



Family Support Hubs Newsletter

This edition includes:

SPECIAL FOCUS

- Christmas Support

PARENTS/CARERS

- COVID-19 Support & Resources
- Youth Wellness Web/Translation Hub
- Resource pack for C&Y People
- Children's Services Review
- Parent Support/Family Support NI
- Dadstart/Siblings as young carers
- Scarlet Fever Signs & Symptoms
- CINI Parent Participation Service/Parentline NI
- Samaritans/Fostering
- NSPCC Letting the Future In
- Bolster Ability Services
- SBNI/NI4kids magazine
- Libraries NI/Twinkl NI
- Building our Children's Developing Brain
- EANI Applying for Pre-School or Primary
- Tips on reinforcing positive behaviour
- When kids meltdown over the holidays
- Nourish/GamCare/Alcohol and I
- Help Kids Talk/Online Safety Website
- Family Mediation NI

EARLY YEARS

- Online Courses for Parents
- Childcare Partnerships Training
- BBC Tiny Happy People
- Baby and U
- Health Benefits of Breastfeeding
- SureStarts/Henry/Bookstart Packs

KIDS ACTIVITIES

- Naughty Elf cheat sheet
- Christmas fun – handprint wreath
- Marshmallow snowmen/Libraries NI
- Lego Clubs/Shake up games
- The endless joy of cardboard
- Playboard Low-cost playful ideas

CHILDREN/YOUNG PEOPLE

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

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/Autonomie
- Rare Disease Partnership
- Feeding & Eating/Family Fund
- Contact Helpful guide/Autism NI
- Christmas tips for SEND families
- National Deaf Children's Society/RNIB

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- Childline/Self Harm Awareness
- 7 steps to Happiness/Eating Disorders
- Young Person's Mental Health Guide
- How to Create a Healthy Routine

MENTAL HEALTH & WELLBEING

- December Kindness 2022 Calendar
- Care for the Family/Mental Health
- Lifeline/Self Help Guides
- Self-Harm & Mental Health Guide/Inspire
- Take 5/PIPS Suicide Prevention
- Drop-in Coffee/Confused
- Minding Your Head/Helpines NI

BEREAVEMENT

- CRUSE Helpline/Hope Again

BAME

- Bolsh/FREE online courses
- Nurse Led Clinic/Protect your Rights
- CYPSP Translation Hub Cost of Living
- 3 year Modern Slavery & Human Trafficking

DOMESTIC & SEXUAL ABUSE

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

DRUG & ALCOHOL SUPPORT/ADVICE

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

COMMUNITY

- ComKit Online Platform
- Be wise about your energy
- 6 Ways to Boost your Energy Budget
- The Trussell Trust/Foodbanks
- PHA Guide to respiratory illness/Phone First
- NI Fire & Rescue Service

GOOD NEWS STORIES

- Societal Resilience Initiatives during Covid

COVID ADVICE/GUIDANCE

- Covid-19 Advice & Guidance

Welcome to Edition 6/2022 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 19 December 2022.

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

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

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

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

For More information or to make a referral visit

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

Where are the hubs?

Click on map:-

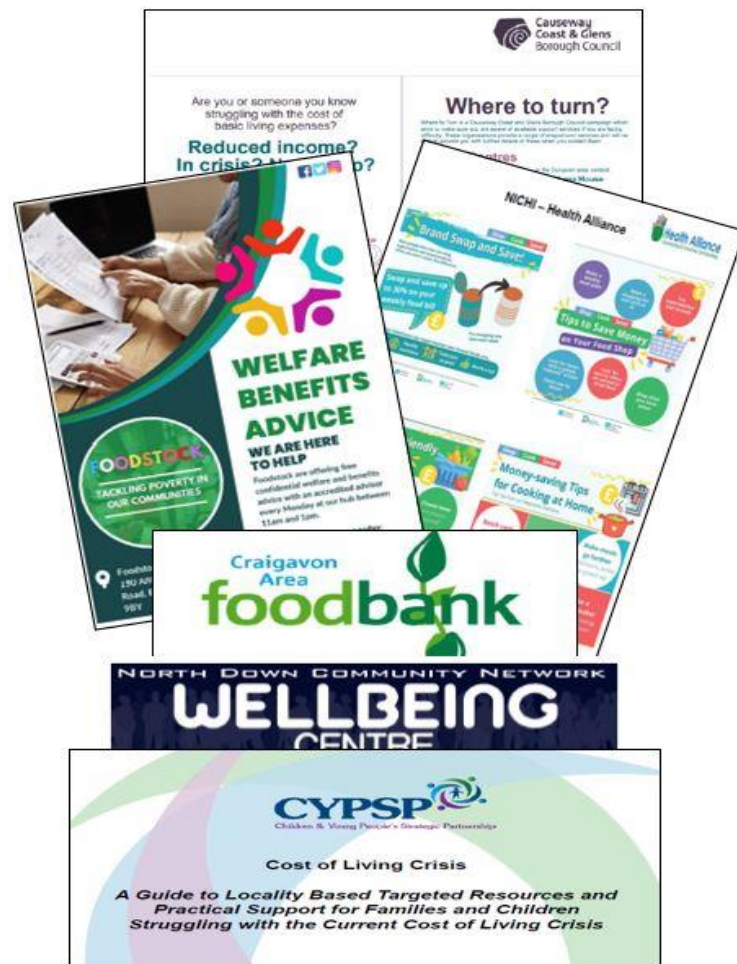




Merry Christmas!!! In a typical cliché for our wee part of the world, where has that year gone to? I know for some, Christmas is something to be endured rather than enjoyed. It may bring up unpleasant memories or be a time that means home does not feel like a safe and warm haven. With the increase in the cost of living we know many are trying to stretch that they have to meet ends meet, and for many, they have already done this and worrying about this will not be enough. Foodbank use is rising, we are seeing an increase in “working poor” having to ask for help and Santa lists are still being written by hopeful children. In this edition of the Newsletter, the last of 2022, we are focusing on support for families over the festive period and beyond. As usual we’ve got lots of useful information and remember the CYPSP Cost of Living live document is still being updated on a regular basis to provide up to date regional and local information regarding the cost of living supports. We have included festivities activities and ideas to add some festive cheer. This may well be a very different type of Christmas for many. Perhaps before we buy a gift we should consider what the recipient might really appreciate. The childhood threat of a bag of coal on Christmas morning may now be the most welcome gift of all. It may be cold out there and times are hard but it’s not all about the presents, maybe we can take this time to focus on Christmas presence and remember,

*“Christmas isn’t just a day. It’s a frame of mind.” —
“Miracle on 34th Street”*

Bronwyn Campbell Regional Family Support Hub Co-ordinator



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



ACTION FOR HAPPINESS APP

Our new app is now available for **iOS** and **Android**:



The [Action for Happiness](https://actionforhappiness.org/app) app is like having a little personal action coach in your pocket who:

- Gives you friendly 'nudges' with an action idea each day
- Sends you inspiring messages to give you a boost
- Helps you connect & share ideas

<https://actionforhappiness.org/app>

THIS DECEMBER REMEMBER...



get plenty
of rest



your family
doesn't need to
be blood-related



wrap up
warm



don't go into
debt buying
gifts



be present in
the moments

@toyoufromsteph



you can say
no to plans

ITS OKAY IF...



**THE HOLIDAYS
ARE HARD
FOR YOU**



**YOU ARE
STRUGGLING
MENTALLY**



**YOUR CHRISTMAS
LOOKS DIFFERENT
TO OTHERS**



**YOUR EATING
HABITS CHANGE**



**YOU NEED
ALONE TIME**



**YOU NEED TO
SET BOUNDARIES**



Go Tofor Christmas FUN!!



