



*Wishing you all a Happy Christmas and Healthy New Year*

# Family Support Hubs Newsletter



This edition includes:

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- Youth Wellness Web
- Family Support NI/Flu vaccine
- Resource pack for C&Y People
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- Help Crush Covid for Christmas
- Ideas for Christmas on a Budget
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## KIDS ACTIVITIES

- High Five/Book Trust
- Nursery Rhymes/Fun Irish Language
- Belfast Zoo/Christmas Craft Ideas

## CHILDREN/YOUNG PEOPLE

- Regener8/VOYPIC/YEP
- Gambling/Daisy/Text A Nurse
- Youth Wellness Web
- Shout Crisis /Rights Responder
- Prince's Trust NI

## CHILDREN/YOUNG PEOPLE WITH A DISABILITY

- Bolster Community/Deaf CAMHS
- Family Fund/Contact Helpful guide
- Autism – How to cope with Christmas
- Autism Awareness Card etc
- RNIB Need to Talk/Saving money for

## CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Friendship Café/Crisis Drop in Café Newry
- The Good-Night Guide
- Young Persons Mental Health Guide
- Get in touch with our wellbeing advisors
- Build Your Self-Care Snowman

## MENTAL HEALTH & WELLBEING

- December Kindness Calendar
- Aware Mindfulness Course/Extern
- Young Minds Wellbeing Advent Calendar
- Take 5/A-Z Mental Health/Healthy Recipes
- Aware NI Online Support Groups
- Self-Harm & Mental Health Guide
- Place2Be
- Self-help Toolkits/Helplines NI

## BEREAVEMENT

- CRUSE Helpline/Home Again
- Barnardos – 7 things you need to know
- Hope Again/Tips to cope with grief at Christmas
- Cruse/AnamCara

## BAME

- NINES – Nurse Led Clinic
- CYPSP Translation Hub/Browsealoud
- Registration with a GP/Protect your Rights
- Interpreters Wanted/Barnardos 'Bolo'
- Translation Hub – English Classes

## DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- PSNI/Rainbow Project/Today.com
- Real-life Experiences

## DRUG & ALCOHOL SUPPORT/ADVICE

- Daisy/Helplines/ RAPID Bins
- PBNI/Start 360

## COMMUNITY

- DATS/T:buc Good Relations Fund
- The Trussell Trust/Foodbanks
- Community Helplines/Phone First

## GOOD NEWS STORIES

- Northern FSHs
- Family First FSH – Save the Children
- LAST SureStart Omagh
- AfC FSHs Fermanagh & Omagh

## COVID ADVICE/GUIDANCE

- Covid-19 Guidelines & Information

Welcome to Edition 6/2021 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 10th December 2021.

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](mailto: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  
<http://www.cypsp.hscni.net/family-support-hubs>

Where are the hubs?  
Click on map:-





## 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:



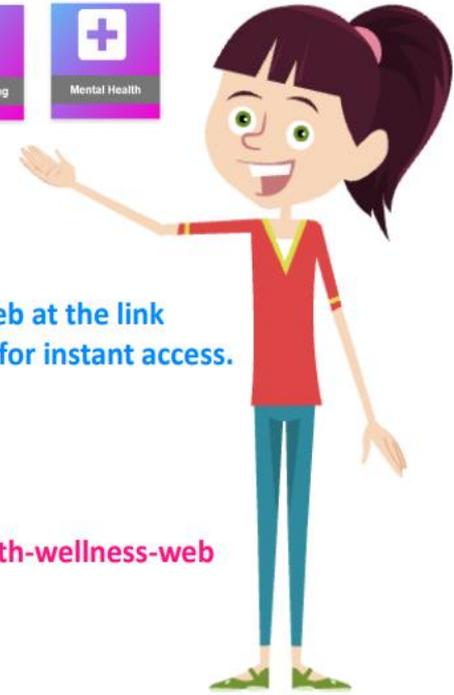
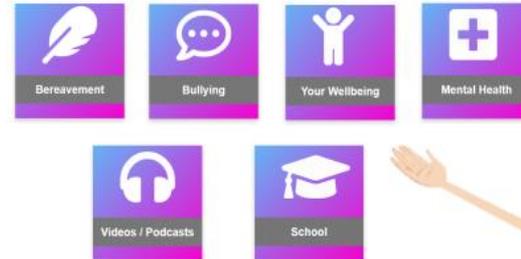
Visit the COVID 19 Support & Resources webpage at <http://www.cypsp.hscni.net/covid-19-daily-updates> or scan the QR code for instant access and filter by theme for the latest up to date information.



# WELCOME TO THE YOUTH WELLNESS WEB

The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.

If you are looking information and help with:



Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)





If you need to find a local FAMILY SUPPORT services or childcare, visit the [Family Support NI Website](#) which holds information on a wide range of family support services and registered childcare provision across NI.

**BOOST**  
YOUR IMMUNITY  
THIS WINTER

**FLU vaccine**



PARENTS LOOK OUT FOR THE  
FLU VACCINE CONSENT FORM  
COMING HOME IN SCHOOL BAGS



## RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



Updated 9 Dec 2021

The Children & Young People's Resource Pack has been updated to include more resources on disability, mental health bereavement, education plus much more. Also included are some Christmas activities and resources to help keep the kids entertained, including colouring and activity sheets and play, craft and snack ideas. We will continue to update the resources periodically, so keep an eye out on our website and social media platforms.





# 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



HSC South Eastern Health and Social Care Trust



# HELP CRUSH COVID FOR CHRISTMAS

LET'S KEEP MAKING SAFER CHOICES

## Ideas for Christmas on a Budget

Looking for ideas to keep the costs down this Christmas?

With the festive season upon us, you may be worried about buying presents, entertaining kids and socialising with loved ones. Here's some tips to help keep Christmas on budget:

<https://parents.actionforchildren.org.uk/parenting-relationships/christmas-on-a-budget/...>





### *Workshop on Brain Development*

#### Who is it for?

**Parents/Carers of Babies & Toddlers** living in the Southern Trust Area (This is not a practitioner's workshop)

#### What does it cover?

- How the baby's brain develops in the context of a relationship with parent/carer
- Early Social and Emotional Development
- Language Skills
- Turn Taking
- Tantrums
- Building Early Resilience

#### When is it on?

- January 4<sup>th</sup> or 11<sup>th</sup> or 18<sup>th</sup> or 25<sup>th</sup>
- 10am-12pm via zoom

#### How do I apply?

For further information or to book a place please contact

[mona.hanna@southerntrust.hscni.net](mailto:mona.hanna@southerntrust.hscni.net) [lisa.lenaghan@southerntrust.hscni.net](mailto:lisa.lenaghan@southerntrust.hscni.net)

Please provide your name, contact number and the age of your child



### *Workshop on Brain Development*

#### Who is it for?

**Parents/Carers of Adolescents** living in the Southern Trust Area (This is not a practitioner's workshop)

#### What does it cover?

- Early brain and Teenage brain development
- Communicating effectively with teens
- Why risk-taking looks different to an adolescent brain
- Risk taking and friends
- Sensitivity to rejection
- Teenagers and reading faces
- Teenagers and sleep

#### When is it on?

- January 5<sup>th</sup> or 12<sup>th</sup> or 19<sup>th</sup> or 26<sup>th</sup>
- 7pm-9pm via zoom

#### How do I apply?

For further information or to book a place please contact

[mona.hanna@southerntrust.hscni.net](mailto:mona.hanna@southerntrust.hscni.net) [lisa.lenaghan@southerntrust.hscni.net](mailto:lisa.lenaghan@southerntrust.hscni.net)

Please provide your name, contact number and the age of your adolescent



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?**

Find out more  
**0800 0720 137**  
adoptionandfostercare.hscni.net



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

**NSPCC**   
Cruelty to children must stop. FULL STOP.

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](mailto:help@nspcc.org.uk)  
or visit [nspcc.org.uk/helpline](https://nspcc.org.uk/helpline)



# Information for parents and carers



Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19. Please don't send your child to school if they have COVID-19 symptoms such as:

- a high temperature
- a new continuous cough
- loss of or change to their sense of taste or smell

If your child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they or members of your household do not need to self-isolate. Your child can attend school if fit to do so.

Contact tracing and self-isolation procedures have recently changed, so here's what to do in particular cases.

Contact tracing will be done by the Contact Tracing Service at the Public Health Agency (PHA). They will call from the number 028 9536 8888 – save the number in your phone so that you recognise it and please answer if they call.

## My child has COVID-19 symptoms

- Book your child a PCR test as soon as possible.
- They should isolate until they get their result. If it is negative they can carry on as normal and return to school as long as they are well (no fever for 48 hours).
- If it is positive they should isolate for 10 days. You will receive further information by text message and a contact tracing call from the PHA.
- You should advise your child's school or nursery that they have tested positive.

You can book a PCR test online via [www.gov.uk/get-coronavirus-test](http://www.gov.uk/get-coronavirus-test) or by calling 119 if you can't go online.

## Someone in our household is positive

- Everyone in the household should book a PCR test as soon as possible and again for the 8th day after their exposure. Anyone who tests positive should isolate for 10 days.
- Adults who are fully vaccinated do not have to isolate while they're waiting for the results. Adults who are not fully vaccinated should isolate for 10 days regardless of their test result.
- Children aged 5-17 who are not vaccinated should isolate until they get their results. If the result is negative they can come out of isolation and return to school.
- Children under the age of 5 are advised to take a PCR test but they do not have to isolate while waiting for results.



