfast, another great initiative to try to support families in increasingly difficult times.

A live document is available on the CYPSP website listing current poverty response resources across the region. You will see opposite contact details for my colleague Una, if you become aware of any other services not listed, please let her know.

While tough times are ahead, there is a strong will across many organisations and services to work together to support each other and the families in our communities.

Take care,

Bronwyn Campbell
Regional Family Support
Hub Co-ordinator



Cost of Living Crisis

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis

Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. This document is live and will be updated regularly. [Download Cost of Living Resource](#)
If you would like to include info on your service, please email una.casey@hscni.net



Action for Warm Homes

Since the last edition we were delighted to invite Hub Coordinators, members and our colleagues in Sure Starts to attend a Fuel Poverty Webinar delivered by Nichola MacDougall from NEA NI. We had 85 people attend and a number of enquiries after the event from people who were unable to attend but very interested in receiving the information from the event. Nichola spoke about a range of topics including how to keep your home warm and how much energy appliances use, I know I was shocked by the energy consumption of an iron! Nichola also shared a range of information on grant schemes and oil buying clubs where families can register join with people in their locality to make a bulk order therefore enabling them to negotiate better prices for a bulk order.

<https://www.nihe.gov.uk/Community/NI-Energy-Advice/Oil-Buying-Clubs>



However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low cost energy savings tips.



You can save around **£55** just by remembering to turn off electric appliances and not leave many of them on standby e.g. TV, laptops, mobile phones



Save an average of **£65** on electricity a year by drying clothes on a clothesline, instead of using a tumble dryer



Room thermostats allow you to set the temperature your home heats up to and maintains. Turning it down by only 1 degree could save you around **£80-£100** per year



Spending one minute less in the shower every day will save up to **£9** per person off your household energy bill each year.



Only boil the water you need in your kettle. This can save you **£12** per year.



Washing clothes at **30°C** and 1 less cycle per week can save around **£15** a year on energy



Effective insulation of your hot water cylinder is important, increasing the insulation 80mm thick, could save you **£45** a year. Increasing loft insulation to 270mm can save between **£35 - £300** per year.



Switch off lights when not in use. This could save your household **£20** a year. Switching to LED bulbs could save you between **£4-£13** per bulb per year



Only run the dishwasher when full. 1 less run per week could save **£15** per year.



Draughtproofing windows/doors can save around **£40** per year. Chimney draught excluder can save an additional **£20**



Finding grants online

www.familyfund.org.uk



Family fund provide grants to families raising disabled or seriously ill children and young people. With the rising cost of living, it's important to know about other organisations you can go to for support. You can find out more about things like: finding good quality second hand items, applying for Local Authority support, and other grants you can apply for. Visit their website:

[Apply for a grant | Family Fund](https://www.familyfund.org.uk)

Help with energy costs

www.familyfund.org.uk



We know the rising energy costs are a real concern for families. We have pulled information into one helpful information guide. to help people find out why we are experiencing an energy crisis, and where to go for support. Visit: <https://bit.ly/laSEnergy>

Family energy saving tips



Turn appliances off rather than using stand-by mode



Turn radiators off or down in unused rooms



Wash full loads at 30°C



Avoid the tumble dryer and dry outside if you can



Draught-proof windows and doors



Turn off lights when you leave a room



Take shorter showers



Cook in bulk, to freeze and reheat

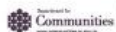


Use the Consumer Council's electricity, gas, and oil price comparison tools



Do you or someone you know have difficulty feeding your family?

causewaycoastandglens.gov.uk/advice



Are you or someone you know struggling to afford food? There are a number of food banks and community food projects in Causeway Coast and Glens. Support is a few clicks away. Click the link below for details of food banks and other food support available across Causeway Coast and Glens. Find out more here <https://bit.ly/3fMYUbq>

THE JUNCTION WARM BANK

- Call in for a cuppa
- Read a paper
- Meet friends
- Stay warm

Monday - Friday 10am - 4pm
Everyone Welcome

The Junction, 12 Beechvalley Way, Dungannon - Beside Tesco



Information and advice about support with the cost of living, including:

- help with energy costs
- help with your income
- help for families and children
- help for older people
- help with housing
- help with other costs

Find out more: <https://nidirect.gov.uk/cost-of-living>

Energy-saving tips

nidirect.gov.uk



Energy-saving products, including lightbulbs, use less energy and cost less to run.

Find out more: <https://nidirect.gov.uk/articles/choosing-energy-efficient-products>



"I'm aware of the financial pressures that school holidays can have for parents on low incomes, especially during the current cost of living crisis we are experiencing."

"That is why I am allocating £5.5 million to continue to extend the school holiday food grant, which will help provide further support to families at this time."

Michelle McIlveen
Education Minister



**Employers
For Childcare**



**Family Benefits
Advice Service**

**Freephone helpline:
0800 028 3008**

Lines open Monday-Friday 9am-5pm
Email hello@employersforchildcare.org
www.employersforchildcare.org

Providing free, impartial and confidential advice to parents, employers and childcare providers on a wide range of childcare and work-related issues.

Employers For Childcare

Last updated: October 2022

Free School Meals and School Uniform Allowance

Please note: The information provided in this factsheet only applies to pupils attending school in Northern Ireland. If your child attends school in England or Wales visit:
www.gov.uk/apply-free-school-meals or
in Scotland visit: www.mygov.scot/school-meals.

School lunches

nidirect.gov.uk



Your child could be eligible to get free lunches or milk at school. Find out more:
<https://nidirect.gov.uk/articles/nutrition-and-school-lunches>



Getting Help from The Society of St Vincent de Paul

What is the Society of St Vincent de Paul?

The Society of St Vincent de Paul (SVP) is an international Christian, member-led organisation. The Society believes that everyone should have the means to live a life that reflects the basic human dignity of every person.

How do I ask for help?

To ask SVP for help, you can contact SVP by phone on **Tel 028 9035 1561** or via the website at www.svp.ie/requesthelp

When you contact SVP, a member of staff will take your contact details and someone will contact you to arrange for two members from your local Conference to visit you.

Members will try to arrange to visit as soon as possible, at a time that suits you. Usually they visit within 10 days of you contacting the Society.

"I will always remember the first time SVP came to meet my family and me. We were in such a tough situation financially; I struggled to put food on the table and to keep up with debts. The two volunteers were so kind to us and not once did they make us feel bad about having to ask for their help."

What happens after I contact SVP?

- 1 Where possible, SVP will phone you to arrange for members to visit you. This phone call may be from a private number so the number might not appear on your phone.
- 2 Two SVP members will visit you to offer friendship and support. They will talk with you about your situation and they may take notes. These notes are private.
- 3 When your local SVP Conference next meets, the members who visited you will explain your situation. Conference members will decide the best way to support you.
- 4 The SVP members who visited you may phone you to arrange another visit. When they visit, they will explain if and how they can help you.
- 5 The SVP members may visit you a few times or more, if needed.
- 6 Every situation is different and SVP members will match assistance and visits to your own needs.

Confidentiality

SVP visits are confidential. This means that SVP does not share any information you provide without your permission. For information on GDPR/data protection, please visit www.svp.ie.

Becoming a Member of SVP

If you would like to become a member of SVP, please email info@svpni.co.uk

Vincent's

If you would like to become a volunteer at one of SVP's Vincent's charity shops, please visit www.svp.ie



Make Your Food Go Further

Everyone is keeping an eye on their money and with food prices remaining high, knowing how to stretch your food budget can make a huge difference to how families shop and eat.

Savings soon add up when you take simple steps to get the best value from the food you have, enjoying delicious food for another day

Why not try these simple steps?

1. Think before you shop- Start small, check what you have in your cupboard or fridge, know what you already have , this will avoid buying items you don't need and remind you of those items close to their use by dates.
2. Make a shopping list or make notes on your phone, and before you set off think „who is in or out of the household that week? How much do you need to buy?
3. Know how to store your food wisely; this will help food stay fresher longer and give you time to use it. Did you know that bananas ripen faster when placed next to other fruit? And blocks of cheese can be grated and frozen to use as you need?
4. Get creative and love your leftovers. Left over boiled potatoes today- tinned tuna fish cakes tomorrow! Follow simple recipes to develop your skills to get the most from staple everyday items.
5. Know your food labels to avoid throwing out good food you could have eaten. Remember -sell by dates are for the retailer not the consumer. Best before dates are about food quality; the food is safe to eat after this date but may not be the best quality.

Interested to know more? Want to save some extra pounds? You are only a click away from helpful tips and guides including savvy food shopping habits, date label explanations and access to hundreds of leftover recipes at -

www.lovefoodhatewaste.com OR Facebook Love Food Hate Waste – Community.

Why not give it a try!



The Pantry @ Ashton Centre

With the current cost of living crisis leaving many families having to turn to food banks to feed their families we are looking at a different approach being run by The Pantry at the Ashton Centre in the New Lodge area of North Belfast. In an area with levels of child poverty significantly above the regional rates the staff of The Pantry are supporting local families whilst promoting respect and preserving dignity for those in need of support. The model is based on a weekly membership fee of £5. This enables the family to access up to £40 of groceries a week for up to 12 weeks. The family are able to select the goods to suit their family and will also be able to access the support of a mentor who can help and support them with budgeting, debt management, cooking and nutritional advice. This allows them to help people get the support they need and develop other skills once the basic need for food is met.

