



COVID-19: Weekly Family Support Hubs Newsletter

This edition includes:

- Helplines NI
- Kinship Care NI – COVID 19 Community Response Project & Community Food Bank
- The Rainbow Project
- Belfast Trans Resource Centre
- HERE NI
- Ground Work NI – Men's Shed Phone Befriending Service
- Men's Action Network Helpline
- Men's Advisory Project
- Domestic & Sexual Abuse Helpline
- Men's Action Network – Isolation Helpline for Men 50+
- Don't take risks with a sick child
- Employers for Childcare – Family Benefits Advice Service
- TinyLife – Service Update
- NHSCT – Autism Helpline
- WHSCT – Health Visiting Helplines for Parents
- Autism NI – Sensory Bottle Ideas & Calm Down Box Ideas
- Barnardo's – Grieving during COVID 19 Leaflet
- ASCERT – Parent/Carer Support Sessions
- CYPSP – Daily Updates
- Family Support Hub NI
- Stay Well at Home – Workbook for young people 11-19
- Include Youth
- Steps to Cope
- DAISY Helpline
- Ashton CORE Project – Free Driving Lessons
- EA – Eat Well Live Well
- Youthscape

- Family Mediation NI
- Benefits of Mediation
- Probation Board for NI – Changing Lives App & Helplines
- NIACRO
- Prison Fellowship NI
- STARS Project
- Scam Wise NI – 15 common coronavirus scams
- The Law Centre NI – Update on Changes to PIP Response to COVID 19 in NI
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- Crohn's & Colitis UK
- Here 2 Help App
- St Vincent De Paul
- Christian Against Poverty
- StepChange
- Advice Space
- Advice NI
- Community Advice – Antrim & Newtownabbey
- North Belfast Advice Partnership
- Community Advice – Armagh
- Community Advice – Lisburn & Castlereagh
- Community Advice – North Down & Ards
- Community Advice – Newry, Mourne & Down
- Community Advice – Banbridge
- Society of St Vincent De Paul Newry
- Community Advice – Craigavon
- Community Advice – Fermanagh
- Mid & East Antrim Community Advice Services
- Advice North West
- IRIS
- Support Services in SEHSCT area
- Addiction NI
- North & West Belfast Soup Kitchen
- Down Armagh Rural Transport Partnership
- Things to Look Forward To
- Good News Stories– Autism NI & YMCA
- PAKT Project Carrickfergus

This edition of the newsletter provides advice, resources and project updates as of 29th April 2020.

The Family Support Hubs continue to be open for referrals during the current situation. They will try to access Family Support agencies during this time but this will be subject to individual projects ability to respond.

If you want to advise us of any changes to service provision or have particular needs you want to source during the current situation please contact Helen.dunn@hscni.net and we will try to connect with the appropriate information.

There are 29 family support hubs across Northern Ireland supporting families. www.cypsp.hscni.net/family-support-hubs/#ffs-tabbed-23

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



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-19 COMMUNITY RESPONSE PROJECT



Are you a **grandparent carer**, aged 60-75 years) bringing up your **grandchildren**?

Are you a **sibling carer**, aged 18-25 years) bringing up your younger **brothers** and **sisters**?



Are you self-isolating and in need of support?

Do you or the children you are caring for have pre-existing health conditions which places you and/or your children at great risk of contracting COVID-19?

Our Community Response Project provides kinship carers and their children with:-

- Accurate and up to date advice and information on the symptoms of COVID-19 and self-isolating measures.
- Advice and assistance on benefit entitlements
- Food parcels and other essentials.
- Toys, books and arts and craft materials for children
- Other practical and emotional support to help support you and your children at this uncertain time.

✉ For more information email info@kinshipcareni.com

f or send us a PM via our Facebook Page (Kinship Care Northern Ireland)



Caring During COVID-19 COMMUNITY FOOD BANK

Kinship Care NI have launched a Community Food Bank to provide food and other essential items to individuals and families in the community who are experiencing considerable hardship as a result of COVID-19.

OUR COMMUNITY FOOD BANK WILL PROVIDE FOOD AND OTHER ESSENTIAL ITEMS TO

OLDER PEOPLE
aged 65 years over who have limited and/or little in the way of family support.



YOUNG PEOPLE
aged 18-25 years who are have lost their jobs and who live alone with no income and are struggling to buy food.



FAMILIES
with children who are not receiving the free school meal payment and who are facing considerable hardship.



Community Food Banks will operate out of our Centres in **Derry/Londonderry, Strabane, Magherafelt and Newtowncunningham, Co. Donegal.**

For more information or to enquire about receiving support please **PM** our Facebook Page

Kinship Care Northern Ireland or email info@kinshipcareni.com



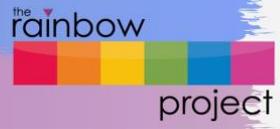


We want to reassure our clients and anyone who has ever thought of contacting The Rainbow Project for advice or guidance, we are here for you now and we'll be here for you throughout this challenging time.