## There has been a positive case in my child's school

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- If the only contact has been in school it is unlikely that your child will be identified as a close contact.
- The school may send a general letter to parents advising them to be aware of symptoms.
- In the meantime if your child develops symptoms please book a PCR test.

## There has been a positive case in my child's nursery school

- The PHA will work with the nursery to identify all close contacts and provide advice and guidance to parents on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

## There has been a positive case in my childcare setting

- The PHA will work with your childcare provider to identify all close contacts and provide advice and guidance on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

## There has been a positive case in a club my child attends

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- In the meantime if your child develops symptoms please book a PCR test.

For more information visit: [pha.site/contacttracingschoolsFAQs](http://pha.site/contacttracingschoolsFAQs)



Public Health Agency, 12–22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114. [www.publichealth.hscni.net](http://www.publichealth.hscni.net)



Jigsaw Community Counselling Centre is based in North Belfast but open to referrals from across the city. We offer free counselling for adults, children and young people

Our aim is to make a difference by providing a caring, professional and confidential counselling service that will help people to be the best they can be.

We provide counselling in a safe place for you to talk through your issues. This can help you feel more in control and better able to cope with your situation. We are here to listen and support you, not to give advice or tell you how you should feel and what you should do.

Jigsaw offers:

- Counselling for all ages
- Counselling which values the importance of the individual journey
- One to one counselling for a wide range of issues including abuse, domestic violence, anger, family breakdown, bereavement, addiction, depression, anxiety
- Weekly 50 minute sessions
- Accessible and inclusive counselling with free spaces and a sliding payment scale available.
- Counsellors who work within the ethical framework and complaints procedure of the British Association of Counsellors and Psychotherapists

In addition to counselling we offer Art Therapy for all ages. It can be helpful for those who find it difficult to express thoughts and feelings verbally through traditional talking therapies. Art making encourages the expression of thoughts and feelings without having to use words. Art Therapy is not about 'being good at art'. You need no previous skill or special ability in art making.

If you are interested in referring for any of our services please contact the office on 07539250941 or email [info@jigsawcc.co.uk](mailto:info@jigsawcc.co.uk)

# What Parents & Carers Need to Know about TIKTOK

TIKTOK is a video-sharing social media app which lets people create, view and download looping 15-second clips. Typically, these are videos of users lip-synching and dancing to popular songs or soundbites (often for comic purposes), enhanced with filters, effects and text. Designed with young people in mind, TikTok skyrocketed in popularity in 2019 and has featured near the top of download charts ever since. It now has around a billion users worldwide.

### AGE-INAPPROPRIATE CONTENT

Most videos appearing on a child's feed are light-hearted and amusing. However, some clips have been reported for featuring drug and alcohol abuse, themes of suicide and self-harm, or young teens acting in a sexually suggestive way. The sheer volume of uploads is impossible to moderate entirely and since TikTok launched its introduction in mid-2021, users can view third-party content outside the app.

### EXPLICIT SONGS

TIKTOK primarily revolves around videos of users lip-synching and dancing to music. Importantly, some featured songs will contain explicit or suggestive lyrics. Given the app's young user-base, there is a risk that children may view older users' videos and then be inclined to imitate any explicit language or suggestive actions.

### TIKTOK FAME

The app has created its own celebrities: Charli D'Amelio and Lil Nas X, for example, were catapulted to fame by exposure on TikTok - leading to many more teens attempting to go viral and become "TIKTOK famous". While most aspiring stars hoping to be "the next big thing" will find it difficult, setbacks may in turn prompt them to go to even more drastic lengths to get noticed.

### HAZARDOUS VISIBILITY

Connecting with others is simple on TikTok - including commenting on and reacting to users' videos, following their profile and downloading their content. The majority of these interactions are harmless, but - because of its abundance of teen users - TikTok has experienced problems with predators contacting young people.

### ADDICTIVE NATURE

Like all social media platforms, TikTok can be extremely addictive. It can be hugely entertaining - but that also makes it hard to put down. As well as the punchy nature of the short video format, the app's ability to keep users intrigued about what's coming next means it's easy for a 5-minute video to turn into a 45-minute stay.

### IN-APP SPENDING

There's an in-app option to purchase "TIKTOK coins", which are then converted into digital rewards for sending to content creators that a user likes. Prices range from 99p to an eye-watering £99 bundle. TikTok is also connected with Shopify, which allows users to buy products through the app.

## Advice for Parents & Carers

### TALK ABOUT ONLINE CONTENT

Assuming your child is above TikTok's age limit, talk to them about what they've viewed on the app. Ask their opinion on what's appropriate and what isn't. Explain why they shouldn't give out personal details or upload videos which reveal information like their school or home address. In the long run, teaching them to think critically about what they see on TikTok could help them to become social-media savvy.

### MAINTAIN PRIVACY SETTINGS

The default setting for all under 16s' accounts is 'private'. Keeping it that way is the safest solution: it means only users who your child approves can watch their videos. The "kitchen" (which lets users splice clips from other people's videos into their own) and "Duet" (where you build on another user's content by recording your own video alongside their original) features are now only available to over 16s. This might clash with your child's ambitions of social media stardom, but it will fortify their account against predators.

### LEARN ABOUT REPORTING AND BLOCKING

With the correct privacy settings applied, TikTok is a relatively safe space. However, in case something does slip through, make sure your child knows how to recognise and report inappropriate content and get them to come to you about anything upsetting that they've seen. TikTok allows users to report anyone breaching its guidelines, while you can also block individual users through their profile.

### ENABLE FAMILY PAIRING

'Family Pairing' sets parents and carers link their own TikTok account to their child's. Through your mobile, you can control your child's safety settings remotely - including limiting screen time, managing their ability to exchange messages (and with whom) and blocking a lot of age-inappropriate content. TikTok's Safety Centre also provides resources for parents and carers to support online safety among families. These resources can be found on their website.

### USE RESTRICTED MODE

In the app's 'Digital Wellbeing' section, you can filter out inappropriate content (specific content creators or hashtags, for instance) using 'Restricted Mode'. This can then be locked with a PIN. You should note, though, that the algorithm moderating content isn't totally dependable - so it's a wise to stay aware of what your child is watching.

### MODERATE SCREEN TIME

As entertaining as TikTok is, you can help your child to manage their time on it in the 'Digital Wellbeing' section. Under 'Screen Time Management', you can limit the daily permitted time on the app. In increments ranging from 40 minutes to two hours, this preference can also be locked behind a PIN. That way, your child can get their regular dose of TikTok without wasting the whole day.

### Meet Our Expert

Parvyn Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks, a web-resource that helps parents and children thrive in a digital world.

SOURCES: www.NOSUK.com

www.nationalonlinesafety.com | @notonlinesafety | #NationalOnlineSafety | @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.10.2021



# Early Intervention Support Service (EISS)

The Early Intervention Support Service (EISS) Belfast is currently OPEN to new referrals!

EISS is a home-visiting service offering up to 12 weeks' support for families with children aged 0-18 years.

The aim of EISS is to support families when difficulties arise before they need involvement with statutory services. We provide person-centred, evidence based, early intervention, and can deliver sessions in the home, school, or community.

Examples of challenges families may experience include:

- Difficulties with developmental or health related issues
  - Issues at school
  - Difficult behaviour
- Emotional wellbeing (e.g. anxiety, gender identity)
  - Family difficulties
  - Domestic violence
- Coping with illness, bereavement, or parental separation
- Social & emotional effects of the COVID-19 pandemic

We accept referrals from all sources, including self-referrals.

For further information, visit [www.niacro.co.uk](http://www.niacro.co.uk), email [eissbelfast@niacro.co.uk](mailto:eissbelfast@niacro.co.uk), or call 07483065735.



**DADS TALK DATES:**

**CHRISTMAS SPECIAL THURS 16TH DECEMBER**

**THURSDAYS 7.30PM - 9PM ON ZOOM**

**JANUARY 2022 13TH/20TH/27TH**

**FEBRUARY 2022 3RD/10TH/17TH / 24TH**

**MARCH 2022- 3RD/10TH/17TH**



**Dads project DadsTalk Sessions**

Conversations and information sharing

Sessions support separated dads to develop more confidence in their parenting abilities.

- Builds positive social connections with other dad
- Dads share experiences and explore solutions
- Benefit from emotional support

**Dads Practicing self-care**

& negotiating parenting roles following separation

## INTERPRETERS Wanted

**LANGUAGES:**

- Tetum
- Kurdish Sorani
- Italian
- Tigrinya
- Bengali (must be available to travel)
- Pasho - Afghan
- Dari
- Vietnamese
- Amharic
- German
- Nepali
- Tamil
- Telugu
- Croatian
- Thai
- Greek



Looking after someone updated for 2021



Our updated 2021-22 Looking after someone guide is now available to download on our website. The guide outlines your rights as a #carer & gives an overview of the practical & financial support available. **Download the guide here:** <http://carersuk.org/LAS>

Some lovely advice from a Speech and Language Therapist about how to use daily routines to build language skills.