Christine McKeown reports that they have been overwhelmed by the level of support for the project from local businesses and people offering to volunteer. They have also introduced a way for people to support The pantry by sponsoring a shelf for £1,200 a year, that's just £100 a month. The project has been a great success and that is in no small way due to the hard work and dedication of The Pantry team of Christine McKeown, Fionnula Black, Karen McLean and Joanne Kinnear.

The Pantry were featured by Belfast Live earlier this year when they launched the project. To read this article in full please go to Belfast Live and search for [“Meet the team behind North Belfast's new community support scheme”](#).

If you would like more information about The Panty please contact Christine McKeown at Ashton on 02890742255 or at christine@ashtoncentre.com

Staff at The Pantry @ Ashton Centre



Let go of the expectations of others and focus on what matters to you



ACTION FOR HAPPINESS



COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:



Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.



SCAN ME



Youth Wellness Web

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



SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

If you're struggling, it's okay to reach out:

Call Childline on:
0800 1111

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

Call LIFELINE on:
0808 808 8000

Scan QR code



Text Shout:
852558

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

CYPSP Translation Hub





CYPSP's Resource Pack for Children & Young People has been refreshed and updated to include more resources and activities on disability, mental health, education plus much more. Also included are some activities to help keep the kids entertained over the Halloween holidays, including colouring and activity sheets and play, craft and snack ideas.

Download copy at:

<https://cypsp.hscni.net/download/392/covid-19/36294/cyp-resource-pack-2022.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).

Resources and activities are free and in the public domain.

We will continue to update the resource periodically, so keep an eye out on our website and social media platforms.

Please feel free to share with your contacts and those who you think would find it useful.



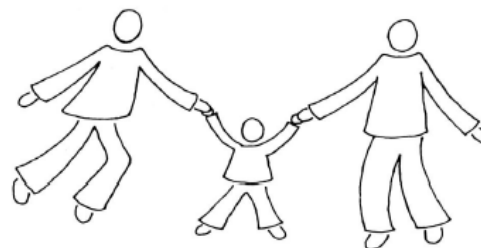
Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

If you are looking for:

- ✓ The latest evidence based parenting programmes & workshops by Trust area
- ✓ Information / leaflets
- ✓ Training / development opportunities for professionals / staff

Visit the Parent Support webpage at
<http://www.cypsp.hscni.net/ebpp>
or scan the QR code for instant access





DURING SIBLING ARGUMENTS



Instead Of Saying...

Try this...

'Don't hurt your brother/sister.'

'It's ok to be mad, but I won't let you hit. Lets use kind hands.'

'Can you all just get along for once without arguing!'

'Everyone sounds a little frustrated, how about we take a break.'

'Right who started it?'

'I will listen to each of you to help me understand what happened.'

'Stop fighting, give that back to your brother/sister.'

'Does this game feel fun to you? Lets think of something else to play.'

'Ok, go to your rooms.'

'How about we try a different game or would you like some time apart?'



Do I need to keep my child off school?

Chicken Pox At least 5 days from onset of rash and until all spots have crusted over	Conjunctivitis No need to stay off but school or nursery should be informed	Diarrhea &/or Vomiting 48 hours from last episode	Respiratory Illness (e.g colds & flu) Can return when no longer have a high temperature and well enough	Glandular Fever No need to stay off but school or nursery should be informed	
Hand, foot & mouth No need to stay off if well enough, but school or nursery should be informed	Impetigo Until lesions are crusted & healed or 48 hours after commencing antibiotics	Head Lice No need to stay off but school or nursery should be informed	Measles 4 days from onset of rash	Mumps 5 days from onset of swelling	German Measles (Rubella) 5 days from onset of rash
Scarlet Fever 24 hours after commencing antibiotics	Scabies Until after first treatment	Slapped Cheek No need to stay off but school or nursery should be informed	Threadworms No need to stay off but school or nursery should be informed	Tonsillitis Can return when no longer have a temperature and well enough, school or nursery should be informed	Whooping Cough 48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.



**Parent
LineNI**

0808 8020 400

**WE ARE TRYING
SOMETHING NEW**

**ARE YOU A POLISH
SPEAKING
PARENT/CARER? OR
WORK WITH POLISH
FAMILIES?**

**PARENTLINE NOW HAS TELEPHONE
PARENT SUPPORT AVAILABLE IN POLISH
WEDNESDAY EVENINGS 6PM-8PM.
CALL AT THIS TIME OR VIA REFERRAL
AVAILABLE AT
PARENTLINE@CI-NI.ORG.UK**

0808 8020 400



**Parent
LineNI**

0808 8020 400

**PRÓBUJEMY ROZPOCZĄĆ
COŚ NOWEGO**

**JESTEŚ RODZICEM LUB
OPIEKUNEM POCHODZĄCYM
Z POLSKI LUB PRACUJESZ Z
POLSKIMI RODZINAMI?**

**PARENTLINE POSIADA AKTUALNIE
TELEFON ZAUFANIA DLA RODZICÓW/
OPIEKUNÓW W JĘZYKU POLSKIM, CZYNNY
W ŚRODY WIECZOREM POMIĘDZY 18.00 I
20.00.
ZAPRASZAMY DO KONTAKTU W TYCH
GODZINACH LUB POPRZECZ FORMULARZ
(REFERRAL FORM) DOSTĘPNY NA STRONIE
PARENTLINE@CINI.ORG.UK**

0808 8020 400



Dad's voice is an informal, relaxed and friendly group for dads.

It provides a safe space for dads to come together to share experiences and support one another through the challenges of life and fatherhood.

**1st & 3rd
Tuesday of
every month
7.30pm - 9pm
62 Mill Street,
Ballymena
BT43 5AF**

This group is open to Dads, Stepdads, Grandads, Foster Dads, Dads-to-be or any significant male role model in a child's life, within the Northern Trust area.

Contact us for more info



028 2564 8229



darren@turningpointni.co.uk



@Dads_voiceNI



@DadsvoiceNI



Need someone to listen without judgement?



Call us: 0808 8020 400
Email us: parentline@ci-ni.org.uk
Webchat: ci-ni.org.uk/parentline
Request a call back: ci-ni.org.uk/parentline

We're open:
Mon-Thurs 9am - 9pm
Fri 9am - 5pm
Sat 9am - 1pm



A registered charity

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org

Thinking about fostering?

Our Foster Carers receive full training, ongoing support and financial allowances. Find out more
<https://adoptionandfostercare.hscni.net/>

Thinking about **fostering**?



Find out more

0800 0720 137

adoptionandfostercare.hscni.net



Letting the Future In Information for parents/carers

Leaflet for parents/carers
[NSPCC LTFI Parents leaflet.pdf](#)



The NSPCC Helpline

When you're worried about a child, talk to us.

Whatever your concern, the **NSPCC Helpline** offers advice and support. You don't have to say who you are. You could help us to protect a child.

Call **0808 800 5000**, text **88858**, email help@nspcc.org.uk
or visit nspcc.org.uk/helpline



CARERS are our unsung heroes for the pivotal work they deliver on a daily basis to family & friends **THANK YOU!** CYPSP have pulled lots of information, resources & advice together for Carers on their resource hub-visit <https://tinyurl.com/4cev29vv> & click on Carers

All Autism BAME / Translations Bereavement **Carers** Child Protection Community Disability Domestic Violence Drug/Alcohol Early Years Education Food Fundraising Helpline Homeless / Housing HSC In Care Kids / Young People LGBTQ+ Mental Health Newsletters Parenting Volunteers



Young Carers Advice

June 8, 2022

Siblings can become young carers at any stage in their childhood. Check out our advice written previously for My Family...

[Read More](#)



Contact - DLA Advice

April 26, 2022

The DLA care component is only paid at the middle or highest rate if a child has night-time needs, but...

[Read More](#)



Cost of living crisis

April 4, 2022

Parents are telling Contact about giving up food and heating just to keep their disabled child's equipment turned on

[Read More](#)



Checking Benefits Online

March 21, 2022

Checking Benefits Online If you are a carer, you may be entitled to additional benefits, grants or other financial



You are Not Alone

March 28, 2022

You are Not Alone! Contact helpline advisers are available all week to give parent carers the advice and information they



Supporting Young Carers' Mental Health

March 16, 2022

Supporting Young Carers' Mental Health Today is #YoungCarersActionDay and this year's theme is taking



myfamilyyourneeds.co.uk

Siblings as young carers

Growing up with a disabled brother or sister, means home life can feel very different. Clare Kassa, Sibs, shares how parents can support ...



A Mind of Their Own

Building our Children's Emotional Wellbeing

For booking and more information
cff.org.uk/moto
029 2081 080

Care for the Family is a Christian initiative to strengthen family life. A registered charity (England and Wales: 1048845; Scotland: SC034607). A company limited by guarantee no. 3462030. Registered in England and Wales. Registered office: Toney House, Cleppa Park, Newport, NP23 5BA.

Lurgan
Tuesday
29 November

Belfast
Wednesday
30 November

All events 7.30pm

Anxiety levels and struggles with mental wellbeing are on the rise in children, but mums and dads have incredible power to help their kids build strong emotional resilience, and this event, from Care for the Family, explores how we can do this. At A Mind of Their Own they'll look at the unique opportunities and pressures facing young people today, as well as the science of the mind, and why children act and react the way they do. You'll come away with practical tools to see your children through the difficult times, and a re-established confidence in knowing you're the best person to help your child.