For the quickest response send us a message on Facebook/ Twitter/ Instagram and a member of staff will get back to you as quickly as possible.

Call us, 02890319030 and if we aren't able to answer please leave a message and we will respond as quickly as we can.

Alternatively you can email us info@rainbow-project.org



www.rainbow-project.org

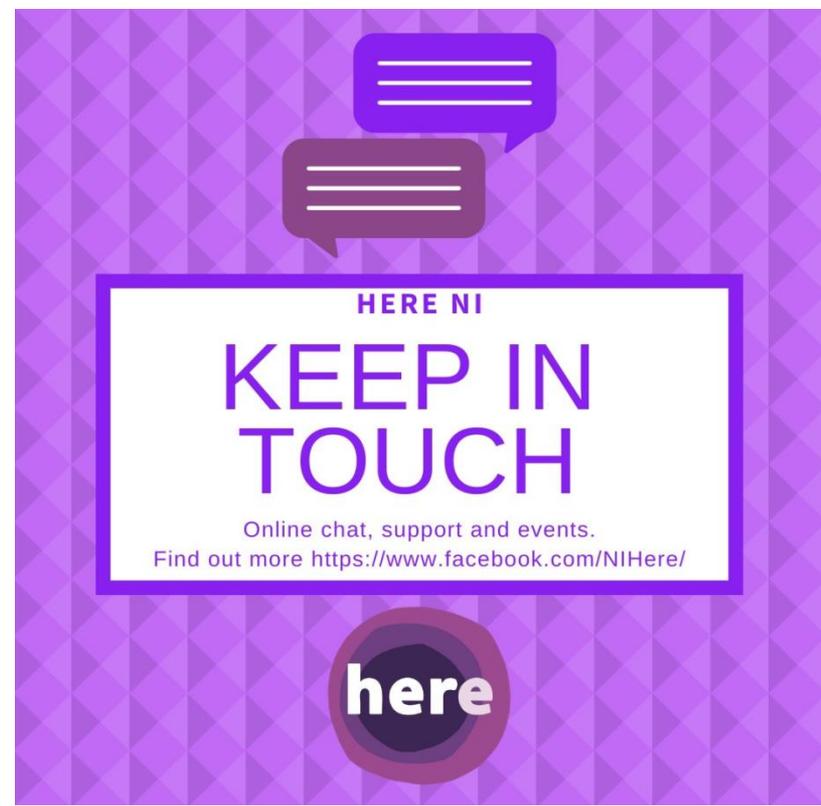


ONLINE SUPPORT 

if you need advice, support or advocacy, please contact

support@transgenderni.org.uk
0300 302 3202

<https://belfasttrans.org.uk/>



HERE NI

KEEP IN TOUCH

Online chat, support and events.
Find out more <https://www.facebook.com/NIHere/>

here

<https://here875008472.wordpress.com/>

WE ALL MUST DO IT TO GET THROUGH IT



STAY HOME KEEP DISTANCE WASH HANDS



Men's Shed members across NI
Are you experiencing loneliness or isolation?

Men's Shed Phone Befriending
Service

Available every Wednesday from
10am-1pm & 2pm-4pm

Email
mensshed@groundworkni.co.uk to
schedule a time to chat

#TogetherApart



www.groundwork.org.uk/hubs/northernireland/

MEN
EXPERIENCE
DOMESTIC &
SEXUAL
ABUSE TOO

- PHYSICAL ABUSE
- VERBAL ABUSE
- ISOLATING BEHAVIOUR
- FINANCIAL CONTROL

THREATENING
BEHAVIOUR

SEXUAL
ABUSE

EMOTIONAL OR
PSYCHOLOGICAL ABUSE

If you are a male living with the experience of
Domestic or Sexual Abuse / Violence
and would like to talk to a counsellor in confidence,

Please call us when it's safe for you to do so. Leave your details and a call back time that's safe for us to call you.

Or text: 07544802916 with your details and again, a safe time for us to call you back.

Helpline Weekdays - 0900 - 1600
028 7122 6530

Or text: 07544802916 with your details and again, a safe time for us to call you back.



See our leaflets for more information

www.man-ni.org

© 2020



www.mapni.co.uk

Email: info@mapni.co.uk

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

Belfast. 028 9024 1929

Foyle. 028 7116 0001

DOMESTIC AND SEXUAL ABUSE HELPLINE

Calling the Helpline may be the first time you've spoken about your experiences

Our Helpline operators provide a safe & confidential place to talk. They are available to help and you can contact us by phone, email and by webchat.