Top tips from a speech and language therapist: 18-24 months  
Easy ways to boost your child's language skills through everyday activities.

[bbc.co.uk](http://bbc.co.uk)

PARENTS/CARERS



# 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](mailto:enquiry@familymediationni.org.uk) or [administration@familymediationni.org.uk](mailto:administration@familymediationni.org.uk) visit [www.familymediationni.org.uk](http://www.familymediationni.org.uk)





PARENTINGNI.ORG

### Parents Guide: Gift Giving - Parenting NI

Our latest article gives tips on how to avoid conflict and how to react if your chil...



# Avian Influenza Advice

Human infections with avian influenza are rare. However you should follow the advice to prevent any other risks to your health.

- Do not pick up or touch sick, dying or dead poultry or wild birds, and keep pets away from them.
- Avoid contact with wild birds including their feathers and waste.
- Maintain good personal hygiene with regular hand washing with soap and use of alcohol-based hand rubs.





# MEDICAL ESSENTIALS FOR KIDS



## WHAT TO BUY



**Pain relief for teething, flu, colds, sore throat, earache etc** - oral suspension paracetamol eg. Calpol - available at pharmacies and supermarkets

**Nappy rash** - antiseptic healing cream eg. Sudocrem, Metanium, calamine lotion - available at pharmacies

**Head Lice** - pharmacy own brands available, ask your pharmacist for advice - available at pharmacies

**Bruises, cuts and scrapes** - plasters and antiseptic cream or a first aid kit - available at pharmacies

**Allergies, insect bites and itches** - plasters and antiseptic cream or a first aid kit - available at pharmacies

ASK YOUR PHARMACIST FOR ADVICE ON MEDICINES FOR KIDS

ALWAYS READ THE LABEL



### AIMH NI welcome new members! Why not join us?

The Northern Ireland Association for Infant Mental Health (AIMHNI) is welcoming new members, both individual and organisational.

The Association is a registered charity and a membership organisation and for over a decade has been championing infant mental health and parent-infant relationships in Northern Ireland. We also act as the host agency for the newly established Stronger From The Start IMH Alliance of community & voluntary organisations.

#### Our aims and activities include:

- Advocacy on behalf of families with infants, in particular to promote the provision of high quality, evidence-based supportive health and social care services
- Promotion of equal access to health services for families with infants.
- Promotion of awareness of the importance of early childhood development among health professionals and other practitioners involved with early childhood by disseminating clinical and scientific knowledge, information and examples of best practice among these groups
- Enhancement of public education of the public by raising awareness and understanding of mental health issues affecting infants.

#### Members receive:

- E-updates on events, research and practice developments including access to journal articles
- Free or reduced rate access to AIMH(NI) events and conferences.
- Networking, learning and discussion opportunities

To find out more & to download a membership form, please visit [the AIMHNI website](#)



## Stronger From The Start Infant Mental Health Alliance

December 2021 Update

### Who are We?

The *Stronger from the Start Alliance* is a collaboration between members of the Association for Infant Mental Health NI (AIMH NI) and colleagues from across the community & voluntary sector in Northern Ireland. We're committed to working together to promote and improve infant mental health.

We [successfully campaigned](#) for and welcome the explicit inclusion of infants within the [Mental Health Strategy for Northern Ireland, 2021-2031](#), particularly those actions specific to infant mental health.

Our collective efforts are now focused on:

- Raising political awareness of infant mental health;
- Monitoring implementation of the commitments made within the Mental Health Strategy; and
- Lobbying for additional commitments from NI government departments.

### Our Work So Far

- We're operating the Alliance under the existing structure of the Northern Ireland Association of Infant Mental Health (AIMH NI). Stronger From The Start news and materials are shared on the [AIMH NI webpages](#).
- A Stronger from the Start IMH Alliance Steering Group has been convened to model active participation, collaboration and leadership across the community & voluntary sector.
- We have commenced work on the development of a [#StrongerFromTheStart Manifesto](#), to set our shared vision and key asks, and published a [Pledge Card](#), which enables individuals and organisations to publicly make a commitment to join us in this important work.
- We hosted an online roundtable event for MLAs on 19 November 2021 to engage MLAs in discussions on infant mental health and the work of the Alliance. We'll be following up on queries raised and commitments made over the next few weeks and months.

### What We're Planning Next

- We aim to finalise the Manifesto in the coming weeks and we welcome input from everyone, particularly those with lived experience. To get involved or to find out more, contact us at [eilsh.robinson@barnardos.org.uk](mailto:eilsh.robinson@barnardos.org.uk)
- The Stronger from the Start Alliance is open to all community and voluntary groups based/working in Northern Ireland. Interested groups can contact [eilsh.robinson@barnardos.org.uk](mailto:eilsh.robinson@barnardos.org.uk) using 'Stronger From The Start Alliance' in the subject of their email.





### 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](mailto:solihull.approach@heartofengland.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

[www.inourplace.co.uk](http://www.inourplace.co.uk)  
[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



Go to:

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

and enter the 'access code'

**NIBABIES**

To return to the course(s) go to [inourplace.co.uk](http://inourplace.co.uk) and sign in!



## 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>

 Northern Health and Social Care Trust

Electronic Self-Referral for pregnancy, and online interactive resources.

## BABY and U

Your Pregnancy Journey

### Topics covered within the resource;

- Antenatal care and checks
- Booking Appointment/subsequent appointments
- Antenatal blood tests and screening
- Getting Ready For Baby Zoom classes
- Vaccinations in pregnancy
- Your health in pregnancy
- Maternal Mental Health
- Antenatal education

## Supporting parents of twins

Our Family Benefits Advice Service recently helped a married mum of three, returning to work from maternity leave after having twins. Due to the family having savings set aside to build a new home, they weren't eligible for support through Universal Credit but were entitled to over £3,500 per year through Tax-Free Childcare. This will rise to Universal Credit of over £10,000 per year once they have used up their savings over £6,000.

Freephone 0800 028 3008 for your free personalised 'better off' calculation.



**Employers For Childcare**

[www.employersforchildcare.org](http://www.employersforchildcare.org)



# SureStart

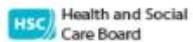


About CCPs Training & Quality Sure Starts For Childcare Providers Parent Resources



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

#SureStartWorks



EARLY YEARS



ANTENATAL



EARLY DAYS



UNDER ONE



ONE TO TWO



TWO TO THREE



THREE TO FOUR



## Consultation on Flexible School Starting

### What's Happening?

School starting age in Northern Ireland currently depends on when a child's 4th birthday falls. Children who turn 4 on or before 1st July start school at the beginning of September that same year. Children turning 4 on or after 2nd July start school the following year when they are 5 years old.

The Department of Education is now considering a change in the law which would mean 'young for year' children (born between 1st April and 1st July) could wait another year before starting primary school, if their parents/carers think that is best for them. This is called "deferring school starting age".

### What does this mean for me and my child?

This is really welcome news for all parents. Northern Ireland already has one of the earliest school starting ages in Europe. A change in the law would mean that parents of 'young for year' children (born between 1st April and 1st July) would have a say in whether or not you feel your child is ready for school at age 4.

We know school starting age is also a major issue for parents and carers of premature babies, multiple birth siblings, looked after children (foster/adoptive) and children with special educational needs (statemented or not). Whatever your perspective, it's important that you share it with the Department to inform their thinking on the changes they are planning to make.

### How and when can I have my say?

Your consultation response needs to be received by the Department of Education before 5pm on 4th January 2022 but we're encouraging parents to respond early, before things get busy over the Christmas and holiday period!

The consultation guidance and questionnaire booklet are available online. You can post or email your response or choose to complete an online questionnaire.

### Who can support me to make my voice heard?

We can. Tiny Life are helping parents to respond to the Department's consultation.

- Our [Guidance document](#) explains what you're being asked in the consultation and the key points we think are important to make in your response
- Our [sample response](#) can be tailored to your individual circumstances or perspective then just posted or emailed as your reply.
- The Dept have pulled together an [Easy Read](#) document that can be downloaded.

**Please visit our website for links.** <https://www.facebook.com/TinyLifecharity>



Belfast Sure Start Chat with Me



New Issue Out Now!

This week our focus is to Be Aware of Others



ea Education Authority Primary Behaviour Support & Provisions

These top new books by British authors and illustrators of colour are perfect Christmas gifts for young readers!



# Nursery rhymes= New words!

Nursery rhymes are an easy way to teach lots of new words to little ones.



When they get moving and involved they learn what words mean and if they hear a song enough times they will start to join in and say some words. By doing actions along with singing children's understanding increases!

Move your arms in a circle motion-children learn "round and round"

Press the horn for "beep beep beep"



The people on the bus go UP and DOWN (lift your child up/down!)

The Wheels on the bus is a great song for learning words and actions... @helpkidstalk

## Fun Irish Language and Pronunciations



Winter An Geimhreadh ann gave-rue



Careful, the fire is hot! Get a blanket

Cúramach, tá an tine te! Faigh blaincéad

Kuramah, ta an chinya chay Faii blankedge



Would you like hot chocolate? We are going to read a book

Ar mhaith leat seacláid te? Táimid ag dul leabhar a léamh

Air why lat shackledge chay? Ta-mwidge ag gull lower a layoo



Come and sit beside me

Goitse agus suigh in aice liom

Gutsha agus see in eka lum





**kids go  
free in  
December**

KIDS ACTIVITIES



**THE ZOO**  
BELFAST ZOOLOGICAL GARDENS

One free child admission per paying adult.  
Not available 25-26 December.  
Online booking essential. T&C's apply.  
**Visit [www.belfastzoo.co.uk](http://www.belfastzoo.co.uk) to book.**



25

# SUPER EASY ELF ON THE SHELF IDEAS

FOR WHEN YOU'VE FORGOTTEN!