Sign up today: cff.org.uk/moto



**BOLSTER
COMMUNITY**

ABILITY

BOLSTER ABILITY SERVICES

FAMILY SUPPORT HUB

The Family Support Hub is a meeting of representatives from community, voluntary and statutory organisations who deliver services for children and families in the Newry and Mourne area.

To make a referral go to <https://bolstercommunity.org/services/family-support-hub/>

FAMILY SUPPORT For parents of children 0-18

Highly trained and experienced Family Support Workers will support families for up to 12 weeks, in their homes, schools or a community setting. Focus will be on the strengths of a family and to help parents and children build coping skills and develop resilience to enable participants to reach their true potential.

For more information contact 028 3083 5764 caroline@bolstercommunity.org

BEST CLUB For primary school aged children

Afterschool club for school age children with a disability and their siblings. These play sessions are designed to develop resilience and confidence through play.

For more information contact 028 3083 5764 orla@bolstercommunity.org

NEWRY/MARKETHILL PARENTING SUPPORT GROUP

For parents with a pre-school child with a disability diagnosis or awaiting a diagnosis

The group meet weekly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

To register for this service contact 028 3083 5764 liz@bolstercommunity.org

PARENTS PLUS SPECIAL NEEDS PROGRAMME

For parents with a child of mixed ability

The group meet fortnightly in a warm, safe and inclusive environment; where we can offer signposting and advice, support with self-care, friendship or just a listening ear. Come along and meet other parents who are at the start of their disability journey.

BOLSTER BUDDIES For individuals aged over 18

Our Bolster Buddy service is aimed at helping people with learning disabilities or support needs to reconnect with their local communities as lockdown lifts. The service is aimed at promoting independence, building community connections and improving life skills.

For more information contact 028 3083 5764 kathy@bolstercommunity.org

AUTISM CONNECT

Autism Connect is a new community-based autism support service for adults with an autism only diagnosis. This is a person centered service comprising of 1:1 support and a weekly social group.

For more information contact 028 3083 5764 orla@bolstercommunity.org



**Southern Health
and Social Care Trust**



**COMMUNITY
FUND**

PARENTS/CARERS



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



FREE for professionals* across Northern Ireland

Online courses:

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma, recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.

Each course will take approx
3.75 hrs CPD per course

*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to solihull.approach@uhb.nhs.uk

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

ACEs

Adverse Childhood Experiences
Dr Beth Changani



Step 1: Create (or convert to) a 'professional' account
Go to www.solihullapproachparenting.com
Select 'Online courses for professionals'

OR

Go to www.inourplace.co.uk
sign in to existing account and click 'unlock
professional courses'

Step 2: Once signed in to your professional account,
enter access code:

BETHECHANGANI

Step 3: To return to the course
go to www.solihullapproachparenting.com
or visit www.inourplace.co.uk
and click on 'Already have an account? Sign in'

Come and
join us for a
FREE online
session!

Top Tips for Managing Bullying

Wednesday
16th
November
10.30-11.30am

Register now by calling
the Support Line on
0808 8010 722

SUPPORT LINE: 0808 8010 722

PARENTINGNI.ORG

#ANTIBULLYINGWEEK

libraries **ni**

Library NI Events

Remember that libraries are open and we've restarted our regular programme of events! If you're looking for some Rhythm and Rhyme, tea and newspapers or a bit of a Knit and Natter check what's on at your local library Visit <https://bit.ly/LNIFind> to find out where your local library is.



Building our Children's Developing Brain

Some ideas for parents and carers

[Download](#)

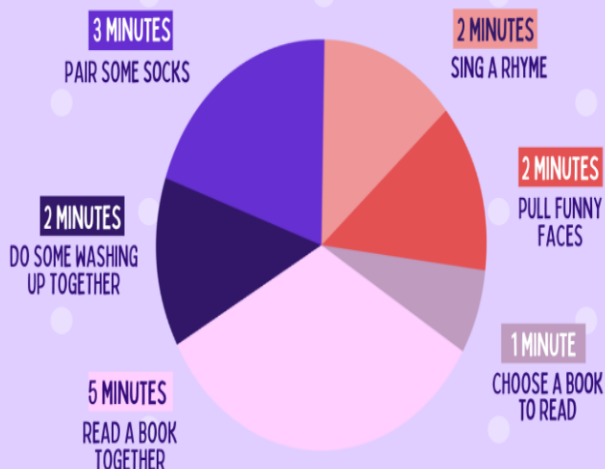




TINY
Happy
PEOPLE

15-MINUTE AFTER DINNER BONDING

TAKE 15 MINUTES AFTER A MEAL TO BOND WITH YOUR LITTLE ONE AND HAVE FUN



WHY NOT
TRY?

PLAY A FUN
MEMORY GAME

MATCHING PAIRS

SOCK PUPPET
THEATRE

WHEN YOU FOCUS
ON THE GOOD,
THE GOOD GETS BETTER

@grace.and.company



The Feel Good Parenting Course

Course Outline

- Wk 1 Feeling Good starts with You
- Wk 2 Communication is the Key
- Wk 3 Why do children do what they do!
- Wk 4 Feel Good Kids
- Wk 5 Making Changes Together
- Wk 6 Feeling Good as a Family

Starts on
Tues 15th Nov
10-12pm

At CPTT
(Creggan Preschool &
Training Trust)
contact Sharon at
Family First Hub
07860704105
For details



Tips on reinforcing positive behaviour



Accentuate the positive

Let the child know you appreciate them doing things that are important to you. E.g: thank them for putting away toys. If they forget, don't reprimand, gently remind them that it makes more work for you so less time for play/fun.

Minimise the negative

Pay more attention to the things your child does well than to mistakes. We often take for granted the behaviour that pleases us & exaggerate the things they do wrong. This approach can backfire, because children tend to repeat the behaviours that get most attention.

Explain your expectations

Let your child know what you expect. Keep your expectations fair, reasonable & sensible. If they know what you expect it will be easier to please you and avoid disapproval, misunderstanding and hurt feelings.

Be consistent

Try to be consistent in your expectations and responses. Don't ignore your rules one day and then react the next day. It is not always easy to behave toward our children as we would want. Accept this, but try to improve.

WITH TINY
Happy
PEOPLE

6 THINGS TO DO WITH YOUR LITTLE ONE ON long journeys



PLAY
PEEK-A-BOO

PLAY BINGO



THE WHEELS
ON THE BUS
GO ROUND
AND ROUND!

SING
NURSERY
RHYMES



DRAW
FACES

PLAY COPYCAT

SAY
BEEP BEEP!

BEEP
BEEP!

IS IT A TRAIN?



GUESS
EACH OTHER'S
DRAWINGS



YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support



Youth Work Alliance (YWA) are working with YGAM who are an education charity that offer fully funded, City & Guilds assured training workshops for youth facing staff on the topic of gaming and gambling related harm in partnership with GamCare.

This training aims to enable youth-facing professionals to safeguard young people by developing their critical-thinking and decision-making skills.

Workshop content includes:

- Gaming and gambling related harm
- Advertising and regulation
- Mental health and wellbeing
- The blurred lines between gaming and gambling
- How to spot signs of harm
- Where to get help and support

On completion of the training, attendees are given complimentary and downloadable access to a wide range of award-winning resources. Examples of our resources can be found [here](#). YGAM also have a [Parents hub](#), giving advice, tips and tools and parents can also book on to one of the Parents Awareness Workshops.

Book a workshop [here](#), or contact us directly to organise a bespoke a training session or to find our more information at Helen@youthworkalliance.com or YGAM at training@ygam.org.

FIND THE YES



Instead Of...

Try...

'No, I'm on the phone, stop interrupting.'

'Yes, I will talk to you in a moment.'

'No, if you don't do your homework, you cannot go outside to play.'

Yes, as soon as your homework is done, you can go out to play.

'No, there is not enough room in my bag for all these toys.'

'Yes, let's choose two toys we can take with us today.'

'No, we are not reading now, it's bath time.'

'Yes, we can read the book after your bath.'

'No, you can't ride your bike without your helmet.'

'Yes, as soon as your helmet is on, we can get your bike out.'



Help Kids Talk



Our vision: "Everyone in our community working together to help kids talk".

We are a community wide initiative involving community, voluntary and statutory partners and managed by Early Intervention Lisburn and the South Eastern HSC Trust.

- We deliver key messages every month through our social media pages
- We run free Basic Awareness webinars & Level 1 Training.
- In our Basic Awareness webinars we discuss infant mental health, baby brain development and top tips for supporting speech, language and communication development in children
- In our Level 1 Training we discuss key skills children need for speech, language and communication development. We also talk about speech, language and communication developmental milestones, as well as strategies to support children to develop these skills.
- Suitable for both parents and practitioners
- Available across all Northern Ireland

Register to join a webinar or training via the QR code or the following link:

<https://view.pagetiger.com/basic-awareness-webinar-training-dates/help-kids-talk-training>



For further information, please contact us.
email: helpkidstalk@setrust.hscni.net
phone no: **028 92675172**



PARENTS/CARERS

New Online Safety Education Website for 4-7 Year Olds

CEOP's new 4-7s website features characters from Jessie & Friends to provide age appropriate online safety information in a fun and engaging way. http://thinkuknow.co.uk/4_7

NEW

An interactive website for 4-7s

based on



JESSIE & FRIENDS






Online safety education
for 4-7 year olds

www.thinkuknow.co.uk/4_7



The family mediation process is NOT counselling. A Mediator's role is to empower and facilitate separated parents to be child and future focused, to negotiate arrangements for their children. Through mediation parents can put in place plans to parent apart effectively.