Telephone: 0808 802 1414 – 24/7 Confidential & Free
Email: help@dshelpline.org
Webchat: www.dsahelpline.org

domestic and sexual abuse helpline
0808 802 1414



Men's Action Network

Supporting and Promoting Male Health and Wellbeing



Covid 19 Isolation Helpline

Men aged 50+

Listening Ear

Community Information

Signposting

Register your interest for a call back:

02871377777

admin@man-ni.org

The Community Foundation



Men's Action Network

Supporting and Promoting Male Health and Wellbeing

COVID-19: ADVICE & SUPPORT



Don't take risks with a sick child



-  If your child is unwell and you are worried contact your GP.
-  If you think your child is seriously ill you should take them to the nearest Emergency Department. Ring ahead if they have a respiratory condition.

Our GPs and most Emergency Departments are still open for business and are ready to care for sick children.



Employers For Childcare

Do you have questions about Tax-Free Childcare?

- Am I eligible?
- How does it work?
- How much money could I save?
- Can I use it along with Childcare Vouchers?

Call our **Family Benefits Advice Service** on 0800 028 3008 for free, impartial and confidential advice.



TinyLife provides support to parents of babies who have been born prematurely (before 37 weeks) or have spent time on a Neonatal Unit from birth due to illness. Due to the current restrictions in place due to the Covid-19 pandemic they have made some changes to TinyLife support services to ensure that families of premature and neonatal babies in Northern Ireland can continue to be supported during this very difficult time.

[View service update here](#)

www.tinylife.org.uk



COVID-19

Helpline

for families of children & young people with Autism or those waiting assessment

Monday - Friday 9:30AM - 4:30PM



028 2563 3777



PaediatricAutismService@northerntrust.hscni.net



HSC Western Health and Social Care Trust

Health Visiting Helpline for Parents

Continue to contact your Health Visitor if you have a concern about your child's health and development

Contact:

Londonderry/Limavady/Strabane: 07557174129

Enniskillen Area: 07825196981

Omagh Area: 028 82835555

COVID-19: ADVICE & SUPPORT



Autism NI have developed a range of resources to help autistic individuals, professionals, parents/carers and family members to gain access to knowledge and information that they may find useful.

Resources include 'Sensory Bottle Ideas' and 'Calm Down Box Ideas'. These, along with other resources are available to download via their website at <http://www.autismni.org/resources.html>



Barnardo's Child Bereavement Service have produced a useful leaflet for dealing with bereavement.

[Child Bereavement Service Grieving during covid-19 Leaflet](#)

Advice Line for children, parents and carers
Tel. 07867372711



ASCERT Parent/Carer Support Sessions

In response to the growing need for parent support groups within Northern Ireland, ASCERT are adapting our usual face to face support to provide on-line parent support.

We have developed 8 support sessions with specific subjects so you can access the ones you are interested in or attend them all – it's entirely up to you.

Sessions will begin Tuesday 28th April @ 7pm- 8.30pm via Zoom.

To join this group please follow the link below which will direct you to the ASCERT Parent/Carer closed group

<https://www.facebook.com/groups/883771135427888/>



LINK TO GROUP: <https://www.facebook.com/groups/883771135427888/>



Daily Updates

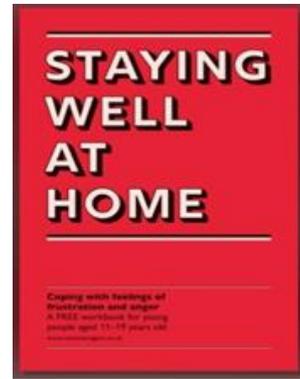
[Click here to stay informed](#)



Helping You Find the Services You Need

If you would like to find out more about family support services in your area please see the Family Support NI website at: www.familysupportni.gov.uk

A workbook to help young people aged 11-19 cope with feelings of frustrations and anger during the lockdown.



[This free resource pack](#) of activities, exercises and worksheets can help young people explore their feelings, better understand their anger triggers, and develop positive coping strategies. This has been specifically developed to do alone or with the support of a professional (or other trusted adult), helping children and young people keep mentally and emotionally healthy during lockdown.



AS WE SOCIAL DISTANCE & SELF ISOLATE WE NEED TO REMEMBER THAT NOT EVERY HOUSE IS A SAFE HOME

IF THIS AFFECTS YOU YOU CAN ALWAYS REACH OUT TO A TRUSTED ADULT OR YOUTH WORKER

include **YOUTH** **GIVE AND TAKE**

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**

HSC Public Health Agency

CATCH IT.

BIN IT.

KILL IT.

Are you 11-25 and worried about your own substance misuse?

Contact the DAISY service for free and confidential support over the phone or by video call:

0800 2545 123 daisy@ascert.biz

ASCERT 21 **DAISY** **STAKT**



ashton
CORE Project

For 17-24 Year Olds

If you would like to register your interest for future driving lessons please get in touch.