Star Tip

Aim to make space for precious 1-1 time with each member of your family.

Star Tip

Create an ever-ready Car-Bag with toys, snacks and essentials for easier journeys.

Home Made Together

Decorate old jam jars with greenery, paints or pasted tissue. Add electric tea lights and enjoy home-made lanterns. Hang with wire or ribbon.

Bake orange and lemon slices in the oven at 140 degrees for an hour. String with pop corn for natural garlands.

DIY Crackers..... Wrap empty loo rolls with bright paper. Fill the space with treats and secure each end with ribbon.

Fun Outside

Wrap up warm with woolly lamp hats or torches and have an exciting walk in the dark

Treasure Hunt Walk....head outside and see who can find the most Christmas Trees, Santas, Snowmen

Collect greenery, pine cones and berries to create hand made wreaths and decorations.

We're here for you at Parentline to listen, support and advise.

Monday to Thursday 9am to 9pm. Friday 9am to 5pm. Saturday 9am to 1pm

Star Tip

Create a treasure hunt for items necessary to carry out a task.

Memory Makers

Print out a selection of family photographs

Gather round and have a lucky dip of 'remember this'



Playing Together

Encourage children to get involved with your preparations for games. It is empowering for them to feel creative and responsible

Games for everyone

Where would you hide in the Christmas Tree if you were tiny?
Pass the parcel
Christmas Disco or Bingo
Who am I? with Christmas hats
What's in the stocking? Memory game

Why not set up your own home photo booth with fancy dress and silly props?



Community Christmas
Consider encouraging children to donate to charity shops, food banks and Christmas Appeals



Go Tofor Christmas FUN!!



Star Tip

Use old T-shirts and fabric pens or paints to create your own Christmas outfits.

If this is an emotionally difficult Christmas.....

Be gentle with yourself.

Delegate.

Build in some free time.

Blend old traditions with some new.

Chat beforehand with family and friends. What could make things easier for you all?

Star Tip

Ask children for their own ideas about new traditions and activities.



Star Tip

Make mystery footprints with fake snow. (Add water to equal parts Cornflour and Bicarbonate of Soda)

Home Made Together

Create 'Talent & Time' vouchers in place of presents. Even very young children can get involved.

Create original Christmas figures with loo rolls, coloured paper and cotton wool.

Decorate pine cones with glitter glue and ribbon.

Make your own cards using stiff paper, magazine pictures or old cards.

Try experimenting with mocktails. Gather screw-top jars, fruit juices, sparkling water, flavoured syrups, ice and lots of fancy straws.

Conversations are easier for all ages if there is a joint activity to focus on.



Try providing a plain paper table cloth, coloured pencils, stencils and card cut outs. Chats will develop more naturally as everyone draws, colours and doodles.



Home Made Together

Make interesting ice-cubes by using purees or adding berries to your moulds.

Melt marshmallows and mix with crushed rice crispies or cornflakes for easy treats.

Create a chocolate fondue with fruit, mallows and biscuits to dip.

Use cookie cutters to shape shop-bought puff pastry. Brush with egg and top with flavours such as cheese before baking.

We're here for you at Parentline to listen, support and advise.

Monday to Thursday 9am to 9pm. Friday 9am to 5pm. Saturday 9am to 1pm



Sources of useful information

woodland Trust/children.org.uk

The Board Game Family by Ellie Dix

<https://www.bbc.co.uk/cbeebies/make>

<https://www.facebook.com/thedadlab>

<https://www.ci-ni.org.uk/parentline/>

olioex.com (Food Waste app)



Self-care tips for parents this Christmas

Whilst Christmas is a merry time for many, lots of parents will be struggling over the next few weeks. What are your strategies for self-care this Christmas? There are lots of different strategies, it's important to try a few to figure out which work best for you.

10 ways to look after yourself this Christmas

- Ignore the dust
- Don't expect perfection
- Carve out time for yourself
- Spend time in nature
- Listen to music
- Go for a walk
- Allow yourself to feel lots of emotions
- Write in a gratitude journal
- Engage your senses
- Practice deep breathing

Parent Line NI



It's not how tall the Christmas tree but how much love there's around it.

Connect...

Make a "Jolly To-Do List" for your class - a list of fun activities for your last two school days in December!

ea Education Authority
Primary Behaviour Support & Provisions



december SELF-CARE

@POSITIVELYPRESENT





Go to's for

MANAGING CHRISTMAS EXPECTATIONS

Create a gift wish list ahead of time which could cover birthdays and Christmas. Help children to 'star' a most wanted gift!



Wish List

Talk to your children about special treats, days, visits etc and how to share these or spread them out over the holidays



Chat about who all you will see together or apart at Christmas - which days they will see which family members and/or friends



Talk about what Christmas dinner might look like and possible expectations from family or friends. Be realistic with your expectations of your child or children



Consider your own self-care. Build in some 'time out/rest/space' to the busy Christmas calendar



SENSORY OVERLOAD

AND THE HOLIDAYS





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



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



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



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



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



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



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



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



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



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



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



Finding grants online

www.familyfund.org.uk



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

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

Help with energy costs

www.familyfund.org.uk

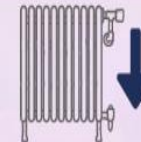


We know the rising energy costs are a real concern for families. We have pulled information into one helpful information guide. to help people find out why we are experiencing an energy crisis, and where to go for support. Visit: <https://bit.ly/laSEnergy>

Family energy saving tips



Turn appliances off rather than using stand-by mode



Turn radiators off or down in unused rooms



Wash full loads at 30°C



Avoid the tumble dryer and dry outside if you can



Draught-proof windows and doors



Turn off lights when you leave a room



Take shorter showers



Cook in bulk, to freeze and reheat

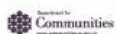


Use the Consumer Council's electricity, gas, and oil price comparison tools



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

causewaycoastandglens.gov.uk/advice



Are you or someone you know struggling to afford food? There are a number of food banks and community food projects in Causeway Coast and Glens. Support is a few clicks away. Click the link below for details of food banks and other food support available across Causeway Coast and Glens.

Find out more here <https://bit.ly/3fMYUbg>

THE JUNCTION WARM BANK

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

Monday - Friday 10am - 4pm
Everyone Welcome

The Junction, 12 Beechvalley Way, Dungannon - Beside Tesco



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

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

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

Energy-saving tips



nidirect.gov.uk

ALT

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

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



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

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

Michelle McIlveen
Education Minister



**Employers
For Childcare**



**Family Benefits
Advice Service**

**Freephone helpline:
0800 028 3008**

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

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

Employers For Childcare

Last updated: October 2022

Free School Meals and School Uniform Allowance

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

School lunches

nidirect.gov.uk



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



Getting Help from The Society of St Vincent de Paul

What is the Society of St Vincent de Paul?

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

How do I ask for help?

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

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

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

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

What happens after I contact SVP?

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

Confidentiality

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

Becoming a Member of SVP

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

Vincent's

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



Make Your Food Go Further

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

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

Why not try these simple steps?

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

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

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

Why not give it a try!





Benefit Payment Dates

Christmas / New Year Payments

If your payment is due on 26, 27, 28 December 2022 or 2 January 2023 you will still be paid by that date.

All benefits operate on different payment systems but you will not receive your payment later than the day it would normally be due.