## LAST MINUTE IDEAS

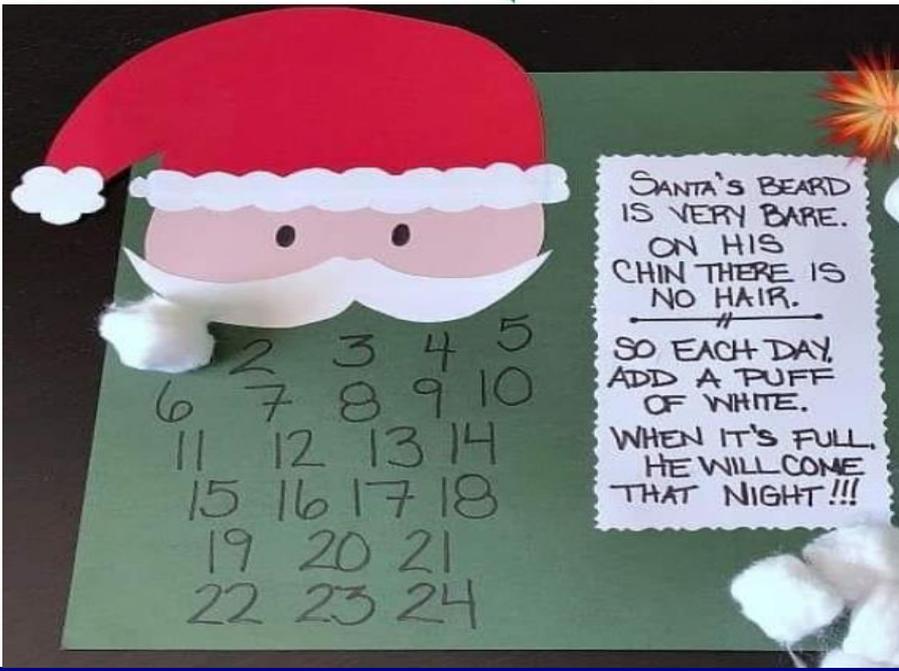


- elf unravels loo roll
- elf eats crisps
- elf brushes teeth
- elf takes a selfie
- elf makes snow angel in flour
- elf wraps xmas tree in clingfilm
- elf drives toy car
- elf taps on window
- elf sits in car
- elf has a bath
- drinks honey through a straw
- eats chocolate
- turns milk green
- draws specs on photos
- draws faces on bananas
- packs a horrid packed lunch
- elf stuck in glass jar
- elf rides stuffed toy
- elf builds lego
- elf colours in
- elf drinks coke
- elf makes breakfast
- hides in book bag
- wears socks as a hat
- wears dolls clothes



# CHRISTMAS *for* Kids

## Crafts



SANTA'S BEARD  
IS VERY BARE.  
ON HIS  
CHIN THERE IS  
NO HAIR.

---

SO EACH DAY,  
ADD A PUFF  
OF WHITE.

WHEN IT'S FULL,  
HE WILL COME  
THAT NIGHT!!!



# REGENER8

## PERSONAL YOUTH DEVELOPMENT PROGRAMME

Focusing on re-engaging young people into the community

Running May 2021 - March 2022 providing:

- Fun Activities & Trips
- Employability Support
- Level 1 & 2 Qualifications (GCSE Equivalent)
- Diversity Level 1
- Cross-Community Projects
- Work Experience
- Workshops (including Mental Health & Addiction)

Travel and Lunch provided

Running 3 Days per Week

Free Driving Lessons, Provisional Licence and Driving Test

## ESSENTIAL CRITERIA

- Age 16 - 25
- Not in Education, Employment or Training
- Involved in anti-social behaviour
- At risk of Criminal/Paramilitary Involvement

YOUNG PEOPLE

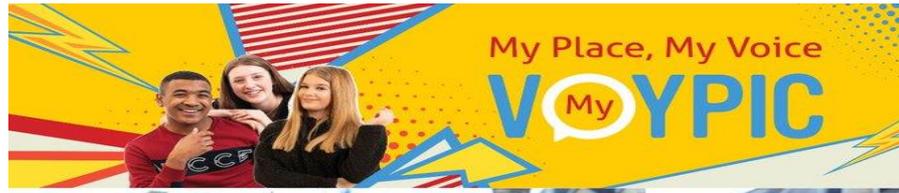


To apply or for more information contact Leah King on 028 3089 8119 or email [leah.king@clanryegroup.com](mailto:leah.king@clanryegroup.com)



Visit us at [www.clanryegroup.com](http://www.clanryegroup.com)

Join the MyVOYPIC Family! Do you have lived experience of care? Are you 25 years old or younger? Do you live in (or come from) Northern Ireland? If so, MyVOYPIC is for YOU! For all the info and to sign up visit <http://myvoypic.org>



Message FB Page or Laura on 07802335728 for link

**oasis**

**YEP** programme  
youth employability programme

Level 2 OCN Award  
Job skills workshops  
Interview & CV workshops  
Money management  
Job fair social action  
Trips & Residential

Mondays @ Oasis | 6.30-9pm | 15-18 year olds

ea Education Authority | Communities | Pobal | Communities | HSC Southern Health and Social Care Trust



# NEED HELP? GET IN TOUCH

If you're worried about gambling – your own or someone else's – the first step is to ask for help. We're here to support you, so whatever you're dealing with, you won't be alone.

[What to expect when you contact us](#)



# Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

- 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

Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to start a chat



DAISY supports young people & adults aged 11-25, experiencing problems from their alcohol or substance use. It also supports parents or other family members.

Further info / make a referral:

<https://ascert.biz/project/daisy-belfast/>





# YOUTH WELLNESS WEB

*"Young people being the solution... Not just changing lives, but also saving lives."*

Robbie Butler, MLA.

A much needed Resource

"A great resource to benefit children & young people & their families across NI"  
Ass. Director of Probation Board NI

Accessibility options are excellent

*"a fantastic hub of videos, resources, helplines and other information"*  
Dr Chris Moore

*"Fantastic resource that has been co-created with young people"*  
Army Cadets Healthy Minds NI

5,000+ VIEWS IN 2 MONTHS

*"An exciting new service"*  
The Bytes Project

Thanks to:-



include YOUTH



BOLSTER COMMUNITY



CYPSP

Children & Young People's Strategic Partnership

[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)

# shout

85258

## 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

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

REE  
Rights Responder

WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.

Always there, always safe, always right, always anonymous, always confidential, never judgemental.



START SOMETHING

# December 2021



Free courses for young people

## Enterprise

Online, 18-30  
Info session: 1pm, 9th Dec  
Programme: 1pm, 14th - 17th Dec

## Get Started with Photography

Online, 16-30  
Programme: 10.30am, 6th - 10th Dec

## Get Started with Make Up

Online and in Belfast, 16-30  
Info session: 10am, 8th Dec  
Programme: 10am, 13th - 17th Dec

## Development Awards

Awards of up to £160 available for 16-30 year olds to cover costs including course fees or equipment needed to start a job or training course.

## Team

12 week personal development programme  
Coleraine, 16-24  
Programme: starting in December and January

## Essential Skills

Online, weekly, 16-30  
ICT, English and Maths

## Wellbeing Sessions

Online, weekly, 16-30

## Coming in 2022

Get into Security, January  
Get into Retail with Lidl, February  
Marks and Start with M&S, February  
Enterprise, ongoing  
Team, ongoing

Programmes suitable for young people not in full time education or employment.



[www.princes-trust.org.uk](http://www.princes-trust.org.uk)  
[outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk)  
0800 842 842



This project is part funded by the European Social Fund programme 2014-2020 and Department for the Economy



# A quick guide to how we help young people

Prince's Trust  
Northern Ireland

The Prince's Trust supports young people to transform their lives by developing their skills to live, learn and earn.

The Prince's Trust works with partners and volunteers to offer a variety of programmes to help young people build their confidence, get a job or start a business.

Download - [December 2021 Course Flyer](#)

Download - [How We Help Young People Quick Guide](#)

[www.princes-trust.org.uk](http://www.princes-trust.org.uk)



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](https://bolstercommunity.org)

**B°LSTER**  
COMMUNITY

In partnership with:



Southern Health  
and Social Care Trust



# Child and Adolescent Mental Health Service (CAMHS) for those with hearing loss/deafness

Pilot service now covering all of Northern Ireland



Ask your healthcare professional or Teacher for Deaf for a referral

#NIDeafCAMHS service is now open to #deaf children and young people anywhere in NI. Supports children with all levels of hearing loss/deafness and all communication methods including BSL. Further info: <https://bit.ly/3ENZwpl>



### 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.



# How to cope with Christmas



## Guidance for Parents/ Carers with a Recent Diagnosis

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](http://www.autonomie.org.uk)  
 Autonomie, Lilac House, 4 Sandhurst SL Belfast BT7 1PW Registered Charity No 100421  
**Find out more!**  
 Email: [sharon.autonomie@gmail.com](mailto:sharon.autonomie@gmail.com) Tel: 078 7251 9900





### Autism Awareness Card

Telephone:  
**028 9040 1729 (Option 1)**



# I am Autistic

Important information on reverse



[www.autismni.org](http://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](mailto:info@autismni.org)

### What should I do if I think my child has Autism?

If you think your child is displaying signs of autism, there is a process you can follow to get a diagnosis.