To be considered you must have your provisional licence and theory test.

Dates not confirmed due to the current lockdown restrictions.

Not in education, employment or training or less than 16 hours per week



FREE Driving Lessons

For further information, contact 07752190297 or email: core@ashtoncentre.com
[facebook.com/coreproject1/](https://www.facebook.com/coreproject1/)
20 Cliftonville Road, Belfast, BT14 6JX

www.ashtoncentre.com [facebook.com/coreproject1/](https://www.facebook.com/coreproject1/)

This project is part funded through the Northern Ireland European Social Fund Programme 2014-2020 and the Department of the Economy.
Sponsored by:

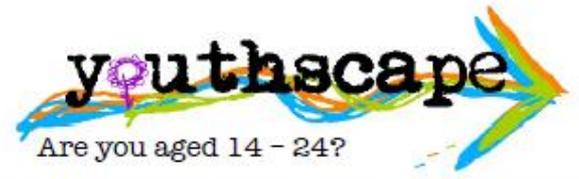
COVID-19: ADVICE & SUPPORT



EAT WELL LIVE WELL

A 5-day food box providing breakfast & lunch of non-perishable goods. For young people aged 4-25 years who are members of an EA registered youth organisation.

www.youthonline.org.uk



Come and Join our online Programme and be part of the Youthscape Community

Starting May 2020

Contact:
Ballybofey: 066 2678222
Dungannon: 07667178196
Enniskillen: 07667178182
Letterkenny: 066 2678223
Omagh: 07667178139

For more info
Gain a Level 1 OCN in Vocational Skills

- 1:1 mentoring support
- Online activities
- Good relations/ personal development
- £8 per day
- 3 days per week
- Data Allowance



Special EU Programmes Body
Foras Um Chláir Speisialta An AE
Board O Owre Ocht UE Projects



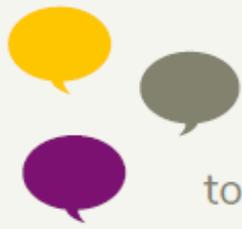
Peace4Youth





WE'RE OPEN!

Family Mediation NI continues to offer mediation sessions via online platforms



to those separated parents who wish to engage in child focussed mediation

FMNI now provides online mediation*
Call us to avail of HSCB funded service for separated parents

Sessions offered to parents wishing to avail of mediation during COVID-19 and beyond*

*subject to suitability

For more information, please contact **02890 243265**
or enquiry@familymediationni.org.uk
or administration@familymediationni.org.uk
visit www.familymediationni.org.uk

COVID-19: ADVICE & SUPPORT



COVID-19 SEPARATED PARENTS GUIDANCE FROM THE DEPARTMENT OF HEALTH

“ In the current circumstances, in making decisions about the movement of children between parental households, there is an onus on parents to work out a temporary arrangement through cooperation and compromise. This will require them to undertake a reasonable assessment of the family circumstances, including the child's health, the risk of infection and the presence of any recognised vulnerable individuals in one household or the other. ”

www.familymediationni.org

FMNI would encourage those separated parents who cannot see their children for health and safety reasons that contact is maintained via on-line platforms to ensure well-being of children of all ages.

www.familymediationni.org.uk



HOW TO MEDIATE HOUSEHOLD CONFLICTS

Agree which members of the household would like to act as Peacemaker/Mediator.

If a dispute arises those in dispute call in the services of the Peacemaker/ Mediator before the situation escalates out of control.

The role of the Peacemaker/ Mediator is to help the disputants to reach a workable compromise or resolution.

The Peacemaker/ Mediator should chair the meeting and set the ground rules: when one person is speaking no-one will interrupt, everyone will communicate respectfully, all issues will be raised and discussed and the Peacemaker/Mediator will assist everyone to find a resolution.

FORMULA FOR MEDIATION

1. Peacemaker/ Mediator listens as each party outlines their point of view as to what the issue is.
2. Peacemaker/ Mediator asks each party to offer options that might help resolve the problem and to number these in their order of preference.
3. The Peacemaker/ Mediator writes these on a sheet and explores them with the parties.
4. The Peacemaker/ Mediator encourages the parties to see how they can resolve the problem taking into account everybody's needs.

This formula could help reach agreement on most areas of household activities and ensure that everyone has their preferences taken into account to some extent.