Department for
Communities
www.communities-ni.gov.uk

An Roinn
Pobal

Depairtment fur
Commonities

Be Prepared for Winter Emergencies

Important contact details

Emergency Services	999 or 112
Flooding Incident Line	03002 000 100
Northern Ireland Housing Executive	03448 920 901
Northern Ireland Electricity	03457 643 643
NI Gas Emergency Service	0800 002 001
Northern Ireland Water Waterline	03457 440 088

Report an issue with ice or snow
www.nidirect.gov.uk/services/report-issue-ice-or-snow



The Pantry @ Ashton Centre

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

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

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

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

Staff at The Pantry @ Ashton Centre



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



ACTION FOR HAPPINESS



COVID 19 Central Support & Resources

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

To find information on:



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



SCAN ME



Youth Wellness Web

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



SCHOOL
BULLYING
WELLBEING
BEREAVEMENT
MENTAL HEALTH

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

Call Childline on:
0800 1111

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

Call LIFELINE on:
0808 808 8000

Scan QR code



Text Shout:
852558

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

CYPSP Translation Hub





The Christmas Edition of the Children & Young People's Resource Pack is OUT Now!

It is packed full of Christmas resources on disability, mental health, bereavement and more, plus lots of activity ideas to help keep the kids entertained over the holiday period including colouring and activity sheets and play, craft and snack ideas.

Download at: <https://cypsp.hscni.net/download/426/cyp-resource-pack/39578/cyp-resource-pack-christmas-edition-dec-2022.pdf>

(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears). Resources and activities are free and in the public domain. Feel free to share with your contacts and those who you think would find it useful.

Children's Services Review

On the 15th November the Children's Services Review held a Family Support workshop in Dungannon. Five of our Hub Coordinators from across the region were invited to be a part of the workshop and I was also able to attend. Most importantly, I was delighted that 3 parents who have first-hand experience of the Family Support Hubs were also in attendance and shared their appreciation for the support their family was able to access through the Hubs. Thanks to the parents who gave us their time to be there and our Coordinators; Sharon, Marty, Claire, Karen, Karolina, Deborah and Pat for so ably representing the Hubs on the day. Finally, thanks to Prof Ray Jones and the Children's Services Review for inviting us to be a part of the workshop.





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



SCAN ME

CYPSP
Children & Young People's Strategic Partnership

familysupport NI .gov.uk
Helping You Find the Services You Need

Family Support | Childcare | Childcare Partnerships

Information on a wide range of family support services and registered childcare provision in Northern Ireland



Parenting NI

DADSTART

FREE online information session for managers

Whether your organisation already works with dads or is just getting started we would like to invite you to a short online information session being provided by Parenting NI.

This is an ideal opportunity to find out how your staff can benefit from the two day "DadStart Training" and how Parenting NI can support them in their work with fathers.

Training planned for May 2023.

Tuesday
14th Jan 2023
2pm - 1pm

REGISTER VIA EVENTBRITE LINK

✉ info@parentingni.org
🌐 www.parentingni.org



myfamilyyourneeds.co.uk

Siblings as young carers

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

Scarlet fever

Signs & symptoms



The symptoms of scarlet fever are non-specific in early illness and may include:

- sore throat,
- headache,
- high temperature,
- nausea and vomiting.

After 12 to 48 hours the characteristic red, generalised pinhead rash develops, typically first appearing on the chest and stomach, rapidly spreading to other parts of the body, giving the skin a sandpaper-like texture.

Anyone who thinks they or a child may have it should contact a GP for a proper diagnosis and appropriate treatment.



Children
in Northern
Ireland



Parent Participation Service

Our
promise

The parent participation service will support each group and the network by:

- Offering admin support such as, coordinating and organising gatherings and taking responsibility for minutes and creating a feedback loop
- Providing training
- Organising and sharing best practice
- Reimbursing travel expenses to and from gatherings
- Appreciating you and your experience and expertise
- Nurturing you with kindness, fun and refreshments!

Need someone to listen
without judgement?



We're in
your
corner

...Parentline are in
your corner

#inyourcorner

Call us: 0808 8020 400

Email us: parentline@ci-ni.org.uk

Webchat: ci-ni.org.uk/parentline

Request a call back: ci-ni.org.uk/parentline

We're open:

Mon-Thurs 9am - 9pm

Fri 9am - 5pm

Sat 9am - 1pm



A registered charity

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email
jo@samaritans.org

SAMARITANS

samaritans.org

Thinking about fostering?

Our Foster Carers receive full training, ongoing support and financial allowances. Find out more

<https://adoptionandfostercare.hscni.net/>

Thinking about **fostering?**



Find out more

0800 0720 137

adoptionandfostercare.hscni.net



Letting the Future In Information for parents/carers

Leaflet for parents/carers

[NSPCC LTFI Parents leaflet.pdf](#)



The NSPCC Helpline

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

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

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



BOLSTER ABILITY SERVICES

FAMILY SUPPORT HUB

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

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

FAMILY SUPPORT For parents of children 0-18

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

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

BEST CLUB For primary school aged children

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

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

NEWRY/MARKETHILL PARENTING SUPPORT GROUP

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

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

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

PARENTS PLUS SPECIAL NEEDS PROGRAMME

For parents with a child of mixed ability

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

BOLSTER BUDDIES For individuals aged over 18

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

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

AUTISM CONNECT

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

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



**Southern Health
and Social Care Trust**



**COMMUNITY
FUND**



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH



NHS

FREE for professionals* across Northern Ireland

Online courses:

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

Each course will take approx
3.75 hrs CPD per course

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

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

ACEs

Adverse Childhood Experiences
Dr Beth Changani



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

OR

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

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

BETHECHANGANI

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

CHRISTMAS

FREE

ni4kids
MAGAZINE



libraries **ni**

Library NI Events

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



**Building our Children's
Developing Brain**

Some ideas for parents and carers

[Download](#)





Key dates for parents/guardians

www.eani.org.uk/admissions ×

Applying for Pre-School or Primary 1 for September 2023



13 DEC 2022

Admissions Criteria published on EA website

Applications open at 12 noon

10 JAN 2023



Pre-School (Stage 1) and Primary 1 Parents/guardians informed of outcome via email

27 JAN 2023

Applications deadline at 12 noon

Supporting documentation to be submitted by 31 January 2023 at 4pm

27 APR 2023



 preschooladmissions@eani.org.uk | primaryadmissions@eani.org.uk



Tips on reinforcing positive behaviour



Accentuate the positive

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

Explain your expectations

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

Minimise the negative

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

Be consistent

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



When kids meltdown over the holidays

It does not mean

- They are a bad child.
- You are a bad parent.
- They are trying to ruin your fun
- They are trying to embarrass you.
- You need to fix their feelings.
- You need to jump to their demands.
- They need to learn a lesson.
- They are defiant and refuse to listen.
- They hate you.

It may mean

- They need a break.
- They are overwhelmed.
- They need connection with you.
- They are struggling with a sensory.
- They need you to be their calm.
- They are seeking a quiet, calm space.
- They are tired, hungry, or bored.
- You are their safe space.
- They are still figuring out how to navigate their big feelings.



@ourmamavillage

Christmas 2022



nourish

Hello and welcome to our Christmas issue of **nourish**!

Keeping you up-to-date with Community Nutrition Education programmes in the Southern Trust area.



YOUNG PEOPLE'S GAMBLING HARM PREVENTION PROGRAMME

Education | Training | Support



GamCare



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

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

Workshop content includes:

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

On completion of the training, attendees are given complimentary and downloadable access to a wide range of award-winning resources. Examples of our resources can be found [here](#).

YGAM also have a [Parents hub](#), giving advice, tips and tools and parents can also book on to one of the Parents Awareness Workshops.

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

ALCOHOL AND I

Inspiration, Influence
and Impact Event



18TH JANUARY
BELMONT
HOUSE HOTEL
BANBRIDGE

EXPLORING ALCOHOL
MISUSE, THE IMPACT
OF HIDDEN HARM,
WHAT WE CAN DO TO
SUPPORT OTHERS
AND LOOK AFTER
OURSELVES.