A family mediator will...

-  remain non-judgemental
-  listen actively
-  act impartially
-  encourage changes in perspective
-  seek out underlying needs and interests



familymediationni.org.uk



EXPECTING IN 2022??!!

**Are you or someone you know
expecting the arrival of new baby in
2022?**

Preparing for a new baby can be exciting
and a little daunting sometimes.
Parentline have put together some helpful
information for you, your partner, family
and/or children to prepare for the new
arrival.

Resources available...

Adjusting after
baby

Preparing
siblings

Pregnancy tips

Breastfeeding

Packing for
hospital

Go To's for Birth
Partners

For a copy of any of this information or to
talk with someone, give us a call on
0808 8020 400 or email us at
parentline@ci-ni.org.uk

#ParentlineNI
#InYourCorner



FREE Online Antenatal Classes across NI

Following the success of the online antenatal classes the PHA are now offering parents the opportunity to take part in further online courses free of charge. Go to <http://inourplace.co.uk> to join.

#gettingreadyforbaby #pregnancy #newbaby #children #parents



Online courses available for parents FREE (prepaid) for residents of Northern Ireland

1. Understanding pregnancy, labour, birth and your baby

Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

2. Understanding your baby

Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

3a. Understanding your child (0-19 yrs) (main course) or

3b. Understanding your child with additional needs

Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

4. Understanding your teenager's brain (short course)

Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

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

www.inourplace.co.uk
www.solihullapproachparenting.com



Go to:

www.inourplace.co.uk

and enter the 'access code'

NIBABIES

To return to the course(s) go to
inourplace.co.uk and sign in!



Christmas Cook It

Dry Arch Sure Start are planning to start our Christmas Cook it Programme on the 9th November, in our Dungiven Centre. During November and December, we will be providing lots of ideas, tips and recipes to help you prepare and get ready for Christmas.

The programme is free to attend if you are registered with Dry Arch Sure Start - it provides practical and educational tips, in the company of others!

To register, please contact Claire via email or phone call;

Claire.Deighan@dryarchcentre.co.uk via email or

Call/text on 078502040627

**TINY
Happy
PEOPLE**

3 WAYS TO BOOST YOUR BABY'S MEMORY

1.

BE MULTI-SENSORY

Any information you offer your baby is more likely to be remembered if it's repeated and delivered in a multi-sensory way.

2.

BE CONSISTENT

Babies and children learn best through high levels of repetition. This is because repetition helps to build new connections in the brain.

3.

CHAT ABOUT PAST EVENTS

Talking to your child about things that have happened in the past is a great way to help them develop their long-term memory.



HOW TO SUPPORT YOUR CHILD'S LANGUAGE DEVELOPMENT FROM 12 MONTHS

12-18 months → **Follow baby's lead**
Chatting to your 1-year-old about what they're interested in is an easy way to boost language learning.

18-24 months → **Expand on language**
Repeat what your baby says but add new descriptive words into the sentence.

2-3 years → **Recasting**
Help your child understand sentence structure by repeating sentences with any mistakes corrected.

3-4 years → **Decontextualising**
At this age, children begin to understand the concept of past and future. Use these tenses in your chat.

4-5 years → **Phonological awareness**
This is a great age to introduce the concept of rhyming, which also helps with early reading skills.

5 ACTIVITIES TO HELP PRESCHOOLERS WITH PHONICS

Spot the odd one out → All you need is a set of objects that rhyme, and one that doesn't. Can your child identify the odd one out?

Hopscotch → Play with letters instead of numbers and ask your child to name words for each sound they land on.

Sound sorting box → Pull out items from the box and ask your child what sounds they start with. Then group them into piles.

Sound treasure hunt → Ask your child to find objects around the house that begin with a certain sound. How many they can find?

Rhyming game → Whether you're at the supermarket, the park or home, it is always a good time to practise rhyming words.



BABY and U

Baby and U – Your Pregnancy Journey

A new Northern Trust webpage, 'Baby and U' has been produced to allow newly expectant mums to access up-to-date health advice and pregnancy information easily. As soon as you have a Positive Pregnancy Test you can refer yourself directly for Maternity Care in the Northern Health and Social Care Trust using the electronic Self-Referral form – <https://crowd.in/NZ7UOR> Browse 'Baby and U' on our website – <https://crowd.in/bXBqju>

EARLY YEARS



OCTOBER MESSAGE OF THE MONTH

“TALK AND SING WHEREVER WE GO,
THAT WILL HELP MY BRAIN TO GROW”



Our October message of the month is: “Talk and sing wherever we go, that will help my brain to grow”

Please click this link to access the message of the month info:
<https://view.pagetiger.com/messageofmonthoct/1>



Breastfeeding
Good for baby. Good for mum

Health benefits of breastfeeding

- your breast milk is perfectly designed for your baby
- breast milk protects your baby from various infections and diseases
- breast milk is available whenever your baby needs it
- breastfeeding can build a strong emotional bond between you and your baby



For more info see
www.breastfedbabies.org

HSC Public Health Agency

Milestones you may not know... build better **BALANCE!**



Birth to 2 Months

Holds head up



3 to 5 Months

Rolls



6 to 8 Months

Balances on tummy



9 to 11 Months

Creeps or crawls.



12 to 15 Months

Walks independently



16 to 18 Months

Walks up one step at a time



19 to 24 Months

Two-foot jumps



24 to 29 Months

Runs



2 to 3 Years
Balances on one foot



3 to 4 Years
Catches ball



4 to 5 Years
Kicks ball



5 to 6 Years
Rides bike

illearningcorner.com



SureStart

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

#SureStartWorks

Department of Education
www.education.gov.uk

HSC Health and Social Care Board



CHILDREPARTNERSHIPS.HSCNI.NET

Training & Quality – Childcare Partnerships

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



BookTrust Bookstart Packs

Every baby in England, Wales and Northern Ireland is entitled to one of our free #Bookstart packs!

You'll normally receive your pack from your health visitor or another health professional (or at your local library). Find out more here:

<https://booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/families/>



Low cost/no cost play ideas



Make a den
Use blankets and sheets to make a cosy den



Shopkeeper
Set up shop using cupboard items



Play dress up
What can you dress up as with items from around the house?



Memory game
Take it in turns to remove something from a room, can the others remember what is missing?



Teddy bear's picnic
Get all your cuddly friends together for a living room picnic



Treasure hunt
Create a treasure hunt around your home or garden



Homemade art
What can you create using loose parts from around the house (boxes, cartons, leaves etc)?



Hide and seek
An oldie but a goodie, where are some good hiding places in your home?



SPOOKY STREET PLAY

THESE FREE-TO-ATTEND DROP-IN SESSIONS ALLOW KIDS FROM P1-P7 TO USE THEIR HALLOWEEN-INSPIRED IMAGINATIONS TO CREATE SOMETHING SCARILY CREATIVE!

Make something out of bits and pieces – boxes, tubing, cartons etc. | Create patterns
Build something | Make up your own game | Dress up | Try some games
Use chalk/paints/markers | Skipping/hoop games

We are providing play for P1 - P7 children (4-11 years) regardless of ability. You are invited to come and take part in the FREE play sessions and events facilitated by Playboard NI. Parents should stay with children please for the session.	MON 31 OCT	THE MALL, ARMAGH EDENVILLA PARK, PORTADOWN	10.00am - 12.00pm 2.00pm - 4.00pm
	TUES 1 NOV	THE MALL, ARMAGH EDENVILLA PARK, PORTADOWN	10.00am-12.00pm 2.00pm - 4.00pm
	WED 2 NOV	SOLITUDE PARK, BANBRIDGE	10.00am - 12.00pm
	THURS 3 NOV	SOLITUDE PARK, BANBRIDGE	10.00am - 12.00pm








Plenty of terror-ific events across Belfast as half-term approaches!

Check out these spook-tacular suggestions for keeping boys and ghouls entertained.

All are free!

👻 Halloween craft workshops at the MAC Belfast, organised by Young at Art, on Saturday 29 and Sunday 30 October, 11am-4pm - drop in anytime to make a witch or wizard hat!

👻 Family art sessions at GoldenThread Gallery on Saturday 29 October, 11am-12pm, making creepy creatures from waste materials! There's also a print workshop for teens and adults from 1.30pm-3pm.

👻 Circus skills try-it session, storytelling and street entertainment from Festival of Fools in the Cathedral Quarter on Saturday 29 October (2pm-4.30pm). Glow performers will also illuminate the streets on Sunday 30 October, from 5pm.

👻 Annual Féile an Phobail lantern parade and concert on Friday 28 October from 6pm, followed by fireworks in Falls Park from 7pm.

👻 Family fun trail through Belfast city centre (21-31 October), organised by Belfast One - solve the clues for the chance to win a family prize worth £300 and watch out for colourful monsters popping up at key locations (27-31 October)!

👻 Fairytale fun day with music and more at the North Belfast Lantern Parade in Alexandra Park on Saturday 29 October from 5pm, with fireworks at 8pm, organised by New Lodge Arts

Loads of other fang-tastic options too (prices apply), including:

👻 Pumpkin decorating and face painting at Boo at the Zoo at Belfast Zoo on Saturday 29 and Sunday 30 October. Children, students and seniors also go half-price, Monday 31 October to Friday 4 November.