BENEFITS OF MEDIATION



SPEEDY AND EFFICIENT

ENCOURAGES RESPECT FOR EACH OTHER

YOUR FAMILY DECIDE YOUR OWN SOLUTIONS

STATISTICS SHOW A SUCCESS RATE FOR PROFESSIONAL MEDIATION AVERAGING

80%

CONTACT A PROFESSIONAL MEDIATOR

WWW.THEMII.IE

HOUSEHOLD ISSUES THAT MEDIATION CAN HELP TO RESOLVE INCLUDE:

Boundaries and Personal Space

Agree to;

- Where possible, give each other personal space
- Be patient with each other
- Communicate respectfully and early where there is a problem
- Nominate a "peacemaker" for each week

Family Entertainment

- Agree family/household TV viewing times
- Agree use of computers and game consoles.
- Agree daily exercise/outdoor activities
- Agree family/household games

Household Chores

- Agree who will do the next shopping, and run a list
- Set out a weekly household chores rota
- Agree a weekly meals preparation rota and washing up

Work/study

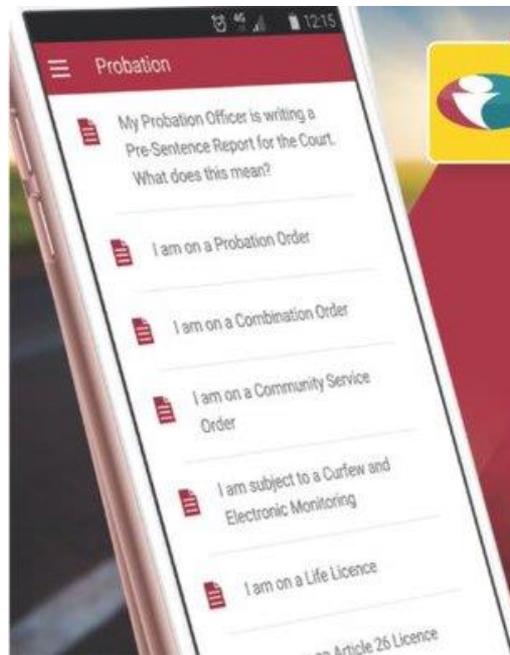
- Agree private time/space for those working from home
- Agree private time/space for those studying at home
- Agree private time/space for those needing some "downtime" i.e reading, playing an instrument etc.

Contact with family members

- Continue co-parenting arrangements where there are two homes, subject to any Covid-19 restrictions
- Where scheduled co-parenting cannot continue ensure ample communication with the other parent via digital platforms or telephone
- Schedule Grandparent/extended family time online
- Schedule time with friends online



As probation staff and many others work differently to deliver services, the use of technology is more important than ever. PBNI app 'changing lives' can be downloaded for free to help individuals identify thoughts & feelings & find helpful resources.



CHANGING LIVES

Putting Justice, Mental Health, Addiction and Victim support services at your fingertips.

Using the App you can:

- Track the state of your Wellbeing & Mental Health
- Use the calendar for date reminders
- Get advice on Mental Health and Addiction issues
- Have health service contacts at your fingertips
- Find out what it means to be supervised by Probation
- Quickly contact your local Probation Office
- Register with Probation if you are a victim of crime

The App has been designed to help you understand what to expect from Probation, to help reduce any anxiety you may have if coming into contact with Probation, and to help you access mental health and addiction support.



COVID-19: ADVICE & SUPPORT

IF YOU NEED TO SPEAK TO SOMEONE IN PROBATION PLEASE CONTACT US ON ONE OF THE NUMBERS BELOW:

PBNI Headquarters
Monday - Friday
 (028) 9052 2522

Omagh Probation Office
Tuesday
 (028) 8225 4872

Portadown Probation Office
Thursday
 (028) 3839 7575

Dungannon Probation Office
Friday
 (028) 8775 4848

Newry Probation Office
Monday
 (028) 3025 3030

Derry - Shipquay Street Probation Office
Wednesday
 (028) 7131 9670

Ballymena Probation Office
Thursday
 (028) 2566 2345





For all other calls you can still call our office at 028 9032 0157 or email us at admin@niacro.co.uk



Prison Fellowship is a Christian ministry responding to the spiritual, emotional, social and physical needs of prisoners, released prisoners and their families. Offering hope and a new beginning.

E: info@pfni.org
T: 02890 243691

www.pfni.org

RESTORATIVE PRACTICE UNDERSTANDING
KNOWLEDGE LISTENING JUSTICE ADVOCACY
HEALING COMMUNITY PROFESSIONALISM
SOLUTIONS SUPPORT REFLECTION
MEDIATION CONTRIBUTE RELATIONSHIPS
SOCIAL LEARNING DEVELOP
RECONCILIATION FORGIVENESS INCLUSION

The STARS Project (Striving To Achieve a Restorative Society) provides FREE restorative training to community and statutory workers, supporting their personal and professional development. We offer a range of accredited training with 1:1 mentoring support throughout to support individuals on their restorative journey. Our objective is to expand their knowledge of restorative practices and how it can be applied to their work and life. Restorative justice and practices is a method used to deal with conflict and repair the harm in a peaceful way while building or preserving relationships. Generally it involves the victim, the community and the offender.