AGENDA

09.15 Registration
10.00 Welcome and Introductions
10.10 Speaker Dr Billy Gregg
10.25 Speaker Womens Aid
10.40 Speaker Pharos
10.55 Speaker MAP
11.10 Steps to Cope
11.25 Break
11.40 Question and Answer Panel
12.30 Lunch
13.30 Speaker TBC
14.15 Closing comments
14.20 Networking and Wellbeing
15.30 Close

CONTACT US



www.drugsandalcoholni.info



connections@bdact.info
connections@ndact.info
connections@sdact.info
connections@wdact.info
connections@sedact.info



Belmont House Hotel
Rathfriland Road
Banbridge
BT32 3LH



Public Health
Agency

Project supported by the PHA



"Addressing drugs and alcohol together"



Help Kids Talk



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

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

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

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

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



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



PARENTS/CARERS

New Online Safety Education Website for 4-7 Year Olds

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

NEW

An interactive website for 4-7s

based on



JESSIE & FRIENDS






Online safety education
for 4-7 year olds

www.thinkuknow.co.uk/4_7



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

A family mediator will...

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



familymediationni.org.uk



FREE Online Antenatal Classes across NI

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

#gettingreadyforbaby #pregnancy #newbaby #children #parents



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

1. Understanding pregnancy, labour, birth and your baby

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

2. Understanding your baby

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

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

3b. Understanding your child with additional needs

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

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

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

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

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



Go to:

www.inourplace.co.uk

and enter the 'access code'

NIBABIES

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



Sales Marketing



This training will provide information on the key management aspects of that role to help those Level 3 staff fulfil the duties of a Leader/Deputy more effectively

Step-up To Leadership & Management

PLAYGROUPS & CHILDCARE



This concentrates on the underpinning knowledge and the skills needed with signposting as to what needs to be done in the workplace to get "Level 5 ready"

Bridge To Management

SCHOOL AGED CHILDCARE

TO APPLY CLICK LINK BELOW

[Childcare Partnerships Training & Quality \(hscni.net\)](https://www.hscni.net/ChildcarePartnerships/Training&Quality)



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

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

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

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

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

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

5 ACTIVITIES TO HELP PRESCHOOLERS WITH PHONICS

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

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

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

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

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



BABY and U

Baby and U – Your Pregnancy Journey

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

Milestones you may not know...

build better **BALANCE!**



Birth to 2 Months

Holds head up



3 to 5 Months

Rolls



6 to 8 Months

Balances on tummy



9 to 11 Months

Creeps or crawls.



12 to 15 Months

Walks independently



16 to 18 Months

Walks up one step at a time



19 to 24 Months

Two-foot jumps



24 to 29 Months

Runs



2 to 3 Years

Balances on one foot



3 to 4 Years

Catches ball



4 to 5 Years

Kicks ball



5 to 6 Years

Rides bike

itslearningcorner.com



Breastfeeding

Good for baby. Good for mum

Health benefits of breastfeeding

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



For more info see www.breastfedbabies.org



Public Health Agency



SureStart

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

#SureStartWorks

henry
Healthy Start, Brighter Future

**A great start for babies
and young children**

Everyone wants the best for their children, but it can be hard to know what to do as a parent in the early years. That's where HENRY comes in.

The HENRY programme helps you give your child the best possible start in life.

"This programme changed my life."

www.henry.org.uk

BookTrust Bookstart Packs
Every baby in England, Wales and Northern Ireland is entitled to one of our free #Bookstart packs!
You'll normally receive your pack from your health visitor or another health professional (or at your local library). Find out more here:
<https://booktrust.org.uk/what-we-do/programmes-and-campaigns/bookstart/families/>

Autism - Outdoor Play! It is full of practical ideas, social narratives and case study examples. So follow the link, access the resource and then get outdoors!
Link:
<https://outdoor-play.middletownnautilusm.com>

Outdoor Play

CENTRE FOR ACTION





Naughty Elf cheat sheet

Thursday 1st - Elf arrives with advent calendars
Friday 2nd - Elf stuck in a bauble
Saturday 3rd - Make clay decorations for the tree
Sunday 4th - Writing Christmas lists
Monday 5th - Elf reading a book to the other toys
Tuesday 6th - Elf racing with toy cars
Wednesday 7th - Elf is writing his letter to Santa
Thursday 8th - Elf playing noughts and crosses with other toys
Friday 9th - Rock climbing with wrapping bows
Saturday 10th - Stuck in the wooden tumbling tower
Sunday 11th - Making mini Christmas trees with playdough
Monday 12th - Helping write Christmas cards
Tuesday 13th - Doing a colouring book
Wednesday 14th - Magic elf dust spillage with glitter
Thursday 15th - Drawing silly faces on eggs
Friday 16th - Snow angels with flour or fake snow
Saturday 17th - Elf ready for a lazy PJ day holding popcorn and films
Sunday 18th - Elf has hidden the last piece of a jigsaw
Monday 19th - Elf is playing cards with other toys
Tuesday 20th - Making a mess with the paints
Wednesday 21st - Drawing moustaches on the family pictures
Thursday 22nd - Stuck in tape and wrapping paper
Friday 23rd - Doing surgery with operation game
Saturday 24th - Reading a Christmas eve story



Christmas fun - Handprint wreath!

ParentingNI

Christmas Countdown

Method

You'll need...

- Used cereal box
- Green paper
- Red paper
- Scissors
- Glue stick
- Ribbon



- 1** Draw around your child's hand on a piece of cardboard from the cereal box.
- 2** Cut this out and use it as a template on the green pieces of paper to cut out and create multiple hands. Use different shades of green if you can.
- 3** Use a plate to draw a circle on another piece of your cereal box - this will become the base of your wreath.
- 4** Layer your cut out hands on the wreath and glue down one on top of the other to create a leaf style pattern.
- 5** Cut out some berries from red paper and glue on to your wreath.
- 6** Hang up to display with a ribbon!



Christmas fun - Marshmallow Snowmen!

ParentingNI

Christmas
Countdown

Ingredients

- 1 pack of marshmallows
- Skewers
- Red laces
- Black icing
- Sweets to decorate!



Method

- 1 Start by taking a skewer, you can use a candy cane if you prefer, and push on three marshmallows to make the shape of a snowman.
- 2 Tie a red lace as a scarf between the first and second marshmallow to make a scarf.
- 3 Add two dots of black icing for eyes and make a smile. You can also add buttons with the icing. Decorate! Get creative...use different types of sweets to create hats, arms etc!

Tips...

Not only is this a great activity to do with kids, they can also create them as gifts. Simply place your finished snowmen into cellophane bags, tie with ribbon and add a gift tag.



Libraries NI Lego Clubs

Creating with Lego can help boost your child's focus as well as improving problem solving skills - Our FREE Lego Clubs are perfect for your young readers! 📖

Find your local Lego Club 📍

<https://bit.ly/LNILEgo2022>



Unfreeze the family with
10 Minute Shake Up games!