A diagnosis means you can access more specialised support for you and your child.

<https://tinyurl.com/37ac8cbc>

Become a member of Autism NI and receive the latest news, events and training opportunities. You will also receive a Membership Card which can help with priority queuing at certain attractions across NI.

To join our membership, visit <https://autismni.org/become-a-member-1>



# 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.



**RNIB**  
See differently

# Need to Talk

Through the Need to Talk (NTT) project, sight loss charities RNIB and Fighting Blindness are working together to support people of all ages, as well as family and friends, to access the emotional and practical support they need to adapt to life with sight loss.

We currently have very short waiting times for our free counselling service, and have introduced a new 'Focus on Coronavirus' telephone and online course helping people through this still very challenging time.

Read on in our newsletter attached to hear more from our beneficiaries, and please do circulate with anyone you think would be interested in this service helping people work towards 'Living Well with Sight Loss'.

[Need to talk Newsletter – Issue 6 Nov 2021 \(rnib.org.uk\)](https://www.rnib.org.uk)

Contact The Need to Talk team at [needtotalk@rnib.org.uk](mailto:needtotalk@rnib.org.uk) or RNIB Helpline on 0303 123 9999 <https://www.rnib.org.uk/needtotalk>

## Saving money for families



Last year, we helped identify an average of **£559 per month** in increased income for families who have a child with a disability. That was additional financial support of **£6,708 per year**.



### What difference could this support make to your family?

Call the Family Benefits Advice Service for a free 'better off' calculation - we can help you work out what financial support you are entitled to, including for families where one or both parents are in work.

**Employers For Childcare**

Freephone 0800 028 3008  
Email: [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)



[View this email in your browser](#)

## WINTER NEWSLETTER



**FRIENDSHIP  
CAFE  
NEWRY**



**AGED 14-18?**

**COME ALONG AND CONNECT WITH OTHER  
YOUNG PEOPLE.**

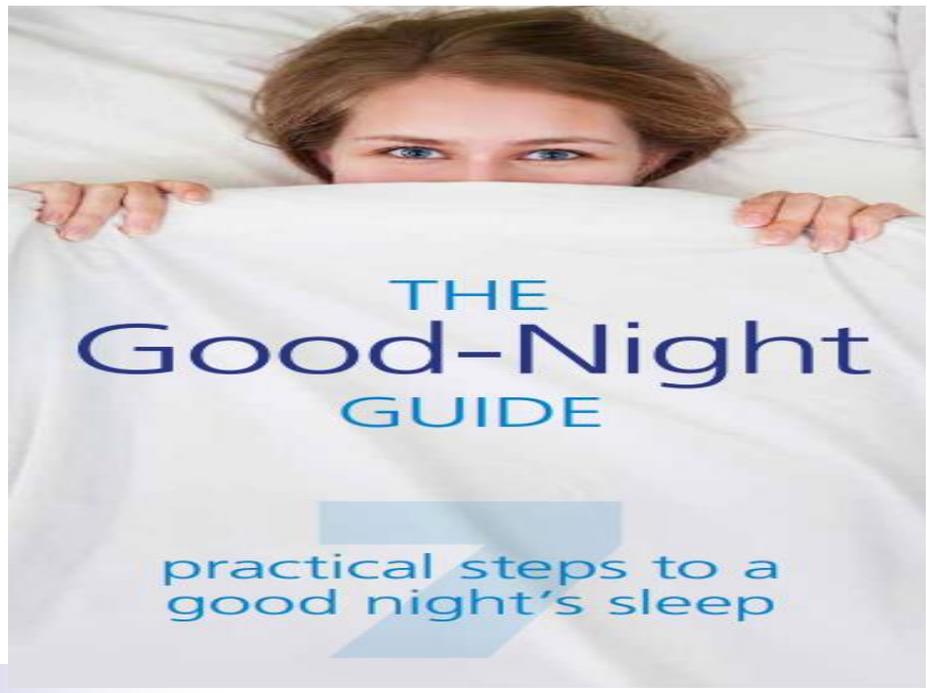


**CRISIS DROP IN  
CAFE  
NEWRY**



**AGED 12-18?**

**IF YOU NEED SUPPORT WITH YOUR MENTAL  
HEALTH OR FIND THAT YOU ARE IN CRISIS  
WE ARE HERE TO LISTEN AND SUPPORT YOU.  
CALL IN FOR A CHAT.**





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](#)

**young**  
**person's**  
**mental**  
**health**

**a guide...**

HSC Public Health Agency  
Project supported by the PHA

a resource for young people, their parents and carers to support mental well-being

# 10 Things to Say instead of Stop Crying

1. It's ok to be sad
2. This is really hard for you
3. I'm here with you
4. Tell me about it
5. I hear you
6. That was really scary, sad, etc.
7. I will help you work it out
8. I'm listening
9. I hear that you need space.  
I'll stay close so you can find me when you're ready.  
I want to be here for you.
10. It doesn't feel fair

happinessishereblog.com  
The Gottman Institute



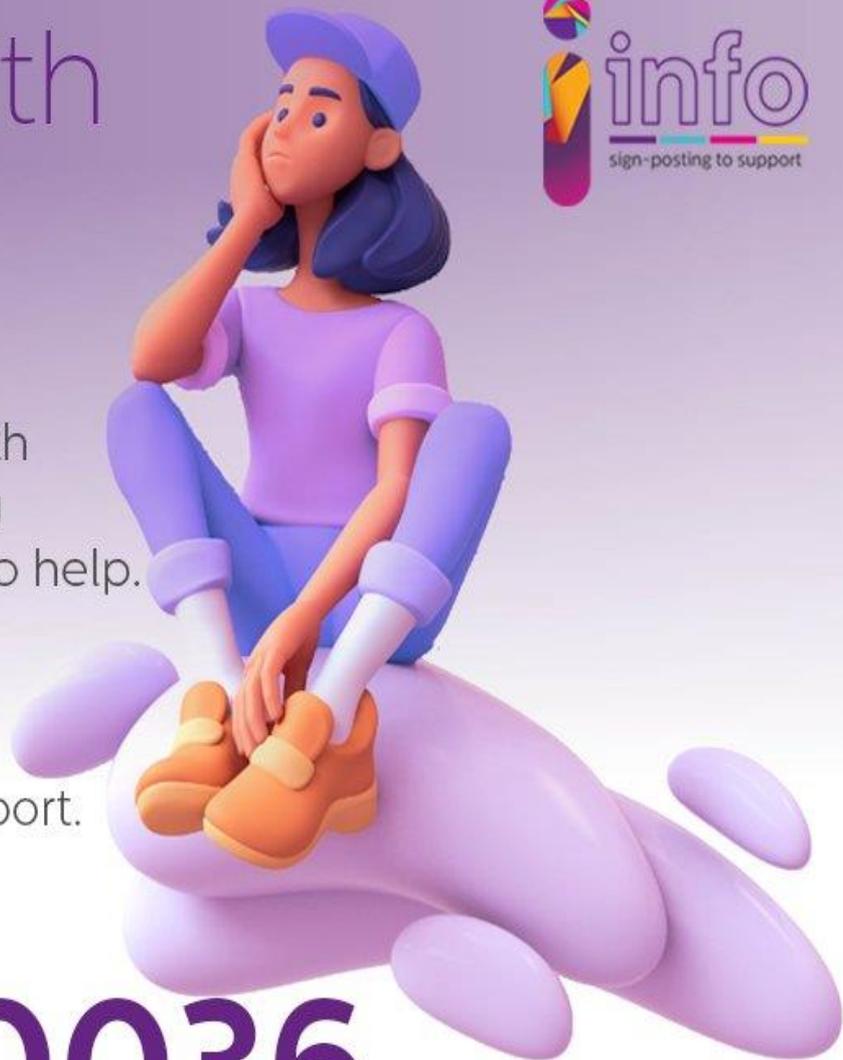
# Get in touch with our wellbeing advisors today

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





# Build Your Self-Care Snowman

Have a happy, healthy holiday season with these quick self-care tips.

## Don't freeze people out

Spend time with people who love and support you.

## Break out the ice skates.

Take time to exercise, even if it's just taking a spin around the rink!

## Chill out.

Avoid overbooking yourself and don't feel guilty about making time for self-care.

## Get cozy.

Sleep is important -- make sure you're getting enough of it. (But don't hibernate!)

## Moderate the merriment.

At all those holiday parties, eat and drink in moderation. Don't drink alcohol if you are feeling down.