Restorative Practices works in eight areas across the North:

- West Belfast
- East Belfast
- North Down
- Shankill
- North Belfast
- Lurgan
- Derry/Londonderry
- Larne and Carrick.



The programme is delivered by CRJI (Community Restorative Justice Ireland) NIA (Northern Ireland Alternatives) and is funded by Cooperation Ireland and The Executive Office.

For further information, contact:
Andrea McLoughlin, Restorative Practices Co-ordinator
Community Restorative Justice Ireland, 27A Colinglen Road, Belfast BT17 0LR
Tel: 028 9521 2133 Email: amcl@crjireland.org

Delivered by



Funded by





15 common coronavirus scams to watch out for



Pension scams



Free COVID-19 testing



Tax rebate scams



DVLA refunds



Free supermarket vouchers



Fake competitions



Investment scams



Free school dinner vouchers



Travel scams



Automated messages from your service providers



Free payments from the government



Doorstep scams eg collecting groceries/cleaning services



Websites selling fake PPE



Charity scams eg posts asking you to donate to a sick loved one



Fake fines for leaving your property

Report scams to Action Fraud on 0300 123 2040 or the PSNI on 101



Changes to PIP in Response to Coronavirus (COVID- 19) in Northern Ireland

The Law Centre NI team are working hard to bring you the most up to date information on changes to social security provisions in Northern Ireland.

Update with all the key information on Personal Independence Payment (PIP), following the Disability Consultative Forum held in April, can be viewed [here](#).

www.lawcentreni.org



Coronavirus weekly updates from the Advice NI Policy Team are now available online at:

<https://www.adviceni.net/tags/covid-19-policy-update>.

These cover a range of issues including social security changes, announcements and information, HMRC updates and much more.



HSC Health and Social Care
In collaboration with

INTERPRETERNOW

HEALTH AND SOCIAL CARE REMOTE SIGN LANGUAGE INTERPRETING SERVICE

A free remote interpreting service for British Sign Language (BSL) and Irish Sign Language (ISL) users in Northern Ireland has been introduced to provide the Deaf community with access to NHS111 (Northern Ireland COVID-19 advice line) and all health and social care services during the COVID-19 pandemic.

Further information and details on how to access the service is available at:

<http://www.hscboard.hscni.net/interpreting-service-bsl-isl/>

CROHN'S & COLITIS UK

Important information



If you've got **Crohn's Disease** or **Ulcerative Colitis** and you're worried about Coronavirus or if you want to read the latest guidance on how to take extra precautions visit:

www.crohnsandcolitis.org.uk



A NEW FREE APP FOR EVERYONE...



INFO + ADVICE 24/7

A free app, designed to give **quick advice** on many subjects and **fast contact info** for a majority of life's problems.

Download it today as a source of great info...



www.here2helpapp.com

COVID-19: ADVICE & SUPPORT



Society of St. Vincent de Paul

St Vincent De Paul (Northern Ireland) – Belfast

(028) 90351561

info@svpni.co.uk

Derry Office

(028) 71265489

svp.derry@svpni.co.uk

West Belfast

(028) 90601899

<https://www.svp.ie/home.aspx>



Christians Against Poverty can help if you are feeling the weight of debt, struggling to find work or just need a bit of help budgeting.

Freephone: **0800 328 0006**

<https://capuk.org/i-want-help>



StepChange provides free and impartial advice on debt and money management

<https://www.stepchange.org/how-we-help/debt-advice.aspx>



Free confidential advice including help with debt problems

0300 1233 233

www.advicespace.me



EU Settlement Scheme Advice

Freephone 0800 138 6545

Text EUSS to 66644 or email euss@adviceni.net

Monday to Friday 10am-4pm

Debt Advice Service

Freephone 0800 028 1881

Monday to Friday 8am-6pm

Text ACTION to 81025 or email: debt@adviceni.net

Independent Welfare Changes Helpline

Freephone 0808 802 0020

Monday to Friday 9am-5pm or email:

welfarechanges@adviceni.net

Tax and Benefits Advice

Freephone 0800 988 2377

Monday to Friday 9am-5pm or email: tax@adviceni.net

Business Debt Service

Freephone 0800 083 8018

Monday to Friday 9am-5pm or email: bds@adviceni.net

<https://www.adviceni.net/>

Are you currently in a financial crisis?

Contact us on 02895 906505 for advice on discretionary support and contingency fund grants





WE HAVE MADE CHANGES TO OUR SERVICES, PLEASE TELEPHONE OR EMAIL FOR ADVICE AND INFORMATION

Please contact any NBAP Service for advice on Benefits, Entitlements, Debt and Crisis Support.