CLEANING
GEAR



CAR, BOAT,
PLANE OR
TRAIN

THE ENDLESS **JOY** OF CARDBOARD

Cost-effective play



CARDBOARD
CHRISTMAS
DECORATIONS

DIY
POST
BOX



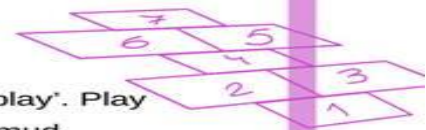
PASS THE
PARCEL



Low-cost playful ideas



1. Visit parks, green spaces, beaches or forests.
2. Play outside - get the wellies and raincoats on and jump in puddles.
3. Paint the pavement, walls, fences, gates or drainpipes with water - all you need is a bucket and brushes.
4. Have a family dance party or sing-a-long.
5. Create a fort in your living room out of blankets or cardboard boxes.
6. Go on a hike.
7. Have a sunset picnic at a park or beach.
8. Upcycle old toys using stickers, foam or paint.
9. Try some sewing or knitting.
10. Play a game of chess, dominoes, jacks or card games.
11. Make a sensory bottle using old bottles, coloured water, glitter, beads, stones or anything you fancy!
12. Make slime. Pour 2 tbsp of shampoo into a bowl, add 2 tbsp of shaving foam and mix. Add 1 tsp of salt and mix everything together thoroughly. Put mixture into the freezer for approximately 15 minutes.
13. Buy a cheap box of chunky chalk - children will have hours of fun.
14. Make a mystery bag - fill a bag with random supplies and see what children will play or make.
15. Make a mat to play hopscotch on. You can roll it out for play - an old sheet is perfect.
16. Melt ice! Fill cups or containers with coloured water, freeze them, and watch the ice melt as you add salt to it.
17. Make a collage with paper, glue and things to stick like pictures cut out of catalogues or magazines, scraps of paper, ribbon, fabric, dried pasta, natural materials etc.
18. Play x-o-x or eye-spy.
19. Have a game of hide-and-seek.
20. Street play - go outside and encourage other children to go 'out to play'. Play some football, frisbee, dodgeball, piggy in the middle or stick in the mud.



You'll be amazed at what fun can be enjoyed!



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Solihull Approach presents

Two online courses exclusively for teenagers!

Understanding your brain
(for teenagers only!)

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

*Includes the emotional effects of the COVID-19 pandemic

inourplace.co.uk

FIND OUT MORE...

Do you live in Northern Ireland?

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

Access Code:
NIBABIES



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

Services for young people: Information for Young People



Northern Trust Text-A-Nurse
07480 635982

Belfast Trust Text-A-Nurse
07507 328290

South Eastern Trust Text-A-Nurse
07507 327263

Western Trust Text-A-Nurse
07480 635984

Southern Trust Text-A-Nurse
07507 328057

New CEOP Website Launched

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

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



The internet, relationships & you

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

YOUNG PEOPLE



Discover career prospects you never imagined. Right on your doorstep.

Apprenticeship Opportunities with NatWest Group in Belfast

- Level 3 Providing Financial Services
- 3 week interactive programme including 2 days work insight
- Employability training and interview prep
- Guaranteed interview with NatWest
- City Centre location for your apprenticeship
- Gain experience and earn £20,000 as you do it

Meet new friends, start a career... **and take your opportunity**

Ready? Visit www.ltsb.charity to find out more, or email applications@leadershipthroughsport.org





ARE YOU A YOUNG CARER?

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

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

Action for Children: NIYoungCarers@actionforchildren.org.uk

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

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



Shout Crisis Textline

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

TEXT SHOUT TO 85258



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



JobApplyNI.com



South Eastern Health
and Social Care Trust



YOUTH HEALTH ADVICE SERVICE

RELATIONSHIP & SEXUALITY EDUCATION (RSE)

SEXUAL HEALTH

S.T.I. TESTING & FREE CONDOM SCHEME

DRUGS & ALCOHOL

BASELINE ASSESSMENT & SUPPORT

EMOTIONAL HEALTH & WELLBEING

SIGNPOSTING TO APPROPRIATE CARE



ANNA JOHNSTON
YOUTH SUPPORT WORKER
YMCA NORTH DOWN
☎ 07591 840723

FOR 16 TO 25 YEAR OLDS

IN-PERSON SUPPORT
OR BY PHONE, TEXT,
ZOOM & EMAIL

FOR MORE INFO ON YOUTH HEALTH ADVICE



setrust.hscni.net/health-living/youth-health-advice



YHAS@setrust.hscni.net



07753 310352



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

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

REE
Rights
Responder

WHATEVER YOUR QUESTION
ABOUT YOUR RIGHTS, ASK REE.
Advice free, always available, always anonymous, always confidential, never judgemental.



FAMILY

Family Support Service for Families of Children with a Disability



SERVICES:

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

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



Call us for more info 028 3083 5764

bolstercommunity.org

BOLSTER
COMMUNITY

In partnership with:



Southern Health
and Social Care Trust

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



Family Voice Hub

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



www.autonomie.org.uk

Autonomie, Lilac House, 4 Sandhurst St, Belfast BT7 1PW

Registered Charity No 100421

Find out more!

Email: sharon.autonomie@gmail.com

Tel: 078 7251 9900



NORTHERN IRELAND
RARE DISEASE
PARTNERSHIP

Rare
isn't rare!

More
than
110,000 in NI
affected

1 in
17

8,000
conditions and
counting

Only 5% of
conditions have
a treatment

30% of children
affected won't
reach their 5th
birthday

on average
5 years
to
diagnosis

Contact:
Info@nirdp.org.uk
www.nirdp.org.uk

1 in 17 people will be affected by a rare disease at some point in their lives. Individually we are RARE, together we are MANY!





FEEDING & EATING
INFORMATION FOR PARENTS OF DISABLED CHILDREN

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



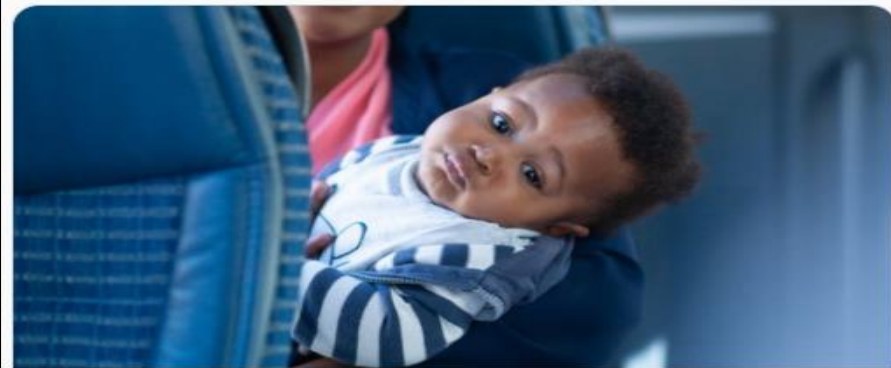
Family Fund
Helping disabled children

Family Fund – Apply for a Grant

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



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



contact.org.uk

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

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



Autism Awareness Card

Telephone:

028 9040 1729 (Option 1)



I am Autistic

Important information on reverse



NORTHERN IRELAND
PRISON SERVICE



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



Online focus group: Autism Strategy 2023-2028

Thursday 2 February 2023

11:30-13:00

Zoom



Do you provide unpaid care for someone with autism in NI? @healthdpt has launched a public consultation on its draft Autism Strategy - please join our online focus group in February to share your views & shape Carers NI's consultation response.

Register: <https://eventbrite.co.uk/e/unpaid-carer-focus-group-autism-strategy-2023-28-consultation-tickets-490400851147>



Become a member!

Why?...

So many reasons 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.



Christmas tips for SEND families!