December Kindness 2021

SUNDAY



5 Give a gift to someone who is homeless or feeling lonely

MONDAY



6 Leave a positive message for someone else to find

TUESDAY



7 Give kind comments to as many people as possible today

WEDNESDAY

1 Spread kindness and share the December calendar with others

THURSDAY

2 Contact someone you can't be with to see how they are

FRIDAY

3 Offer to help someone who is facing difficulties at the moment

SATURDAY

4 Support a charity, cause or campaign you really care about

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Contact an older neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2022



ACTION FOR HAPPINESS

Happier · Kinder · Together





# AWARE

OVERCOMING DEPRESSION.  
CHANGING LIVES.

## FREE ONLINE MINDFULNESS COURSE

Four-week introductory course exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

Open to parents of 5-12 year olds in the Fermanagh, Omagh and Southern Health Trust areas



This course is delivered via Zoom. Places are limited so book now!

Thursday 13th January 2022  
7pm-9pm for 4 weeks

To register, please visit

[www.aware-ni.org/upcoming-mindfulness-courses](http://www.aware-ni.org/upcoming-mindfulness-courses)

Part of the



In partnership with



We believe that there has never been a more important time to look after our mental health and wellbeing, which is why we are running free webinars offering information and advice on mental health and wellbeing, problem gambling and loss or bereavement

These online sessions will offer a relaxed, non-judgmental forum for people to learn how to cope with whatever may be challenging their mental health or general wellbeing

Places for each sessions are limited, so we would encourage anyone interested to sign up as soon as possible to secure their place.



[www.extern.org/sign-up-to-our-free-online-talks](http://www.extern.org/sign-up-to-our-free-online-talks)



Teachers, your wellbeing advent calendar has arrived! Filled with quick daily activities you can do throughout December to boost pupils' wellbeing.

# The YoungMinds Wellbeing Advent Calendar 2021

Looking after your wellbeing as you countdown to the holidays

29 - MONDAY  
**Winter joy**  
It's the festivities! What inspires you during this time of year? Let's write them down.

30 - TUESDAY  
**Captain Brave**  
Design and display your 'I'm Brave' poster as a reminder of how courageous we all are.



1 - WEDNESDAY  
**Cloud spotting**  
Take time outside for mindfulness. Look up to the sky and notice the different shapes in the clouds.



2 - THURSDAY  
**The tales of...**  
Get creative and draw a book cover with a picture and a title that best describes you.



3 - FRIDAY  
**Holiday puzzle**  
Create a class puzzle and show what the holidays mean to you. What words and colours come to mind?



6 - MONDAY  
**Become a dreamer**  
Encourage your pupils to dream. Sharing our ambitions is the first step to making it happen.



7 - TUESDAY  
**Breaaathe**  
At the start of the day, take a deep, long breath. In for 5, out for 5. Focus. Can you hear yourself breathe?



8 - WEDNESDAY  
**The kind-hearted**  
Engage in a small act of kindness. It could be a thoughtful gesture, praise, or simply a smile.



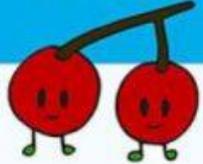
9 - THURSDAY  
**Christmas Carols**  
Choose a classroom song! Put the lyrics on the screen and have a good old sing-along together.



10 - FRIDAY  
**Hot potato**  
Sit in a circle and pass a potato or a small ball to one another. Share one positive thing from the week.



13 - MONDAY  
**Things in common**  
In small groups, identify the things everyone has in common. It can be anything except you go to school!



14 - TUESDAY  
**Come and do the Congo**  
Ask the class to pick a festive tune from YouTube and together create the biggest class conga!



15 - WEDNESDAY  
**Your 2021**  
It's been another tough year, but in small groups, discuss some of your favourite moments.



16 - THURSDAY  
**Moving Reindeers!**  
When I shout 'Dasher' the class starts hopping. With 'Prancer', start skipping, and 'Rudolph', start jumping!



17 - FRIDAY  
**Santa's sigh**  
At the end of term, set aside time to relax. Let out a long sigh. Stretch. You've done it.



© 2021 YoungMinds. Registered charity numbers 1016968 & SC039700



# 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](http://www.neweconomics.org). Artwork designed in association with Galant Strategic Partnership.

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

Public Health Agency, 10-22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 505 0114 (local rates).

MENTAL HEALTH & WELLBEING



A-Z Mental Health

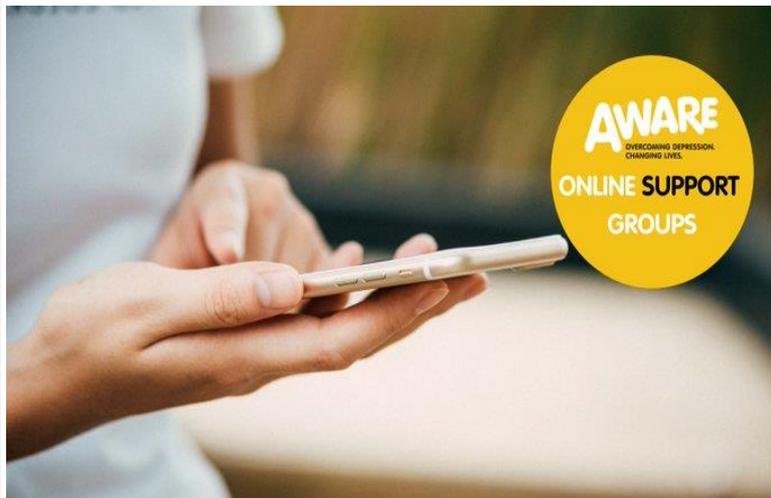




### AwareNI Online Support Groups

Talking to others who know how you feel can really help you deal with whatever you're going through. The online support groups are open to anyone over 18 struggling with depression, anxiety or bipolar disorder.

Email [info@aware-ni.org](mailto:info@aware-ni.org) for more information



### 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](#)



covidwellbeing  
ni.info

## Self-Help Toolkits

The Covid Wellbeing NI Website has a range Self-Help resources to support your mental health and wellbeing. These include booklets, checklists and online programmes to help you take stock of how you are feeling and build your resilience.

covidwellbeing  
ni.info

place2Be's  
CHILDREN'S  
MENTAL HEALTH  
WEEK  
7 - 13 FEBRUARY 2021

# 2 MONTHS TO GO!

#ChildrensMentalHealthWeek

Download Place2Be free resources to help you take part in Children's Mental Health week, and explore the theme of 'Growing Together' <https://bit.ly/2O971OR>



# 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](http://mindingyourhead.info)



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



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




**Helplines NI**  
listen. support. inform

[www.helplinesni.com](http://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!




<http://Covidwellbeingni.info>



## CRUSE NATIONAL HELPLINE

# 0808 808 1677

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



Grief can be overwhelming after experiencing the loss of someone you know. But with the right support, recovery can begin. Here's seven things our experts say you need to know about grief and loss. [7 things you need to know about grief | Barnardo's](#)



hopeagain  
young people  
living after loss

## NEVER FEEL YOU ARE ALONE

Last year over 100 children a day lost a parent in the UK - *Child Bereavement Network*

TALK TO US



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

# Tips to cope with grief at Christmas



BEREAVEMENT



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



'Face to Face' groups have resumed and can once again support bereaved parents in the community at this level.

There is a **Bereavement Support and Information Online Evening** taking place on **Monday 6th December at 7pm**. If you know any bereaved parents that may like to join please pass them on the link below.

<https://bit.ly/3D1P77I>

Our guest speaker for the evening is Brid Carroll, an experienced professional who has worked extensively throughout her career with parents and children who have experienced the death of their child or sibling.

Brid will open the evening with a short talk on the intense grief following the death of a son or daughter. Drawing on her own understanding of the challenges and milestones that have to be met and overcome along our journey, she will share what can help us take that next step.

After Brid's talk, there will be an opportunity for you to ask questions, then join one of the breakout rooms and chat with our Anam Cara facilitators and volunteer parents.

Should you need any additional information, please get in touch with us on any of the numbers below.

Contact Number - Office 01 4045378 Mobile 087 9637790  
Northern Ireland 028 95213120  
Email Address [s.vard@anamcara.ie](mailto:s.vard@anamcara.ie)  
Web Address [www.anamcara.ie](http://www.anamcara.ie)



**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, 5 Floor, Carlisle Road, Dungannon BT71 4AU.  
Tel: (028) 3756 1370 Email: nines@southerntrust.hscni.net

### Entitlement to NHS services and first time registration

In order to register with a doctor and obtain a medical card you need to fill in an application form. This form is called an HSCR-1. It is available in a range of other languages. Please click on the respective links below to download the form in translation. The form should be presented to a doctor of your choice in the area in which you reside. This form is also available in any doctors' surgery.