EMAIL: advice@ligonielvillage.com

Ardoyne Association	028 9071 5165
Ballysillan Community Forum	028 9039 1272
The Vine Centre	028 9035 1020
Ligoniel Improvement Association	028 9039 1225
Tar Isteach	028 9074 6665



Contact arrangements during COVID-19

Advice Line:

9.30am-3pm, Monday to Friday
07892712394 / 07753427622

Alternatively you can email your name and contact number to:

donna.morris@communityadvicearmagh.com



Our phone lines are open

Monday to Friday, 9am to 4pm and our fully qualified advisors can advise on benefits, employment, debt, furlough, consumer advice, housing issues etc.

Whatever the question we should be able to answer it or signpost you to someone who can.

Tel: 02892662251
Email: calc@calcni.com



Advice Line
0300 123 9287

Local rate - 10am - 4pm - Monday - Friday



0300 30 30 306
9:00am - 2:00pm
advice@advicenmd.com



Society of St. Vincent de Paul

**A Message from the
Society of St. Vincent De Paul, Newry**

We are here to help. If you are struggling financially during these difficult times, contact us today.

All calls are treated confidentially.

St. Joseph's Conference, Mill Street **028 3025 2968**
Sacred Heart Conference, Bridge Street **075 9232 1453**
St. Brigid's Conference, The Meadow/Derrybeg **075 1717 0286**



**"Fear not; calm will follow
the storm and perhaps soon."**

St. Vincent De Paul



If you need any advice and/or information, give us a call on

028 406 22201

Leave your name, number, postcode, and brief details of your query.

Alternatively, send us an email to advice@cabanbridge.org.uk with the same details.

Our advisers will return your call as soon as possible.



**CURRENT OPERATIONAL
ADVICE SERVICES**

TELEPHONE
028 38 36 11 81
Mon – Fri
9am – 5pm

E-MAIL
enquiry@advicecraigavon.com



Our Advice Line is open for all our clients living across Co. Fermanagh

If you need advice or information, please give us a call and we will do our very best to help you.

Please call us on 07394921753
9.00 am to 5.00 pm, Monday to Friday.

If the line is busy, please leave a message and we will get back to you. Your query is important to us.

Alternatively, you can e-mail us 24 hours per day to speoples@communityadvicefermanagh.com, and we will respond within 24 hours.



Mid & East Antrim
Community
Advice Services

MEA Community Advice Services remain open for business.

9am-5pm, Monday-Friday

028 96 001333 Option 2



ADVICE NORTH WEST



DUE TO THE CORONAVIRUS WE WILL
BE PROVIDING ADDITIONAL OPENING HOURS
FOR ALL OF YOUR ADVICE NEEDS
TELEPHONE AND EMAIL ADVICE ONLY

WED-THU 5PM - 7PM

SAT 9AM - 1PM

PLEASE CONTACT US ON

0300 30 33 650

OR ADVICE@ADVICENORTHWEST.COM

FOR DEBT ADVICE CALL **02871370337**

OR DEBTADVICE@ADVICENORTHWEST.COM

FOR UP TO DATE INFORMATION VISIT:

www.advicenorthwest.com

twitter.com/north_advice

facebook.com/advicenorthwest

WHERE ADVICE IS FREE AND PEACE OF MIND PRICELESS



IRIS

Are you being hurt by someone in your family?
Are you afraid of someone at home or in an abusive relationship?

Have you been raped, sexually assaulted or have you experienced childhood sexual abuse?

What is IRIS?

IRIS is a specialist **domestic and sexual violence and abuse (DSVA)** training, support and referral programme for general practices. It is a partnership between health and the specialist DSVA sector. IRIS provides in-house DVSA training for general practice teams and a named advocate to whom patients can be referred for support.

Available in the Newry, Mourne & Down Area

What is the Advocate Educator?

The advocate educator is a specialist DSVA worker who is linked to the practices and based in a local specialist DSVA service. The advocate educator provides training to the practice teams and acts as an ongoing consultant as well as the person to whom they directly refer patients for expert advocacy.

If you choose to talk to us, we can:

- Support you directly
- Help you get the specialist support you need

PRACTICES WHO HAVE SIGNED UP TO THE IRIS PROJECT ARE...

- Scarva Street Surgery, Loughbrickland
- Ballyward Surgery, Castlewellan
- Cornmarket Surgery, Newry
- Clanrye Medical Practice, Newry
- Mourne Family Surgery, Kilkeel
- Shanlieve Surgery, Kilkeel
- Summerhill Surgery, Warrenpoint
- Newtownhamilton Surgery, Newtownhamilton
- Newtownhamilton Health Centre, Newtownhamilton

IRIS

Identification & Referral to Improve Safety

If you feel you would like to access this service and are registered with any of the practices listed **please speak with your GP** and ask them to refer to the IRIS programme or alternatively **please contact 028 3839 7974** and ask to be put through to the **IRIS worker**

www.womensaidarmaghdown.org



COVID-19: ADVICE & SUPPORT



South Eastern Health and Social Care Trust

Looking after yourself and others.