👻 The Ghost House at CitySide Belfast - an immersive theatre experience for kids 8+ from Cahoots NI, until Monday 31 October.

👻 Cinemagic Film Festival screenings - titles include Frankenweenie, Hocus Pocus and Bedknobs and Broomsticks (various dates until Monday 31 October).

For more Halloween events, head to <http://ow.ly/1LZT50Lf4J1>



Causeway Coast & Glens Events team is excited to announce its programme of Halloween Happenings.

We'll be celebrating the spooky season with free events and firework displays in Ballymoney, Ballycastle, Coleraine, and Limavady. Come along and enjoy the family fun. Read more visit our website:

<https://bit.ly/3VHmQh7>



Glow stick lanterns

You will need:

- empty milk cartons
- glow sticks
- water
- black marker

These spooky lanterns are really easy to make and will look great on your doorstep on Halloween night.

Firstly clean out your old milk cartons and remove any labels. Next, draw scary faces on the largest sides with marker and fill with water.

Pop your glow sticks, drop one or two into each milk carton and they are ready to display by your front door.

You can also try glow-in-the-dark bowling - just use plastic drink bottles instead of milk cartons and have a go once it's dark.



www.playboard.org

Autumn wreath

You will need:

- | | | |
|--------------|-----------------------------|--------------------|
| • leaves | • tissue or coloured paper | • string or ribbon |
| • pine cones | • paint, markers, crayons | • glue |
| • conkers | • paper plate or cereal box | • scissors |
| • flowers | | |

Cut out the centre of a paper plate or cut a circle shape out of a cereal box.

Next, cover the base of your wreath by painting, colouring, or covering in tissue paper.

When your base is ready, decorate your wreath using the materials you have gathered.

Make a nature wreath by adding different leaves you find in your garden or on a walk, as well as conkers and pine cones. Create a Halloween wreath by cutting out spooky shapes from your coloured paper such as ghosts and spiders and attach. Once you are done, add some string or ribbon to the top and display.



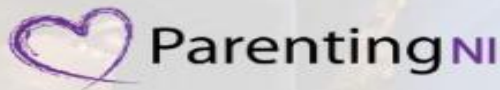
www.playboard.org



Free family days out



KIDS ACTIVITIES





Forest School Family Sessions

- ♦ ECOS Ballymena
- ♦ Carnfunnock Country Park
- ♦ Bashfordsland Wood, Carrickfergus

#embrACE



Forest School Family Sessions

Come and spend the morning in the outdoors at our next Forest School Family Session taking place at:

Carnfunnock Country Park - Saturday 5 November 2022 - from 10am to 12noon For more information and to book your place email: play@midandeantrim.gov.uk

This is an outdoor event so please check weather and wear suitable footwear and clothing.



**Be careful what you wear
when you're going out to scare**





UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Solihull Approach presents

Two online courses exclusively for teenagers!

Understanding your brain
(for teenagers only!)

NEW and
Understanding your feelings*
(for teenagers only!)

*Includes the emotional effects of the COVID-19 pandemic

inourplace.co.uk

FIND OUT MORE...

Do you live in Northern Ireland?

1. Visit www.inourplace.co.uk
2. Enter Access Code
3. Begin learning

Access Code:
NIBABIES



A **NEW** online course '**Understanding your feelings (for teenagers only!)**'. Solihull advised the course was created because of the rise in mental health problems in young people during the COVID-19 pandemic. It introduces teenagers to mental health...recognising and processing feelings in the context of relationships. It presents Solihull's view of why the COVID-19 pandemic has had such an impact on emotional health. The course suggests how this can be processed. For those in Northern Ireland you can take advantage of this pre-paid, locally funded offer, www.inourplace.co.uk Access code: **NIBABIES**. Create an account (or sign in), to start learning.

Services for young people: Information for Young People



Northern Trust Text-A-Nurse
07480 635982

Belfast Trust Text-A-Nurse
07507 328290

South Eastern Trust Text-A-Nurse
07507 327263

Western Trust Text-A-Nurse
07480 635984

Southern Trust Text-A-Nurse
07507 328057

New CEOP Website Launched

Our new 11-18s website, giving information on sex, relationships and the internet.

Check it out now:- http://thinkuknow.co.uk/11_18



The internet, relationships & you

Advice from [CEOP Education at the National Crime Agency](http://www.thinkuknow.co.uk)



ARE YOU A YOUNG CARER?

If you can answer 4 or more of these questions, you could be a Young Carer. If you live in the Belfast, Southern or the South Eastern Trust please contact Action For Children for more information.

1. I am between 8 and 18 years old.
2. I have a family member with a physical / learning disability, mental health issue, addiction or life limiting illness.
3. I sometimes miss school or social events because I have to take care of a family member.
4. I worry more about my family member's health than myself.
5. Do you put the needs of your family members before your own.
6. I sometimes feel I have no one to talk to about my caring role.
7. I rarely get time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member.
8. Sometimes, I don't have the time to complete my homework because I am caring for a family member.

Action for Children: NIYoungCarers@actionforchildren.org.uk

Loughshore House, 10 heron road, Belfast, BT3 9LE (028) 90460500.

Banbridge Youth Resource Centre,
Hill Street, Banbridge, BT32 4DP (028) 4062 6516



Shout Crisis Textline

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258



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



JobApplyNI.com



South Eastern Health
and Social Care Trust



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



YHAS@setrust.hscni.net



07753 310352



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

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

REE
Rights
Responder

WHATEVER YOUR QUESTION
ABOUT YOUR RIGHTS, ASK REE.

Anonymous, always safe and right, always anonymous, always confidential, never judgemental.



FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.



Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust

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



Family Voice Hub

Workshops
Local Outreach
Signposting/Referrals
Parents Wellbeing and Support
Siblings Wellbeing and Support
Support with practical issues (Benefits, housing, accessibility)
Educational Advice (Including pre and post school age)
Support Hub (Both Face to Face and Virtual)
Advice and Guidance
Drop In Centre
Emotional Support
Legal Advice
Counselling



www.autonomie.org.uk

Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW Registered Charity No 100421

Find out more!

Email: sharon.autonomie@gmail.com Tel: 078 7251 9900





FEEDING & EATING
INFORMATION FOR PARENTS OF DISABLED CHILDREN

Seeing your disabled child struggling to eat or refusing food can make many parents feel helpless. For helpful advice on how to understand and manage your child's eating difficulties, checkout this helpful guide from Contact <http://contact.org.uk/feeding-guide>



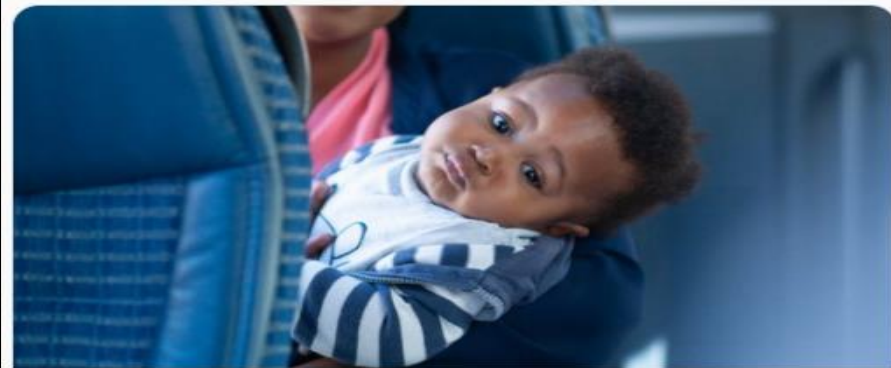
Family Fund
Helping disabled children

Family Fund – Apply for a Grant

If you are living in England, Scotland or Northern Ireland and raising a disabled or seriously ill child and have not had a grant yet in 2021, you can apply again today. Find out more: <https://bit.ly/3rqwftu>



Get our free Helpful Guide in the post for all the information you need to navigate life with a disabled child. Our 92-page book is packed with advice to support families from the early years right through to the adulthood transition. Order your copy <http://contact.org.uk/helpful-guide>



contact.org.uk

Do you care for a baby or toddler? We're here to help you | Contact Information, advice and support for parents of younger children whether you have a diagnosis for your child or you are waiting for one.

Do you know any families who have a baby or toddler with special needs? We offer lots of free support for new parents. From online workshops, information across a range of areas and advice on keeping babies well this winter, we can help. [Contact Northern Ireland](#) | [Contact](#)



Autism Awareness Card

Telephone:
028 9040 1729 (Option 1)



I am Autistic

Important information on reverse



www.autismni.org

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations. To find out more information visit <https://www.autismni.org/autism-awareness-card> or email info@autismni.org



Guidance for Parents/ Carers with a Recent Diagnosis



Autism - Outdoor Play! It is full of practical ideas, social narratives and case study examples. So follow the link, access the resource and then get outdoors!

Link: <https://outdoor-play.middletownautism.com>



Become a member! Why?...



- ✓ Priority Queuing
- ✓ Carer Discount
- ✓ Family Fun Days
- ✓ Parent Training
- ✓ Parent Support Groups

- ✓ Helpline – 028 9040 1729 (Option 1)
- ✓ Access to up-to-date information and services



As a member you will be contributing towards our services, ensuring that individuals with Autism in Northern Ireland are getting the help and support they need.



