



Family Support Hubs Newsletter

This edition includes:

SPECIAL FOCUS

Lisa Grant –
Craigavon/Portadown/Banbridge FSH
Co-ordinator

PARENTS/CARERS

- Cost of Living and CYPSP Resource
- Youth Wellness Web Short Webinar
- Resource pack for C&Y People
- Translation Hub/Parenting Support Programmes/Family Support NI
- CYPSP Your Journey through Disability
- Help your child express their Feelings
- CiNI Passionate Parent/Champion Network
- My Family Matters Foundation Ltd
- Measles/Children's Symptom Checker
- Family Mediation NI/Parent Rooms
- Sibling Rivalry/Ascert On-line
- Samaritans/Fostering/Letting the Future In
- SBNI Online Safety Hub
- SBNI/Parenting Additional Needs
- Libraries NI/Twinkl NI/Developing Brain
- Vaping Spice dangers/Parent Talk
- Fathers and Families/Sibling Bonding
- Why do children misbehave?
- Family Benefits Advice Service
- The Children's Society Look Closer
- Samaritans/Help Kids Talk Website

EARLY YEARS

- Online Antenatal Classes/ Help Kids Talk/Healthy Start Card/Baby and U
- Mood Matters Workshops
- Number Formation Rhymes
- Understanding your Child
- Health Benefits of Breastfeeding
- SureStart/Childcare Partnership/BookTrust

KIDS ACTIVITIES

- Playboard Play Matters

CHILDREN/YOUNG PEOPLE

- Relateable/ C-Card/CEOP Website
- Online Safety Live
- Are you a Young Carer?/Rights
- In our place For Teenagers
- Perfectly Pridelful
- Prince's Trust Start Something

CHILDREN/Y P WITH A DISABILITY

- Bolster Community/Autonomie
- Rare Disease Workshop/Family Fund
- Understanding your child/additional needs
- Angel Eyes NI/Contact NI/Autism NI
- Sensory Regulation Parent Workshops
- Parent2Parent/Neurodiversity UK

CHILDREN/YOUNG PEOPLE'S MENTAL HEALTH

- OUR Generation app/Childline
- Crisis Café LGBTQ+ support group
- Young Persons Mental Health Guide/Shout
- Exit Social Media/Teen Body Image
- Victim Support Phoenix Youth/Text A Nurse

MENTAL HEALTH & WELLBEING

- Meaningful May 2024 Calendar
- Aware Self-care at work/Mindful Parenting
- Be Gentle with yourself/Affirmations
- Tips for Talking about your Mental Health
- Steps to support your child's mental health
- Lifeline/Self Help Guides/Find Help NI
- Self-Harm & Mental Health Guide/Inspire
- Take 5/Inspire/Stress Control Course
- Women's Aid Stalking Awareness Week
- Comkit Online Platform/Mindfulness courses/SHIP/Mental Health Helplines
- Minding Your Head/Women's Aid
- Samaritans/Helplines NI

BEREAVEMENT

- Winston's Wish/CRUSE Helpline/Hope Again

BAME

- Access to HSC Guidance/ESOL
- NINES/Nurse Led Clinic/Protect your
- Rights/CYPSP Translation Hub
- Diabetes Section/'Boloh'

DOMESTIC & SEXUAL ABUSE

- Women's Aid/Helplines
- PSNI/Rainbow Project/Here to Help App

DRUG & ALCOHOL SUPPORT/ADVICE

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

GOOD NEWS STORIES

COMMUNITY

- Trussell Trust/Foodbanks/Belfast City Council Cost of Living /Spring Booster?Be wise about your energy//Phone First

Welcome to Edition 2/2024 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 25 April 2024.

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.

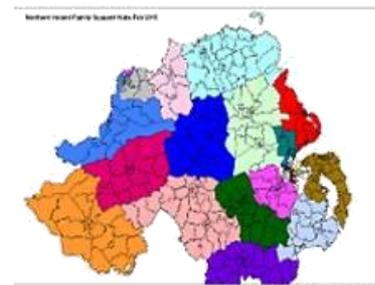
Hubs co-ordinate existing statutory/community and voluntary services:-

- 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?