- ✓ Put presents in one big box and let your child open them at their own pace over the following days
- ✓ Avoid surprises by picking gifts from their list and wrapping them in clear cellophane (or not at all)
- ✓ Add batteries to toys before wrapping
- ✓ No food rules. Who says pizza and pot noodles can't be Christmas dinner?
- ✓ You do you! Don't feel guilty telling friends or relatives if something doesn't work for you
- ✓ Don't put unrealistic pressures on yourself. The holidays can be overwhelming for everyone, so stick to your regular routine if you want to

contact for families with disabled children

National Deaf Children's Society Northern Ireland
Having a busy or quiet Christmas Day this year? 🎄
Big gatherings can be great fun and it's lovely seeing the whole family, but it may involve being around some people who are not deaf aware - especially in noisy environments. Check out our tips and tricks on how to make Christmas Day deaf-friendly for your deaf child
<https://bit.ly/3iXNMtO>



RNIB
See differently

RNIB Parent Carer Facebook Group

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

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

Need to Talk Project

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

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



Childline has launched a new mental health campaign, 'We all feel it' to support young males to reach out for support. Watch the video <https://cypsp.hscni.net/childline-launch-new-we-all-feel-it-campaign-aimed-at-young-males/>



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

You are not alone
 If you need help with self-harm or thoughts of self harm, our page on finding support might help . It also has peer-support resources, so you can talk to people who have been there, too. [Suicidal feelings & crisis support \(mindwisenv.org\)](https://www.mindwisenv.org/)



Eating disorders.

Know the first signs?



If you're worried someone you care about is showing any signs of an eating disorder – even if they're not on our list – act quickly and get in touch. We can give you the answers and support you need to help them on the road to recovery as soon as possible.

Don't delay. Visit beateatingdisorders.org.uk/tips



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

[Download Young Persons Mental Health Guide](#)



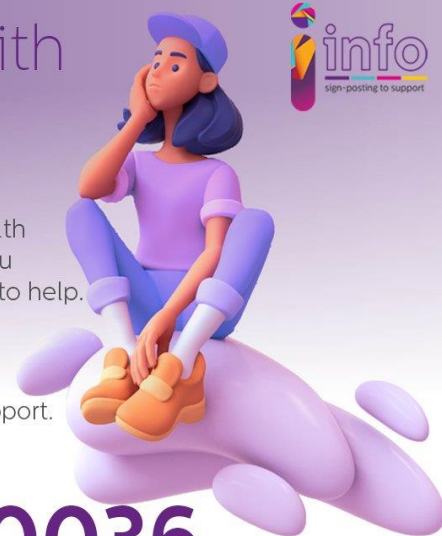
Get in touch with
our wellbeing
advisors today

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

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

Available: Monday to Friday 10am to 1pm

0808 189 0036



How to Create a Healthy Routine

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

Here's how to add structure

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





December Kindness 2022

MONDAY



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

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

19 Contact someone who may be alone or feeling isolated

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

TUESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

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

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

WEDNESDAY



7 Give kind comments to as many people as possible today

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

21 Appreciate kindness and thank people who do things for you

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

THURSDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an elderly neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

FRIDAY

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

9 Notice when you're hard on yourself or others and be kind instead

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

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SATURDAY

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

10 Listen wholeheartedly to others without judging them

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

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

31 Plan some new acts of kindness to do in 2023

SUNDAY

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

11 Buy an extra item and donate it to a local food bank

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

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together





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



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

Sign up today: cff.org.uk/moto



If Christmas is hard,
If you've lost someone dear.
Just look in your heart,
And you'll know they're still here.
The star in the sky,
The light falling snow.
The robin outside,
It seems like they know.
If this is a time,
When you're struggling through.
Just do what you can,
For what matters, is you.
There's no need to be merry,
There's no need to be bright.
Just do what you can,
It will all be alright.



**Prioritise and tackle
things one at a time**



If you or someone you know is in distress or despair, call the 24/7 freephone counselling helpline **Lifeline 0808 808 8000**

Calls are answered by trained counsellors ready to help you with whatever you are going through.

Find more support info at www.mindingyourhead.info

"I do believe the lady who took my call saved my life that day. I also got a call back the next day to make sure I was ok."

Caller to Lifeline service

Lifeline
0808 808 8000
Textphone:
18001 0808 808 8000

THE RIGHT SUPPORT AT THE RIGHT TIME!

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

Monday to Friday 10.00 am to 4.00 pm

ADVOCACY FOR ALL

Self Help Guides for Mental Health & Emotional Wellbeing



Self-Harm and Mental Health – Guide for Parents

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



A-Z Mental Health





Take5

steps to wellbeing

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

Here are five simple steps to practise every day:

Connect

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

Be active

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

Take notice

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

Keep learning

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

Give

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

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

www.mindingyourhead.info

Public Health Agency, 10-12 Lincolns Street, Belfast BT2 8GS. Tel: 0300 555 0114 (local rates)

Repeat After Me!



- MY VOICE MATTERS
- I AM STRONGER THAN I REALISE
- I DESERVE LOVE AND RESPECT
- IT'S OKAY TO SAY NO
- I WILL GET THROUGH THIS
- I AM ALLOWED TO REST



PIPS Suicide Prevention

Repeat after me!

Planting The Seeds Of Hope

PIPS BELFAST 028 9080 5850

PIPS DERRY 028 7122 4133

PIPS ENNISKILLEN 028 6633 9004



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

Whatever you're facing We're here to listen

Call free day or night on
116 123

Email line@amaritans.org

ALT charity

SAMARITANS



samaritans.org



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



Parenting our children can throw up all sorts of challenges, questions and situations and it can be confusing where to look for support or find out what services are available.

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

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





Mental Health Support Services & Crisis HELPLINES



Action Mental Health 028 3839 2314	MindWise 028 9040 2323
AWARE 028 9035 7820	PIPS Upper Bann 028 3831 0151
CAMHS 028 3083 5400	Samaritans 116 123
Lifeline 0808 808 8000	Yellow Ribbon 028 3833 1485
Mental Health Forum 028 3025 2423	YoungMinds 0808 802 5544

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



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

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>



What to put in a memory box



Photographs



Items of clothes and Jewellery



Letters or cards from them



Awards or certificates they received



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

CRUSE NATIONAL HELPLINE

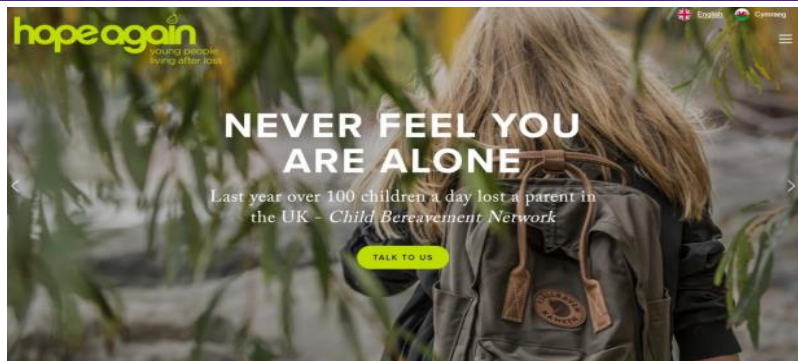
0808 808 1677

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



What children understand about death 5-10 years old

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



www.hopeagain.org.uk

Grief is overwhelming.
Let us help.

Cruse
Bereavement
Support

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

We can provide information, advice or simply listen.



Find out more about how we can help you.

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

You're not alone.

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



Boloh

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

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

helpline.barnardos.org.uk

Contact the helpline on **0800 1512605**



Do you live in Northern Ireland?
FREE online courses for all residents

For parents, carers and families

- Understanding pregnancy, labour, birth and your baby
- Understanding your baby
- Understanding your child
- Understanding your child with additional needs
- Understanding your teenager's brain

For all adults

- Understanding your relationship

For teenagers

- Understanding your brain (for teenagers only!)
- Understanding your feelings (for teenagers only!)

And more!