### Provision of Health Services to Persons Not Ordinarily Resident Regulations (Northern Ireland) 2015

<a href="#">HSCR-1 (ENGLISH)</a>	<a href="#">Entitlement aid (ENGLISH)</a>
<a href="#">HSCR-1 (ARABIC)</a>	<a href="#">Entitlement aid (ARABIC)</a>
<a href="#">HSCR-1 (BULGARIAN)</a>	<a href="#">Entitlement aid (BULGARIAN)</a>
<a href="#">HSCR-1 (HUNGARIAN)</a>	<a href="#">Entitlement aid (HUNGARIAN)</a>
<a href="#">HSCR-1 (LITHUANIAN)</a>	<a href="#">Entitlement aid (LITHUANIAN)</a>
<a href="#">HSCR-1 (MANDARIN)</a>	<a href="#">Entitlement aid (MANDARIN)</a>
<a href="#">HSCR-1 (POLISH)</a>	<a href="#">Entitlement aid (POLISH)</a>
<a href="#">HSCR-1 (PORTUGUESE)</a>	<a href="#">Entitlement aid (PORTUGUESE)</a>
<a href="#">HSCR-1 (ROMANIAN)</a>	<a href="#">Entitlement aid (ROMANIAN)</a>
<a href="#">HSCR-1 (SLOVAK)</a>	<a href="#">Entitlement aid (SLOVAK)</a>
<a href="#">HSCR-1 (TETUM)</a>	<a href="#">Entitlement aid (TETUM)</a>

English

**CYPSP**  
Children & Young People's Strategic Partnership

The CYPSP Translation Hub provides you with important information on Health, COVID-19, Education, Housing, Employment, Contacts for support and much more.....

العربية

Scan me

Visit our central Translation hub which provides quick links to our partner agencies' information including the latest information on Covid19/vaccination <http://www.cypsp.hscni.net/translation-hub/> also view featured videos in Português, Polski, Български, Română, Lietuvis and عربي

### 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](http://www.nicem.org.uk)
  - Bryson Intercultural**  
028 90 244639  
[www.mcrc-ni.org](http://www.mcrc-ni.org)
  - Samaritans**  
0845 790 9090  
[www.samaritans.org.uk](http://www.samaritans.org.uk)
  - Victim Support**  
028 90 244 039  
[www.victimsupport.org.uk](http://www.victimsupport.org.uk)
  - Equality Commission for Northern Ireland**  
028 90 500 600  
[www.equalityni.org](http://www.equalityni.org)
  - Northern Ireland Human Rights Commission**  
028 90 243987  
[www.nihrc.org](http://www.nihrc.org)
  - Crimestoppers**  
0800 555 111  
[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)

go HOME

WWY-7T95

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

Keeping People Safe



## Tetum Translations

Seksaun ida ne 'e kria atu fó asesu ba informasaun ba oradór sira iha lian Tetun.

*This section has been created to provide access to information for Tetum speakers.*



**INTERPRETERS**  
*Wanted*

**LANGUAGES:**

- Tetum
- Kurdish Sorani
- Italian
- Tigrinya
- Bengali (must be available to travel)
- Pasho - Afghan
- Dari
- Vietnamese
- Amharic
- German
- Nepali
- Tamil
- Telugu
- Croatian
- Thai
- Greek

## English Classes

English to Speakers of Other Languages

ESOL NI	<a href="#">Click Here</a>
ESOL NI – further information for ESOL learners and support workers	<a href="#">Click Here</a>
First Steps Women's Centre	<a href="#">Click Here</a>
Basic English 1: Elementary	<a href="#">Click Here</a>
Basic English 2: Pre-Intermediate	<a href="#">Click Here</a>
English for the Workplace	<a href="#">Click Here</a>
A Beginner's Guide to Writing in English for University Study	<a href="#">Click Here</a>
An Intermediate Guide to Writing in English for University Study	<a href="#">Click Here</a>
English for Academic Study	<a href="#">Click Here</a>
Dominion Training Free English courses online (different levels)	<a href="#">Click Here</a>
English Language Course for Beginners – Free Online	<a href="#">Click Here</a>
Learning English Plus Online Hub	<a href="#">Click Here</a>



Barnardo's have now proudly launched 'Boloh', a new UK helpline for Black & Asian children, young people & families affected by Covid -19.

Boloh is a word used in many languages including Hindi, Urdu & Gujarati, meaning 'speak'.

Webchat at

<https://helpline.barnardos.org.uk/>

or call 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>

# DOMESTIC & SEXUAL ABUSE

**INFORMATION & SUPPORT LINE**

0800 0246 991

Mondays & Thursdays  
6pm-8pm

Listening, Believing & Support for All

[www.rapecrisisni.org.uk](http://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](mailto:belfast@victimsupportni.org.uk) | [foyle@victimsupportni.org.uk](mailto:foyle@victimsupportni.org.uk)



Domestic abuse is not just physical.

More than **4,000** officers are now trained in recognising coercive control and bringing offenders to justice.

16 DAYS OF ACTION AGAINST GENDER BASED VIOLENCE

psni.police.uk

we care we listen we act



Police Service of Northern Ireland



today.com

Emotional abuse is abuse: How to recognize the signs and get help  
Emotional abuse can be difficult to recognize. Learn what emotional abuse is and what signs to look out for if you believe you're ...

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

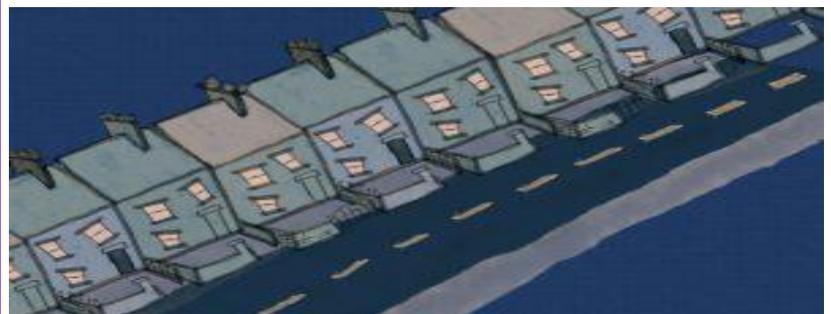
You will be believed & we are here to support you.

**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



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

*Its 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.



www.drugsandalcoholni.info/RAPID

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



VISIT [STEPSCOPE.CO.UK](https://www.stepscope.co.uk) FOR TOOLS THAT CAN HELP YOU COPE DURING THIS TIME.

STEPS COPE ASCERT 21 Believe in it! Barnardo's South Eastern Health and Social Care Trust AFINEL COMMUNITY FUND



Andrew

HAS WORKED FOR START360 NORTHERN CONNECTIONS TEAM FOR 6 YEARS

— “ —

WHAT I ENJOY MOST ABOUT MY ROLE IS THE WIDE RANGE OF PROJECTS AND INITIATIVES WE GET TO WORK ON TARGETING SUBSTANCE USE, SUCH AS DRY JANUARY, ALCOHOL AWARENESS WEEK AND THE RAPID DRUGS BIN SCHEME

” —



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.




**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)



Information & Support  
about Drugs and Alcohol





**NEED TRANSPORT TO GET YOUR BOOSTER VACCINE?**

**Our DATS team may be able to help.**



If you need accessible transport to get your booster vaccine the Disability [Action](https://disabilityaction.org/news/need-transport-to-get-your-booster-vaccination...) Transport Scheme (DATS) team may be able to help to bring you to your vaccination centre. Read more <https://disabilityaction.org/news/need-transport-to-get-your-booster-vaccination...>



**Northern Ireland Executive**  
[www.northernireland.gov.uk](http://www.northernireland.gov.uk)



## 2022/23 Central Good Relations Fund Now open for online applications

The 2022/23 Central Good Relations Fund (CGRF) is now open for groups who wish to apply online for a project funding grant (for projects over £1,500).

**Applications must be submitted online by: Thursday 13 January 2022 at 6:00pm**

To access the online application portal, you must first register your organisation. However, if you registered in the last two years, you do not need to register again. Please follow the link below and enter your username and password in the 'Local Account Login' section to log in to the application portal.

Already Registered? [Login to apply for a 2022/23 CGRF grant](#)

If you have not already registered, please use the link below to register your organisation. Please note, you must register your organisation by 12:00 noon on Thursday 13 January 2022 to enable access to the online application portal. Any registrations submitted after that time will not be accepted.

[Register to be able to apply for a 2022/23 CGRF grant](#)



[Find a Food Bank Near You](#)



GET HELP

**NO ONE SHOULD GO HUNGRY - WE'RE HERE TO HELP**



COMMUNITY

DEPARTMENTS AND MINOR INJURIES UNITS

**CORONAVIRUS (COVID-19)**

**COMMUNITY HELPLINE**  
**0808 802 0020**

COVID19@ADVICENI.NET  
TEXT ACTION TO 81025



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](#)



Claire and Jessica from the Action for Children Northern area Family Support HUBS were pleased to attend Fairhill Shopping Centre Ballymena on Saturday 4<sup>th</sup> December where they offered support and advice on what the Family support HUBS can offer. Santa had arrived in the mall and Rudolph stopped by to lend a hoof!

Claire will also be attending The Ballykeel Fun Day on Saturday 11<sup>th</sup> December at Ballykeel Community Centre from 1-4pm .

Come and see Claire at her stall where she will be available to speak to you about the support the Family support HUB can offer local families 🧑🏻‍🦱🧑🏻‍🦱🧑🏻‍🦱



At Family First FSH a family received Save the Children vouchers and were absolutely delighted as they just moved to the area and were struggling financially. Things have been going a lot better with son in new school as there was some behavioural issues due to the transition of moving to a new school, son is now engaging with one to one mentoring and the school now have a better understanding of his needs due to Hub contacting and linking in with the school to support the family. The family are settling really well to the new house and are now also receiving support from Surestart. Things are settled and the Family Support Hub is linking in regularly to offer additional support where possible.