Autism Café



Date: Friday 4 November

Time: 10:00 - 13:00

Venue: Fermanagh Lakeland Forum, Enniskillen

Come along to this event to find out more information on the early intervention support available for parents of children and young people who are diagnosed or waiting on an autism assessment.

For more information please :

Telephone: 07880723076 / 0300 303 1777

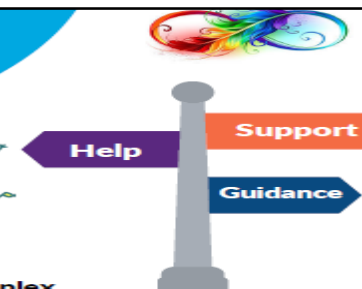
Email: priscilla.magee@westerntrust.hscni.net or disability@fermanaghomagham.com



Western Health and Social Care Trust



Autism Café



Date: Friday 9th December

Time: 10:00 - 13:00

Venue: Omagh Leisure Complex

Come along to this event to find out more information on the early intervention support available for parents of children and young people who are diagnosed or waiting on an autism assessment.

For more information please :

Telephone: 07880723076 / 0300 303 1777

Email: priscilla.magee@westerntrust.hscni.net or disability@fermanaghomagham.com



Western Health and Social Care Trust



SOMETIMES
YOU JUST
NEED TO
TAKE A BREAK
(AND THAT'S OK)



RNIB

See differently

RNIB Parent Carer Facebook Group

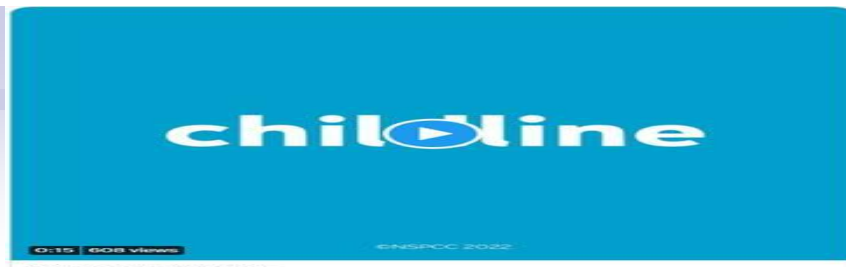
A community that brings together everyone who is a parent or carer of a child who's blind, partially sighted or lives with any degree of vision impairment:

<https://facebook.com/groups/140238563264750/>

Need to Talk Project

Support for people of all ages, as well as family and friends, to access emotional and practical support needed to adapt to life with sight loss.

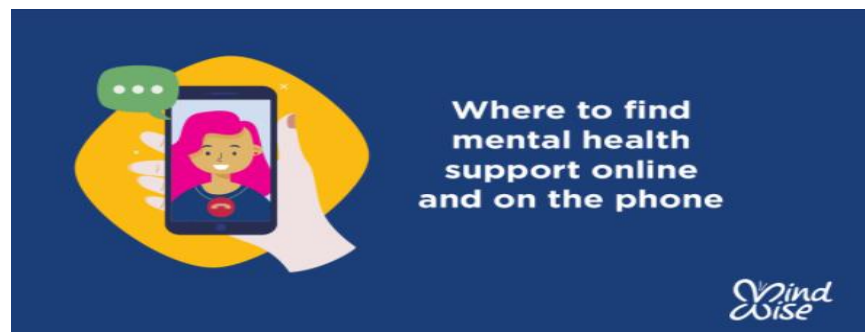
<https://www.rnib.org.uk/your-area-northern-ireland/services-rnib-northern-ireland/need-to-talk>



Childline Launch New 'We All Feel It' Campaign Aimed at Young Males

Childline has launched a new mental health campaign, 'We all feel it' to support young males to reach out for support. Watch the video

<https://cypsp.hscni.net/childline-launch-new-we-all-feel-it-campaign-aimed-at-young-males/>



Self Harm Awareness

However you feel, your feelings are valid. You matter and deserve help and support. You might still think about self harm, even if you've stopped, and that's okay.

You are not alone

If you need help with self-harm or thoughts of self harm, our page on finding support might help . It also has peer-support resources, so you can talk to people who have been there, too.

[Suicidal feelings & crisis support \(mindwisenv.org\)](https://www.mindwisenv.org/)





A new resource has been issued by the Public Health Agency for young people, their parents and carers to support mental wellbeing. Contents include healthy lifestyle tips to support your wellbeing, practical ways to manage your thoughts and emotions and useful websites and apps.

[Download Young Persons Mental Health Guide](#)



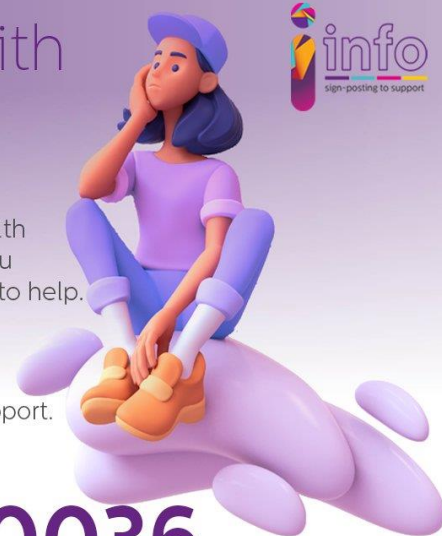
Get in touch with
our wellbeing
advisors today

Whether you're seeking mental health advice or looking information for you or someone you know... we're here to help.

Call **TODAY** to speak to one of our advisors who can signpost you to support.

Available: Monday to Friday 10am to 1pm

0808 189 0036



How to Create a Healthy Routine

Did you know that having a regular routine is good for your well-being and can help with low mood?

Here's how to add structure

<https://www.childrensociety.org.uk/information/young-people/well-being/activities/keeping-busy> to your day and develop a routine that will help you get ready for going back to school [Keeping Busy & Creating Routine | The Children's Society \(childrensociety.org.uk\)](#)





New Ways November 2022



ACTION FOR HAPPINESS

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



Happier · Kinder · Together



"Thank you for being there at my lowest time"

Male caller to Lifeline service

Lifeline
0808 808 8000
Textphone:

THE RIGHT SUPPORT AT THE RIGHT TIME!

Chat to our team TODAY through our webchat service!
www.inspirewellbeing.org

Monday to Friday 10.00 am to 4.00 pm

ADVOCACY FOR ALL 



Self Help Guides for Mental Health & Emotional Wellbeing

Self Help Leaflets

HSC Belfast Health and Social Care Trust
caring supporting inspiring together

HI

Self-Harm and Mental Health – Guide for Parents

“Having found out my child was self-harming, I was so devastated and confused as to why. My emotions were all over the place, not knowing how to help her, where to go for professional help – it was so stressful.” Our advice can help: [A guide for parents](#)



A-Z Mental Health





Take5

steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support.

Here are five simple steps to practise every day:

- 

Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.
- 

Be active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.
- 

Take notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.
- 

Keep learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.
- 

Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org).
Artwork designed in association with Belfast Strategic Partnerships.

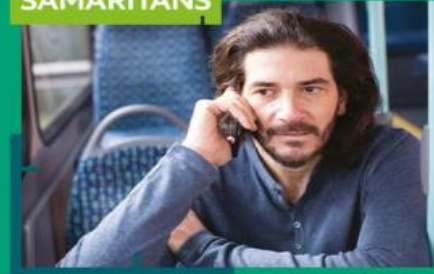
www.mindingyourhead.info

Public Health Agency, 10-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114 (local rates).

Whatever
you're facing
We're here
to listen

Call free day or night on
116 123
Email: 116123@samaritans.org
ALT Samaritans

SAMARITANS



samaritans.org

Autumn Family Wellness Retreat

JOIN US TUES 1ST NOVEMBER (10 AM-1PM) FOR A FREE
FAMILY WELLNESS RETREAT AT SPEEDWELL TRUST
PARKANAU, CASTLECAULFIELD DUNGANNON.

ACTIVITIES WILL INCLUDE: AN AUTUMN MINDFULNESS
WALK, HOT CHOCOLATE, AUTUMN THEMED ARTS &
CRAFTS WITH ARTFUNKLE & A LIGHT LUNCH.

SPACES ARE LIMITED SO BOOKING IS ESSENTIAL.
OPEN TO FAMILIES OF YOUNG PEOPLE AGED 4-12YEARS
OLD LIVING IN MID-ULSTER.

To Book Contact:
Kim@speedwelltrust.com
07717410393
Tara@Speedwelltrust.com
07717411465



Registered charity NI
108645
Company Number
NI682767



Join us for our weekly drop-in coffee morning at our Wellbeing Hub in Belfast from 10.30am every Monday. Meet other parents while your little plays with our range of sensory toys. Find out more: <http://ow.ly/EGpJ50I9XXJ>



Need some support for you or your child, but don't know where to start?



We at Parentline can point you in the right direction. ANY question, big or small we can support you to find services available, offer advice and an ear to listen.