For further details, visit: www.inourplace.co.uk

solihull.approach@uhb.nhs.uk
(+44) 0121 296 4448

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



Go to:

www.inourplace.co.uk

and enter either Access Code

NIBABIES or NIFAMILIES

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

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

Inourplace offer free online courses for parents, grandparents, carers and teenagers from the antenatal period through to 19+ years of age. All courses are available in **108 languages** through **Google Translate**. For further details please visit:

<http://inourplace.co.uk>

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).

**Religion Road-based
General Care Team**
Living & working in the community

**Southern Area
and New Entrant Team**
Quality Care - for you, with you

**Public Health
Agency**

Southern Trust Area

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

Protecting Your Rights

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

Northern Ireland Council for Ethnic Minorities

028 90 238645
www.nicem.org.uk

Bryson Intercultural

028 90 244639
www.mcrc-ni.org

Samaritans

0845 790 9090
www.samaritans.org.uk

Victim Support

028 90 244 039
www.victimsupport.org.uk

Equality Commission for Northern Ireland

028 90 500 600
www.equalityni.org

Northern Ireland Human Rights Commission

028 90 243987
www.nihrc.org

Crimestoppers

0800 555 111
www.crimestoppers-uk.org

Created by Police Service Print-Design RP001





Visit our new Cost of Living crisis section on the Translation hub at <https://cypsp.hscni.net/translations-cost-of-living-crisis/> open the Reachdeck icon and choose language of your choice to translate all of the information available

Translations – Cost of Living Crisis


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


 **10-Top-Tips-Information-Leaflet - Energy Efficiency in the Home**
 NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty. These increases come at a time when many household budgets are already stretched thin.
 However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low-cost energy savings tips.


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


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

Tłumaczenia – Kryzys kosztów utrzymania

CYPSP  **CYPSP Zasoby kryzysowe dotyczące kosztów utrzymania**
 Przewodnik po lokalnych ukierunkowanych zasobach i praktycznym wsparciu dla rodzin i dzieci zmagających się z obecnym kryzysem kosztów utrzymania



 **10-Top-Tips-Information-Leaflet - Efektywność energetyczna w domu**
 NEA obawia się, że 'idealna burza' wyższych cen energii, zmniejszonych dochodów i nieszczelnych, nieefektywnych mieszkań może narazić wiele gospodarstw domowych w Irlandii Północnej na zwiększone ryzyko ubóstwa energetycznego. Wzrosły te pojawiają się w czasie, gdy budżety wielu gospodarstw domowych są już napięte.
 Jednak proste zmiany w codziennych czynnościach mogą spowodować duże różnice w rachunkach gospodarstw domowych. Oto różne wskazówki dotyczące oszczędzania energii bez kosztownych kosztów.

 **Pomoc w pokryciu kosztów energii w Irlandii Północnej**
 Możesz martwić się zarządzaniem zużyciem energii i kosztami tej zimy. Oto kilka informacji, które pomogą gospodarstwom domowym w Irlandii Północnej. (Kliknij Dostępność, aby uzyskać dostęp do paska narzędzi Recytuj i zmienić język)

 **Belfast Ciepło i dobrze**
 Projekt Belfast Warm and Well ma na celu pomóc miejscowej ludności, która stara się ogrzać swoje domy tej zimy, oferując porady i praktyczne wsparcie, aby było im ciepło i dobrze.

3 Year Modern Slavery and Human Trafficking Strategy
PUBLIC CONSULTATION
 Closing date: 10 January 2023


You can #HaveYourSay on a new 3 year Modern Slavery & Human Trafficking Strategy for NI - to take part visit <http://bit.ly/MSHTNIstrat>

If you have any concerns about #modernslavery or #HumanTrafficking contact:
 @PoliceServiceNI on 101 or
 @MSHelpline 08000 121 700



Women's Aid Across NI

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



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

Open Monday - Friday 09:00 - 17:00

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

Housing Executive



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

INFORMATION & SUPPORT LINE

0800 0246 991
Mondays & Thursdays
6pm-8pm

Listening, Believing
& Support for All
www.rapecrisisni.org.uk



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

Belfast. 028 9024 1929
Foyle. 028 7116 0001

ANYONE

Call the Domestic and Sexual Abuse Helpline

0808 802 1414

We are here for you confidentially 24/7.
You will be heard, you will be believed.

Victim Support NI

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



Domestic abuse is not just physical.

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

EVERYONE THINKS HE'S GREAT...

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

#STILLABUSE



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



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

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

0800 2545 123
daisy@ascert.biz



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

NORTHERN IRELAND
MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.

www.drugsandalcoholni.info/RAPID

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

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

Substance Abuse Support

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

Cruse Bereavement: 0808 808 1677

Lifeline: 0808 808 8000

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

ASCERT

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

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

PBNI CONTINUE TO WORK WITH PEOPLE WHO HAVE ADDICTIONS.

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

PBNI Probation Board for Northern Ireland

HAVING A CHAT OVER THE PHONE WAS ALL I NEEDED

OUR COMMUNICATION MIGHT BE DIFFERENT BUT WE ARE STILL HERE TO SUPPORT YOU

YOU CAN CONTACT OUR TEAM VIA EMAIL OR PHONE TO REFER TO OUR SERVICES

www.addictionni.com or call 028 9066 4434

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

Affected by someone else's drinking or drug use?

I'm embarrassed by her drinking

HSC Public Health Agency

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

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



TO PROTECT LIFE
COMKIT

HOME

?

ADVICE

HELP

WHO ARE YOU?

Help us find the right platform for you.

See below



ComKit New Online Platform to support communities following suspected suicide

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

ESW
2022
Energy Saving Week

energy saving trust

Be wise about your energy

#EnergySavingWeek22



Do you know if you are on the correct tariff?

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

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



#1. Minimise your electricity usage

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

#2. Save on your home heating

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

#3. Switch supplier and save

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



#4. Switch to energy-rated appliances

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

#6. Emergency oil drums

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

#5. Oil Buying Clubs and budgeting

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





[Find a Food Bank Near You](#)



GET HELP

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



PHA guide to respiratory illness

Rest up



Drink plenty of fluids



Catch it, bin it, kill it



Wash hands regularly



Antibiotics don't work on viruses

Speak to your pharmacist about cold remedies

Winter vaccines

If eligible get your COVID-19 booster & flu vaccine



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



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

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

Interpreter Now –
[Visit site](#)



Northern Ireland Fire & Rescue Service would like to ensure the whole Community has a safe and happy festive season and asks that you consider this fire safety advice for keeping you and your family safe this Christmas and New Year:

- 🌲 Have a working smoke alarm fitted on all levels of your property. A working smoke alarm will give you and your family the vital time needed to escape a fire.
- 🌲 Never leave cooking unattended and avoid cooking whilst under the influence of alcohol. Make sure cooking appliances are turned off after use.
- 🌲 Check your Christmas lights are in good working order and conform to the British Standard. Look for the BS Kitemark to ensure that your lights meet the appropriate standard.
- 🌲 Never overload sockets and always turn Christmas lights off before going to bed or if you are leaving the house. Remember one plug per socket.
- 🌲 Don't buy fake electrical goods. Look for the British Standard or CE mark to ensure equipment and chargers comply with UK or European Safety Standards.
- 🌲 If you are using extra heaters during the winter months, make sure they are kept away from soft furnishings and Christmas decorations.
- 🌲 Keep candles away from soft furnishings, decorations, Christmas trees and wrapping paper. 🌲 Ensure they are out of reach from pets and children.
- 🌲 Never leave candles unattended.
- 🌲 Make sure cigarettes are extinguished correctly and never smoke in bed, particularly if you have been drinking alcohol. Empty ashtrays safely.
- 🌲 Make a fire escape plan and discuss it with your family. Ensure any visiting family and friends are aware of the escape plan too; tell them where you keep door keys.
- 🌲 Keep your escape routes clear; it's easy for exits to get blocked with Christmas trees and presents.
- 🌲 Check on older relatives and neighbours this Christmas to ensure their safety at this time of year.