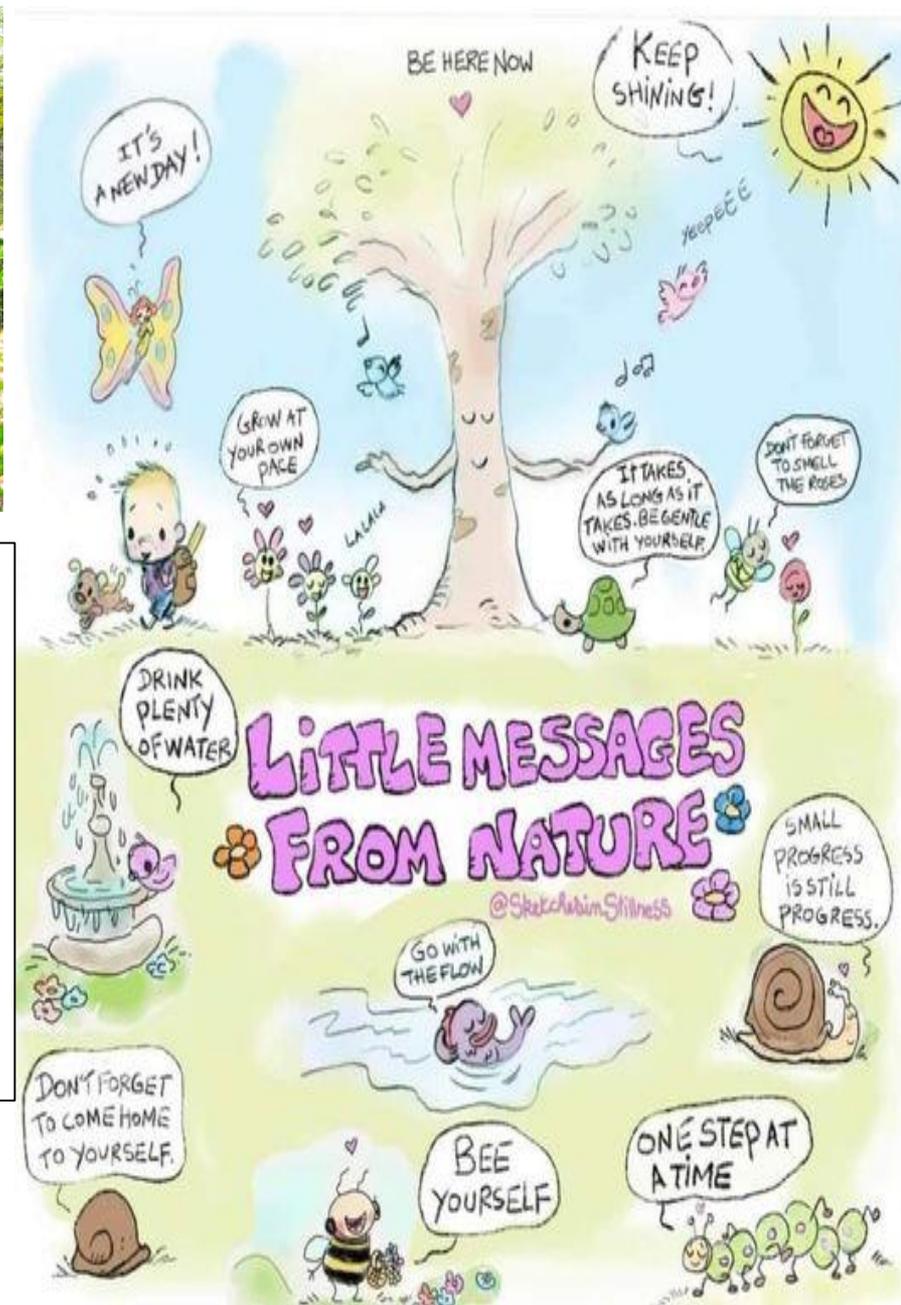




Welcome

Welcome to another edition of the Family Support Hub Newsletter. As usual, you'll find lots of information on services and events in your area and useful resources. We also have an interview with Lisa Grant, the co-ordinator for the Craigavon, Portadown and Banbridge Family Support Hub. Lisa isn't one for the limelight so I really appreciate her taking the time to speak with me and agreeing to be our featured co-ordinator. We're always looking at ways to improve and expand our Newsletter so if you have any ideas or suggestions please get in contact, all feedback is greatly appreciated.

Bronwyn Campbell
Regional Lead for Family
Support Hub Network





In this edition of the Newsletter we are speaking to Lisa Grant, the Co-ordinator for Portadown/Craigavon and Banbridge Family Support Hub hosted by NIACRO.



Lisa, how did you become involved with the Family Support Hub?

I've been with NIACRO for over 30 years, working alongside probation delivering adult group programmes, supporting volunteers to advocate for Looked After Children in foster care and in Lakewood before moving to the Early Intervention Support Service. In 2015 the opportunity came to take on the Family Support Hub.

What's the best part of working with the Hub?

Having worked in adult services and more statutory areas of work it has been really refreshing to work alongside families who are actively seeking support. It's great to be able to help families at that initial point when they know they need some support but aren't sure where to turn or what supports are available. Some have stated that they feel that they've been passed from pillar to post and to be able to shed some light at the end of the tunnel is a great feeling. I like being able to provide families with the time and space to really think about what support they really want or need. Parents may feel overwhelmed or at a loss but I can be that listening ear and give them the opportunity to talk through what's going on for them and exploring their own capacity.