Details of support services with in the South Eastern Health and Social Care area.

[View Services Here](#)

PLANNING FOR COVID-19

KEEP YOURSELF SAFE



The risk of a fatal overdose is much higher if there is nobody around to help.

If you are socially isolating and aren't using in the company of your usual group, connect with your family, friends, support workers and neighbours to discuss how you can keep yourself as safe as possible.





NORTH AND WEST BELFAST SOUP KITCHEN

WE ARE OPEN TO DELIVER FREE SOUP TO THOSE WHO REQUIRE IT.

Text 07881363939 or go to our Facebook page, "North and West Belfast Soup Kitchen"



ISOLATED BUT NOT ALONE



WE CARE ABOUT CARERS

Department for Infrastructure

WE'RE FIGHTING COVID-19



HSC Public Health Agency

COVID-19 (coronavirus)

Everyone in Northern Ireland should now be using social distancing

Stay at least 2 metres (6 feet) away from other people

The latest information and advice on coronavirus is available at www.pha.site/coronavirus

We CARE - free delivery support for Care Home Staff, Residents & Families. Our Access NI checked drivers will collect & deliver your supplies, food, prescriptions, PPE and sundries.

As part of our COVID-19 response DART is now supporting the Care Home sector, including care homes, residents and families of residents with **FREE** daily collection and delivery across the ABC Council area.

Contact Down Armagh Rural Transport Partnership
 TEL: 02838317810 EMAIL: info@dartpartnership.co.uk
www.dartpartnership.co.uk






Things to Look Forward To

Draw, write or tell someone answers to any of the following questions

When places open-up again, where is the first spot you'll go?

What parts of school have you most missed?

When places open-up again, where is the first spot you'll go?

Who will you visit, out of everyone you know?

Who will you visit, out of everyone you know?

Which friend will you first invite around to play?

Or any events you don't want to be late for?

Are there any activities you really can't wait for?

What parts of school have you most missed?

Is there anywhere you'd like us to go to, to stay?

Which play places will be first on your list?

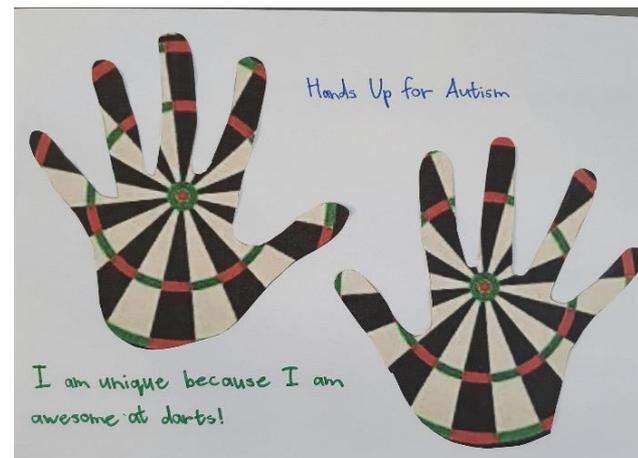


Autism NI wanted to spread some positivity this Autism Awareness Month and show how unique we all are.

We asked for children to paint or draw their hand prints, write under it what makes them unique and share their pictures (with help from parent/carer) using the hashtag #HandsUpForAutism

We then used these to brighten up our timelines.

We have had a fantastic response from children across Northern Ireland. #autismawarenessmonth #AutsticAndUnique #staypositive



COVID-19: GOOD NEWS STORY



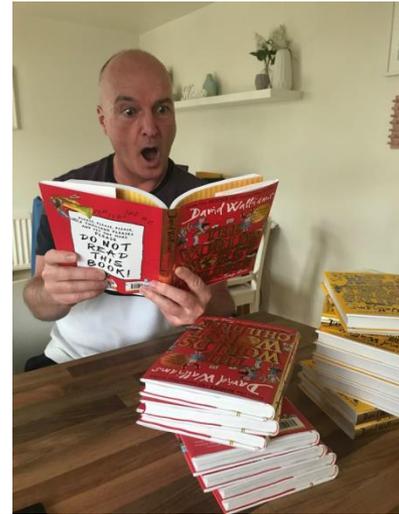
The YMCA PAKT Project in Carrickfergus have been encouraging the children and their families to establish a routine and engage in a range of activities.

These have included cookery on a Friday night when the ingredients are dropped off with the families and the children cook the dinner.

Every Saturday a local restaurant supplies 250 meals and the PAKT staff deliver some of these to families in the area. Parents have reported this this been a lifeline.

Also the youth leader Maurice Shearer has made use of the CYPSP Children`s Resource Pack with the children starting with PE with Joe every morning and craft work during the day as well as the David Walliams Book Club.

Many thanks to Children in N.Ireland for their support with this work. Looks like they are all having a lot of fun including the adults!



For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net