We are here; 0808 8020 400
Mon-Thurs 9am-9pm
Fri 9am-5pm
Sat 9am-1pm
Webchat; ci-ni.org.uk





Mental Health Support Services & Crisis HELPLINES



Action Mental Health | 028 3839 2314
AWARE | 028 9035 7820
CAMHS | 028 3083 5400
Lifeline | 0808 808 8000
Mental Health Forum | 028 3025 2423

MindWise | 028 9040 2323
PIPS Upper Bann | 028 3831 0151
Samaritans | 116 123
Yellow Ribbon | 028 3833 1485
YoungMinds | 0808 802 5544

For help and advice on taking care of your mental and emotional wellbeing,
visit mindingyourhead.info



Armagh City
Banbridge & Craigavon
Borough Council



Information, self-help guides and ways to find
support on a range of mental health and
wellbeing issues, available at:
www.mindingyourhead.info



Helplines NI

listen. support. inform

www.helplinesni.com

New COVID-19 helplines added to website
offering a wide range of support
Community Helpline
Diabetes Helpline
HMRC Helplines for businesses
and many more!



COVID Wellbeing NI is an online hub to support
the mental and emotional wellbeing of people
across Northern Ireland during and after the
coronavirus (COVID-19) pandemic.

It includes information, self-help guides and
support and aims to help people take steps
to look after their mental health and reach out
for help and support when needed

[Click here for more information](#)

covidwellbeing
ni.info



<http://Covidwellbeingni.info>



What to put in a memory box



Photographs



Items of clothes and Jewellery



Letters or cards from them



Awards or certificates they received



Memory Box
Creating a memory box can be a lovely way to remember a loved one who has died.
By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.

CRUSE NATIONAL HELPLINE

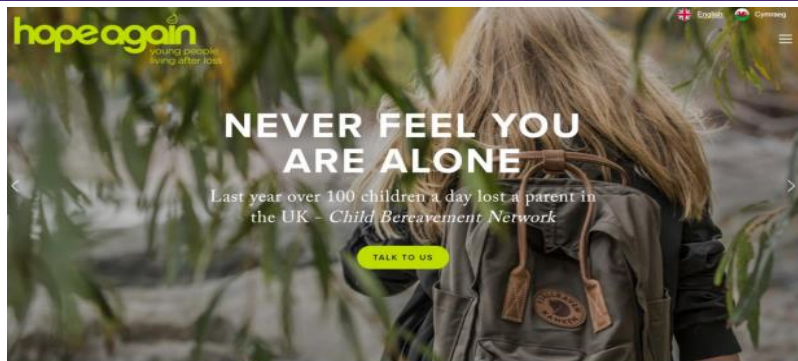
0808 808 1677

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



What children understand about death 5-10 years old

- Children this age attend school and can get more information and misinformation.
- It's important that the cause of loved one's death and the funeral process is explained.
- Children will ask many questions. This will help them understand what has happened.
- Let them talk about their feelings.



www.hopeagain.org.uk

Grief is overwhelming.
Let us help.

Cruse
Bereavement
Support

If you're struggling after someone close to you has died, there's lots we can do to support you.

We can provide information, advice or simply listen.



Find out more about how we can help you.

Contact Cruse in North Down and Ards
028 9127 2444
Northdownandardsarea@cruse.org.uk
cruse.org.uk

You're not alone.

Registered Charity No. 208078 | A Company Limited by Guarantee No. 638709 (London) Unit 0.1, One Victoria Villas, Richmond, TW9 2GW



ENGLISH CLASSES



FREE

STARTING WEDNESDAY 9TH NOVEMBER
7.30PM - 9.00PM
TEA & COFFEE & CONVERSATION
TO SIGN UP CONTACT DAVID 07780703713

WOODSTOCK REFORMED PRESBYTERIAN CHURCH
411, WOODSTOCK ROAD, BELFAST, BT68PW



Access to Health and Social Care Guidance

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




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

NINES

NORTHERN IRELAND | NEW ENTRANT SERVICE

NURSE LED CLINIC




NINES is a nurse led service which provides health care advice and health assessments for adults and children who are new to Northern Ireland and not already registered with a General Practitioner (GP).

Southern Trust Area
NINES - Northern Ireland New Entrant Service,
South Tyrone Hospital, 8 Floor, Carlisle Road, Dungannon BT71 4AJ.
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net


Protecting Your Rights

If you have been the victim of a racist incident contact the police, and some of the organisations listed who may be able to help you.

- Northern Ireland Council for Ethnic Minorities**
028 90 238645
www.nicem.org.uk
- Bryson Intercultural**
028 90 244639
www.mcrc-ni.org
- Samaritans**
0845 790 9090
www.samaritans.org.uk
- Victim Support**
028 90 244 039
www.victimsupport.org.uk
- Equality Commission for Northern Ireland**
028 90 500 600
www.equalityni.org
- Northern Ireland Human Rights Commission**
028 90 243987
www.nihrc.org
- Crimestoppers**
0800 555 111
www.crimestoppers-uk.org



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





Translations – Cost of Living Crisis



CYPSP Cost of Living Crisis Resource

A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis



10-Top-Tips-Information-Leaflet - Energy Efficiency in the Home

NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty. These increases come at a time when many household budgets are already stretched thin.

However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low-cost energy savings tips.



Help with energy costs in Northern Ireland

You may be worried about managing your energy use and costs this winter. Here is some information to help householders in Northern Ireland. (Click on Accessibility to access Recite toolbar to change language)



Belfast Warm and Well

The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.



Northern Ireland Energy Efficiency webinars

NEA Northern Ireland launches a new suite of supported e-learning courses and webinars Supported E-Learning Fuel Poverty and Health The course looks at the causes and impacts of fuel poverty with a focus on the health impacts. It aims to help delegates identify those likely to be at risk from fuel p...



Cost of Living support

A cost of living support package has been put in place for 2022 that includes one-off payments to those on income related benefits, disabled claimants and pensioners. These payments are intended to provide support to you with the current rise in the cost of living.



Cost of Living - Information & Advice

NI Direct information and advice on the cost of living including help for families and children, older people, energy savings, housing and other costs

We have added a new cost of living section to CYPSP Translation hub full of great information, support and advice - all fully translatable in 100+ languages visit <https://cypsp.hscni.net/translations-cost-of-living-crisis/>



Boloh

The Black, Asian and Minority Ethnic family Covid-19 Helpline

We are here to ensure support and advice is provided to Black and Asian children, young people and families affected by Covid-19.

helpline.barnardos.org.uk

Contact the helpline on 0800 1512605





Women's Aid Across NI

Women's Aid is the lead voluntary organisation challenging and addressing domestic violence and abuse in Northern Ireland. WAFNI is the umbrella body of nine Women's Aid groups across NI. Women's Aid groups throughout NI provide refuge and a range of emotional and practical support services, including outreach and aftercare to women and children suffering from domestic violence and abuse.



1. Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid	reception@womensaidabcln.org	028 2563 2136
2. Armaghdown Women's Aid	admin@womensaidarmaghdown.org	028 3025 8704 or 028 3839 7974
3. Belfast & Lisburn Women's Aid	admin@belfastwomensaid.org.uk	028 9066 6049
4. Causeway Women's Aid	womensaidcoleraine@btinternet.com	028 7035 6573
5. Fermanagh Women's Aid	womensaidfermanagh@btopenworld.com	028 6632 8898
6. Foyle Women's Aid	info@foylewomensaid.org	028 7141 6800
7. Mid-Ulster Women's Aid	admin@midulsterwomensaid.org.uk	028 8676 9300
8. North Down & Ards Women's Aid	info@ndawomensaid.org	028 9127 3196
9. Omagh Women's Aid	info@omaghwomensaid.org	028 8224 1414
10. Women's Aid Federation Northern Ireland	info@womensaidni.org	028 9024 9041

Open Monday - Friday 09:00 - 17:00

Did you know that **free public transport travel is now available for those fleeing domestic abuse?**

Housing Executive



Did you know that free public transport is accessible to those fleeing domestic abuse? You can avail of this if refuge / emergency accommodation has been arranged for you through the NI Housing Executive, the 24hr Domestic & Sexual Abuse Helpline or Women's Aid Federation NI. Further information at: <https://bit.ly/2CfhHIX>

INFORMATION & SUPPORT LINE

0800 0246 991

Mondays & Thursdays
6pm-8pm

Listening, Believing
& Support for All

www.rapecrisisni.org.uk



Call The Mens Advisory Project today, for confidential support and information on

Belfast. 028 9024 1929

Foyle. 028 7116 0001

ANYONE
Call the Domestic and Sexual Abuse Helpline
0808 802 1414
We are here for you confidentially 24/7.
You will be heard, you will be believed.


Victim Support NI

Belfast Hub: 02890 243133 | Foyle Hub: 02871 370086
belfast@victimsupportni.org.uk | foyle@victimsupportni.org.uk



**Domestic
abuse is
not just
physical.**

**16 DAYS
OF ACTION
AGAINST
GENDER BASED
VIOLENCE**

psni.police.uk

**we care
we listen
we act**



**Police Service
of Northern Ireland**

**More than
4,000**

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

**EVERYONE
THINKS HE'S
GREAT...**

Coercive, controlling behaviour is still abuse and it's a crime.

#STILLABUSE



Visit: nidirect.gov.uk/still-abuse call PSNI on: **101** or the
confidential 24 hour domestic and sexual abuse helpline: **0808 802 1414**



the rainbow project

Cara-Friend here

**LGBTQ + Advocacy Officer
The Rainbow Project
Joe Walsh
advocacy@rainbow-project.org
T: 02890 319030
M: 07904 864957**

**LBTI Support Officer
Cara-Friend/HereNI
Amanda McGurk
amanda.mcgurk@cara-friend.org.uk
T: 02890 890202
M: 07849 912877**

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

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



Powerful animation from Women's Aid Belfast & Lisburn, depicting the real-life experiences of children living with domestic abuse in Northern Ireland over the past 18 months.