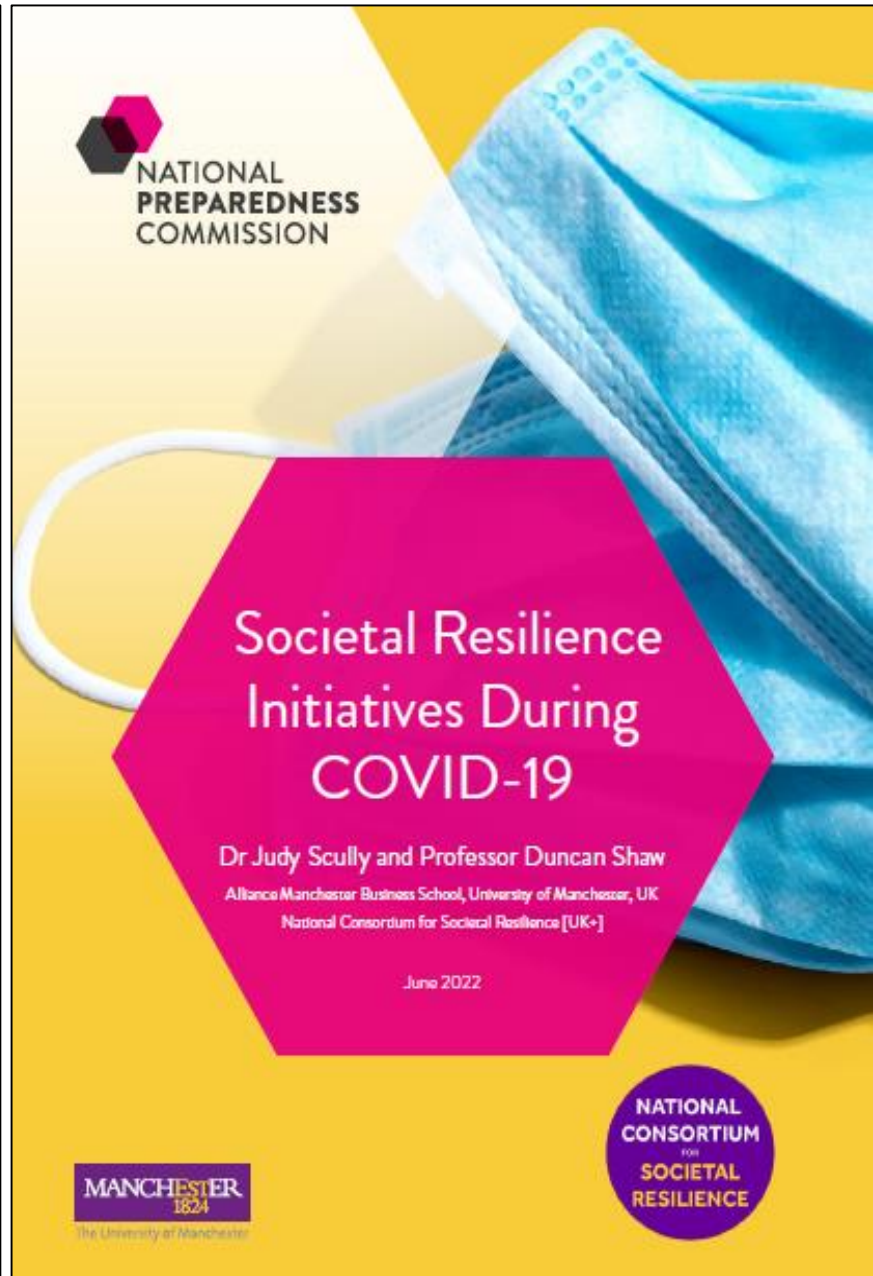
Societal Resilience Initiatives During Covid-19 report, Dr Judy Scully and Professor Duncan Shaw

A new report by the National Consortium for Social Resilience and The University of Manchester has been published. The report examines how initiatives responded to the support needs of communities during Covid-19 and draws on 15 case studies of good practice from across the UK. The report identifies 6 key factors to influence success including leadership and strategy, partnerships, co-ordination and communication strategies, local intelligence, management systems and delivery to reach some of the most vulnerable in society including hard to reach groups and families in poverty.

Karen McHugh, Omagh Hub Coordinator advises that her Hub was put forward by Fermanagh & Omagh Council to the National Preparedness Commission for this study. Karen was asked to provide information for a case study on their work & response to the Covid pandemic. Dr Judy Scully then met with Karen to discuss the work of the Hub. With the vast number of excellent initiatives that emerged across the UK during the pandemic it is testament to the hard work and dedication of Karen and the Omagh Hub members that they were used as an example of good practice. Well done to all involved.


Please find the link to the full report below and if you want to jump straight to the Case Study on the Omagh Hub you can find it from page 85 -


[NPC-SocietalResilienceInitiativesDuringCOVID19-Full-Report.pdf](https://nationalpreparednesscommission.uk/NPC-SocietalResilienceInitiativesDuringCOVID19-Full-Report.pdf)
nationalpreparednesscommission.uk




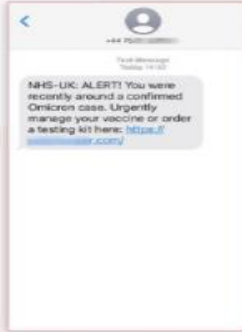


Fraud alert


Close contact testing & tracing ceased in NI on 22 Apr 2022.
Reminder to be vigilant regarding fake texts advising that you have been in contact with a COVID variant & encouraging you to buy PCR tests 
This scam is designed to steal your money & info



fraudalert 



Fake text message




Fake website




BOOST YOUR COVID-19 & FLU PROTECTION

For more go to:
nidirect.gov.uk/winter-vaccines

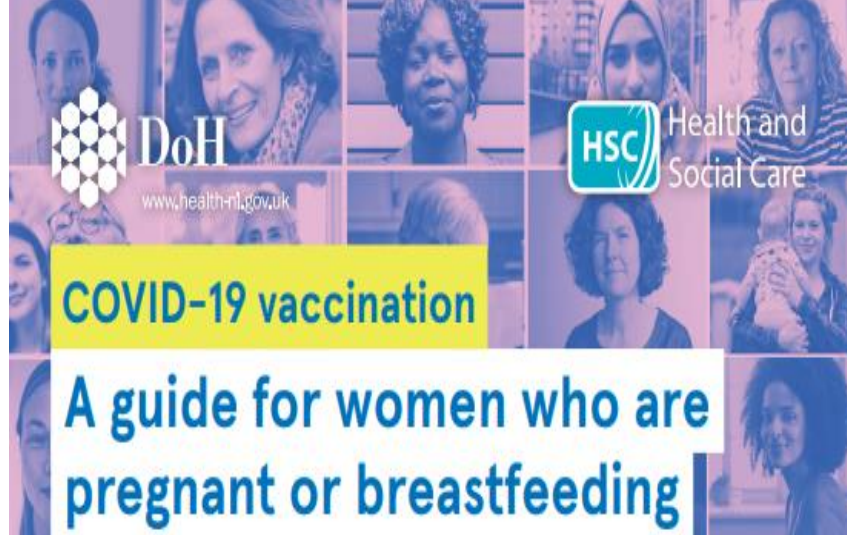
 Public Health Agency  DoH www.health-ni.gov.uk

 DoH www.health-ni.gov.uk

 HSC Health and Social Care

COVID-19 vaccination

A guide for women who are pregnant or breastfeeding



For further information on Family Support Hubs in your area?

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