Here at LAST Surestart Omagh we have been doing some lovely work with our dads. We have been busy in our dad's wood workshop making lots from recycled wood. The dads made a mud kitchen, a bird box and Christmas figures.



Action for Children’s Family Support Hubs team from Fermanagh & Omagh presented on parental wellbeing and the emerging needs in their areas at an All Party Group Meeting for Parental Participation in Education at Stormont on Tuesday 30<sup>th</sup> November 2021.

Meeting with Chris Lyttle & Nicola Brogan MLA - the Chair & Deputy Chair of the APG, they shed light on the increased need for financial support, as well as the concern for emotional and wellbeing health of children, young people and parents.

The Hubs were delighted to have this opportunity to share on issues affecting families locally and are hopeful that the importance of early intervention services and family support hubs has been clearly highlighted at this event and we look forward to seeing more clarity in how these vital services will be integrated within the Mental Health strategy in the near future.

Pictured is Lisa McGarvey, Karen McHugh and Nicola Brogan MLA in the Long Gallery at Stormont. Seana Connor also connected virtually.



Test ✓ Trace ✓ Protect ✓



If you receive a **positive COVID-19 test result** you will be contacted by the PHA's Contact Tracing Service on **(028) 9536 8888**.

It is really important that you answer this call to help us identify close contacts and reduce further spread.



DoH  
www.health-ni.gov.uk

HSC Health and Social Care

**COVID-19 vaccination**

**A guide for women who are pregnant or breastfeeding**

COVID ADVICE/GUIDANCE



**CHRISTMAS SHOPPING?  
WEAR A FACE COVERING**



Travel advice 

If you need to travel, keep up-to-date with the latest rules for Northern Ireland.



You should continue to work from home where you can. Rapid Lateral Flow tests are now available to a range of workforces and sectors of the economy. Play your part in stopping the spread of [#COVID19](#). Find out more: [Coronavirus \(COVID-19\): staying safe at work | nidirect](#)

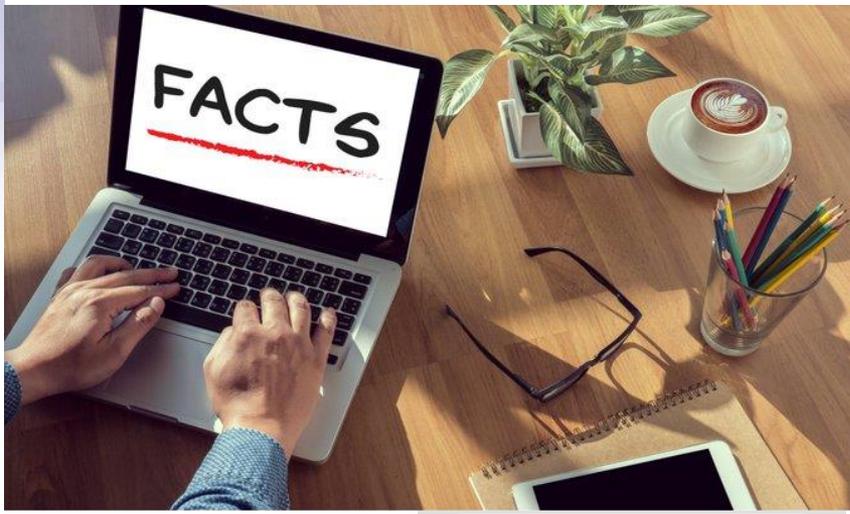
### Safe Shopping

There are simple steps you can take while shopping to help control the spread of [#COVID19](#).

- Wear a face covering
- Be [#DistanceAware](#)
- Use contactless payment where possible

Please also be kind to staff as they continue to operate within the guidance. For more information on safe shopping [bit.ly/3nYuAdO](https://bit.ly/3nYuAdO)





# Coronavirus

## Advice on car sharing



At this time please **avoid car sharing**, but if you have to, please follow these simple steps

- Wash hands or use sanitiser before and after journey**
- Wear face coverings**
- Share with the same small group only**
- Keep windows open**
- Sit as far away as possible**
- Clean car surfaces after every journey (including seatbelts and internal/external handles)**

### Got coronavirus symptoms?

New continuous cough, high temperature, loss of taste and/or smell

### Self-isolate

Stay at home for 10 days. Anyone in your households should isolate for 14 days

### Get tested

Visit [www.pha.site/cvtesting](http://www.pha.site/cvtesting) to book a test at your nearest centre or order a home test kit. Call 119 if you cannot book online.

If you have been in close contact with someone who has tested positive, you must **self-isolate for 14 days** even if you have followed the advice in this leaflet.



# INFORMATION FOR PARENTS & CARERS

Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19.

DON'T SEND YOUR CHILD TO SCHOOL IF THEY HAVE COVID-19 SYMPTOMS.  
VISIT [NIDIRECT.GOV.UK/CORONAVIRUS](http://NIDIRECT.GOV.UK/CORONAVIRUS) TO BOOK A TEST ONLINE. CALL 119 IF YOU CANNOT BOOK A TEST ONLINE.

## YOU SHOULD BOOK A COVID-19 TEST IF YOUR CHILD HAS:

- A HIGH TEMPERATURE**  
This means they feel hot to touch on their chest or back (you do not need to measure their temperature).
- OR**
- A NEW CONTINUOUS COUGH**  
This means coughing a bit but more than an hour, or 3 or more coughing episodes in 24 hours if they usually have a cough, it may be worse than usual.
- OR**
- A LOSS OR CHANGE TO THEIR SENSE OF SMELL OR TASTE**  
This means they've noticed they cannot smell or taste anything, or things smell or taste different to normal.

IF YOUR CHILD DOES NOT HAVE SYMPTOMS OF COVID-19 BUT HAS OTHER COLD-LIKE SYMPTOMS, SUCH AS A RUNNY NOSE, THEY DO NOT NEED TO BE TESTED AND THEY OR MEMBERS OF YOUR HOUSEHOLD DO NOT NEED TO SELF-ISOLATE. YOUR CHILD CAN ATTEND SCHOOL IF FIT TO DO SO.

## HERE'S WHAT TO DO IF:

- YOUR CHILD HAS COVID-19 SYMPTOMS**  
WHAT TO DO?
  - DO NOT SEND YOUR CHILD TO SCHOOL
  - Book a COVID-19 test
  - Household self-isolates
  - Inform school immediately about test result
- YOUR CHILD TESTS POSITIVE FOR COVID-19**  
WHAT TO DO?
  - DO NOT SEND YOUR CHILD TO SCHOOL
  - Inform school immediately about test result
  - Self-isolate for at least 10 days as advised by the PHA
- SOMEBODY IN MY HOUSEHOLD HAS COVID-19 SYMPTOMS**  
WHAT TO DO?
  - DO NOT SEND YOUR CHILD TO SCHOOL
  - The household member should book a COVID-19 test
  - Household self-isolates
  - Inform school immediately about test result
- SOMEBODY IN MY HOUSEHOLD TESTS POSITIVE FOR COVID-19**  
WHAT TO DO?
  - DO NOT SEND YOUR CHILD TO SCHOOL
  - Inform school immediately about test result

- WHEN CAN MY CHILD RETURN?**  
Your child can return to school if the test is negative providing they are well enough, have not had a fever for 48 hours and if they haven't been advised to self-isolate by the PHA Contact Tracing Service
- WHEN CAN MY CHILD RETURN?**  
Your child can return to school after 10 days even if they still have a cough / loss of smell or taste. These symptoms can last for several weeks.
- WHEN CAN MY CHILD RETURN?**  
Your child can return to school if the symptomatic household member's test is negative and if they haven't been advised to self-isolate by the PHA Contact Tracing Service.
- WHEN CAN MY CHILD RETURN?**  
Your child can return to school when they have completed 14 days of self-isolation without any symptoms\*.

- CONTACT TRACING HAS IDENTIFIED MY CHILD AS A CLOSE CONTACT**  
WHAT TO DO?
  - DO NOT SEND YOUR CHILD TO SCHOOL
  - Self-isolate for at least 14 days as advised by the PHA Contact Tracing Service
- YOUR CHILD HAS BEEN IN CONTACT WITH SOMEONE WHO HAS BEEN IDENTIFIED AS A CLOSE CONTACT**  
WHAT TO DO?
  - Attend school as normal
  - If your child does not have any COVID-19 symptoms they should carry on with normal activities.
- YOUR CHILD HAS TRAVELLED ABROAD AND HAS TO SELF-ISOLATE**  
WHAT TO DO?
  - DO NOT SEND YOUR CHILD TO SCHOOL
  - Self-isolate for 14 days in line with quarantine advice

- WHEN CAN MY CHILD RETURN?**  
Your child can return to school when they have completed 14 days of self-isolation without any symptoms\*.

\*If your child has been identified as a close contact of a case of COVID-19, or has returned from travel abroad and is self-isolating, they must self-isolate for 14 days regardless of a negative COVID-19 test result.

Further information, including frequently Asked Questions for Parents and Carers, can be found on the Department of Education's website at [www.education-ni.gov.uk](http://www.education-ni.gov.uk)



For further information on Family Support Hubs in your area?

Email: [cypsp@hscni.net](mailto:cypsp@hscni.net) or Visit <http://www.cypsp.hscni.net/family-support-hubs/>