Read more about the animation and view it at:
<http://belfastwomensaid.org.uk/launch-animation-children-domestic-violence-covid-19-lockdowns/>



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

It's ok to ask for help. We are here for you!

0800 2545 123
daisy@ascert.biz



RAPID:
Safely removing illegal drugs and unwanted prescription medication within the community.

NORTHERN IRELAND MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

drugsandalcoholni
Supporting recovery and reducing harm

HSC Public Health Agency
Project supported by the PHA

NIBACTS facebook twitter

www.drugsandalcoholni.info/RAPID

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

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

STEPS COPE **ASCERT 21** **Believe in Children** **Barnardo's** **South Eastern Health and Social Care Trust** **AFINet** **COMMUNITY FUND**

Substance Abuse Support

If you or someone you know is impacted by substance abuse, contact ASCERT for free on 0800 254 5123. We're here to help.

Cruse Bereavement: 0808 808 1677

Lifeline: 0808 808 8000

THE UK HAS THE HIGHEST RECORDED RATES OF DRUG-RELATED DEATH DUE TO OVERDOSE IN EUROPE

ASCERT

START 360 Connections services develop and deliver drug and alcohol-related projects, events and initiatives in the community.

<https://www.start360.org/how-can-we-help-you/connections-north>

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU
YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

www.addictionni.com or call 028 9066 4434

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

www.drugsandalcoholni.info

Affected by someone else's drinking or drug use?

HSC Public Health Agency

Drugs and alcohol support services are available in your local area. Reach out, get help. Find out more at <http://DrugsAndAlcoholNI.info>

Support services are available for anyone impacted by alcohol and drug misuse, including family members.



TO PROTECT LIFE
COMKIT

HOME ? ABOUT NEWS

WHO ARE YOU?


Help us find the right platform for you.

See below



ComKit New Online Platform to support communities following suspected suicide


A new online platform has been launched to help support communities following a sudden death that is a suspected suicide. Comkit is supported by the Public Health Agency (PHA) and has been developed with Urban Scale Interventions (USI) in partnership with Families' Voices Forum as well as community and voluntary groups who are members of local Protect Life Implementation Groups (PLIGS) from five health and social care trusts. Comkit can be accessed at www.comkit.info For more information about Comkit contact Jak@urbanscaleinterventions.com



energy saving trust

Be wise about your energy

#EnergySavingWeek22



Do you know if you are on the correct tariff?

Check out The Consumer Council NI energy price comparison tool that will enable you to compare electricity and gas tariffs for every supplier in Northern Ireland https://consumercouncil.org.uk/comparison_tool/begin

6 ways to boost your energy budget and make it stretch further



#1. Minimise your electricity usage

- Switch off appliances at the wall.
- Reduce your washing machine temperature to 30°C.
- Only use the water you need in a kettle.
- Use outdoor drying instead of tumble dryer.
- Turn off lights when leaving a room.
- Wait to use appliances like washing machine until there is a full load.

#2. Save on your home heating

- Pull your sofa away from the radiator.
- Keep your curtains closed to keep heat in.
- Use draught excluders at doors.
- Draught-proof windows and doors.
- Insulate your home.
- Turn down your thermostat by 1°C.

#3. Switch supplier and save

- 20 electricity tariffs available with suppliers.
- Your home heating oil supplier will have their own price.
- Shop around, switch and save.
- Switch from paper billings to direct debit e-billing.



#4. Switch to energy-rated appliances

- Replace household bulbs with LED alternative bulbs.
- Switch existing household appliances to energy-saving appliances.

#6. Emergency oil drums

- Avoid paying 20 litre emergency oil drums from forecourts.
- These are expensive and should only be used in emergency circumstances.

#5. Oil Buying Clubs and budgeting

- Enable householders to buy oil at a reduced price.
- More people that buy oil together, the lower the cost.
- Budget your money and make savings.



Be kind to yourself today. Remember, progress takes time



ACTION FOR HAPPINESS



[Find a Food Bank Near You](#)



GET HELP

NO ONE SHOULD GO HUNGRY – WE'RE HERE TO HELP



Ukrainian Cash Support Scheme
How to claim your £200 payment

Homes for Ukraine Scheme

Anyone arriving here under the Homes for Ukraine Scheme or Ukraine Family Scheme is entitled to a one-off £200 support payment to help them buy essentials. Find out more [↓](#)

<http://nidirect.gov.uk/articles/ukrainian-cash-support-scheme>

NEW 'PHONE FIRST' SERVICE FOR EMERGENCY DEPARTMENTS AND MINOR INJURIES UNITS



The 'Phone First' number to ring is
0300 123 1 123

The 'Phone First' text relay number is
18001 0300 123 1 123

Interpreter Now –
[Visit site](#)



BOLSTER COMMUNITY




In response to the referrals we receive through the Newry & Mourne Family Support Hub, Bolster Community are out in the local area delivering Parents Plus Special Needs programmes. We started one at the end of September to support parents coming through the Hub, desperate to find information about services and also to make connections with other parents living a shared experience. “The Parents Plus Special Needs Programme is suitable for parents of an adolescent with a mild, moderate or severe intellectual disability. The adolescent may also have an additional diagnosis such as ASD, ADD, ADHD or a physical disability. Meeting other parents with similar issues is an important aspect of the programme, and is usually rated as the most beneficial part of the course. PPSN believe that you, the parents, are the experts on your children”. We are delighted to deliver our second programme at St Pauls High School, Bessbrook, starting this week. The feedback we got from Parents and Marion the Learning & Support Co-ordinator was fantastic, school noticed “positive change in the pupil’s behaviour and parents reported feeling more confident”

Another area where we identified a need for support, is Adult Resilience. Our Family Support worker Kate, is delivering a six week resilience building programme starting on 13th October, topics include, Recognising Intense Emotions, Coping Strategies, Relaxation Methods and an introduction to Mindfulness. For further information on our programmes, please contact Tracey McCartney traingingdevelopment@bolstercommunity.org

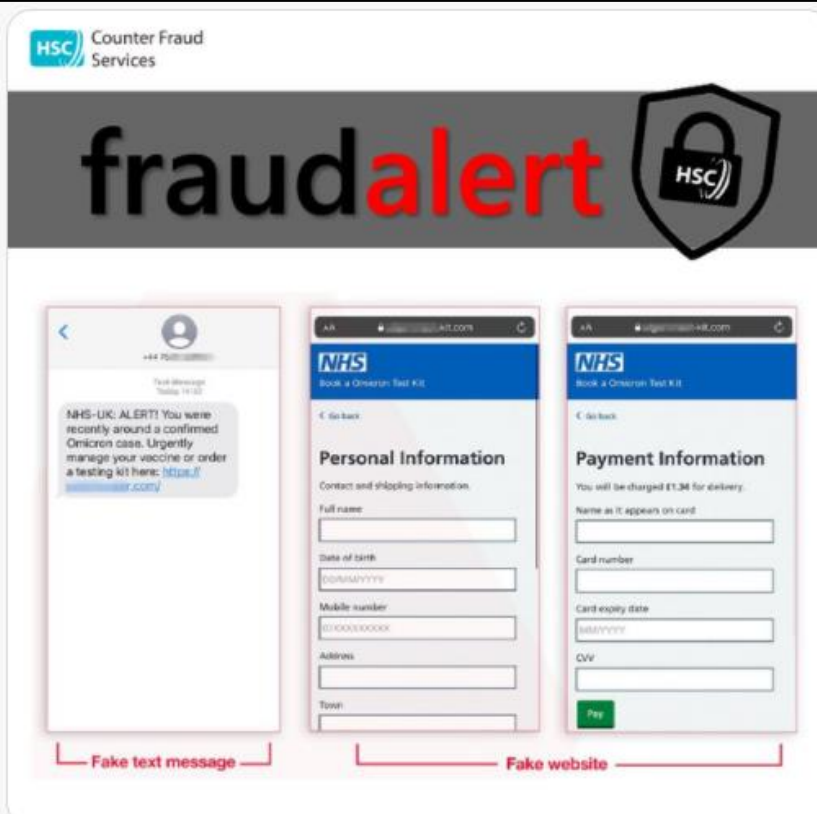


Fraud alert

Close contact testing & tracing **ceased** in NI on 22 Apr 2022.

Reminder to be vigilant regarding fake texts advising that you have been in contact with a COVID variant & encouraging you to buy PCR tests 

This scam is designed to steal your money & info



HSC Counter Fraud Services

fraudalert

Fake text message: NHS-UK: ALERT! You were recently around a confirmed Onsenon case. Urgently manage your vaccine or order a testing kit here: <https://www.onsenon.com/>

Fake website: NHS Book a Onsenon Test Kit. Personal Information: Full name, Date of birth, Mobile number, Address, Town. Payment Information: You will be charged £1.34 for delivery. Name as it appears on card, Card number, Card expiry date, CVV. [Pay](#)



Get a COVID-19 vaccination in Northern Ireland

The winter vaccination programme, which includes the COVID-19 booster and flu vaccine, is now available. Find out if you're eligible and where to get it. First, second and booster COVID-19 vaccine doses are also still available to anyone who needs them.



DoH www.health-ni.gov.uk

HSC Health and Social Care

COVID-19 vaccination

A guide for women who are pregnant or breastfeeding

For further information on Family Support Hubs in your area?

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