Sometimes that time and space is all they need and they won't progress to a referral to the Hub, other times it helps to identify what support or services will best meet their needs.

What makes your Hub unique?

I think having Aislinn, our Outreach Worker in place is so important. She puts so much hard work in before Hub meetings to engage with families. The additional information she is able to gather is so important to ensure that the services identified in the Hub meetings really are the best fit for that family's needs. If the services are the best possible fit then the outcomes for the family should also be better and families feel more involved and included. We spend a lot of time with families to ensure they are prepared for appointments with their GP or Paediatrics to make sure they get the best out of that appointment. By supporting these families, it can result in the right information being shared and onward referrals being accepted that may not have been if solely based on the information on the referral form.

The other special part of our Hub is the relationship we have with the other 2 Hubs in the Southern Trust area. I have a close working relationship with Pat and Allison.



What are your hopes for the future of Family Support Hubs?

I hope that the Hubs continue to showcase and acknowledge the value of our community and voluntary sector organisations and that they are sufficiently financed to be able to support our families and young people. That is how we can continue to reach the right level of families and that the services remain early intervention. Supporting families early and in partnership. I'd also like to see more services and increased capacity of these services to enable us to support even more families.

What would you say to a family who are considering contacting their Family Support Hub?

Get in touch! Please reach out in whatever way works for you. We can have a conversation about what's going on without progressing to a full referral. Your co-ordinator can explain what your Hub can offer and then you can decide if you want to go ahead with a referral. Just give it a try - there's no pressure to engage as it is voluntary. Tele: 028 3833 1168 or

Email: familysupporthub@niacro.co.uk

Thanks Lisa for taking the time to speak to me about your Hub.



Aislinn and Lisa



Cost of Living Crisis

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

Our Cost of Living Crisis resource provides details of targeted resources & support for families & children struggling with the current cost of living crisis. Please let us know of any initiatives that you have running/planned or you are aware of, which are aimed at helping support families and children struggling with the current cost of living crisis so that we can promote in our Cost of Living Resource.
[Download Cost of Living Resource](#)
If you would like to include info on your service, please email cypsp@hscni.net



CYPSP Support and Resources Hub

The CYPSP Support & Resource Webpage is a central repository for information and guidance from our partners, that is updated regularly
To find information on:



Visit CYPSP central Support and Resource Webpage at <https://tinyurl.com/4cev29vv> or scan the QR code for instant access and filter by theme



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

WELCOME TO THE YOUTH WELLNESS WEB

View Short Webinar at <https://youtu.be/fOXIZ-iEw4A>

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



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



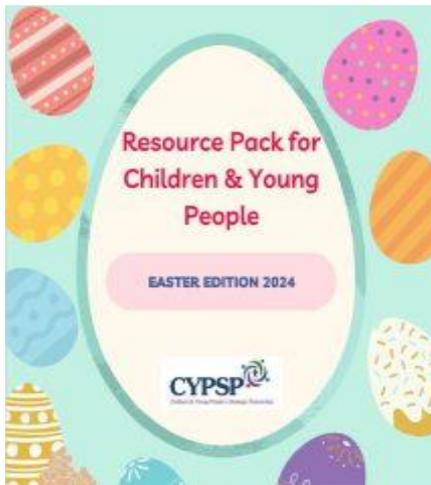
www.cypsp.hscni.net/youth-wellness-web





Children & Young People's Resource Pack- Easter Edition

The Easter Edition of the Children & Young People's Resource Pack is OUT Now! [Download here](#)



Included is a range of resources & information on activities, disability, looking after your mental health and bereavement. Resources and activities are free and in the public domain. Please share with contacts who you think would find it useful. *(Note: Newsletter will download directly to your device. Look out for the pop-up box and click on open file when it appears).*



HSC Southern Health and Social Care Trust
Quality Care - for you, with you

Evidence based PARENTING SUPPORT PROGRAMMES

Giving every child the best start / opportunity in life



For information on these and other programmes available to families in the Southern Trust area visit our webpage:

www.cypsp.hscni.net/ebpp





Self-Service Portal for Childcare Providers on Family Support NI

In recognition of the vital role Childcare Providers offer to parents and families, Family Support NI (FSNI) have created a Self-Service Portal for Childcare Providers to update their information.

This Self-Service Portal enables Childcare Providers to update their own profiles at any time and aims to provide parents looking for childcare with useful and up-to-date information about childcare in their area.

Family Support NI (FSNI) hold the central government register of all approved Childcare Providers in Northern Ireland. The website is searchable by postcode to find childcare nearest you and search results can be filtered by:-

- Current Vacancies?
 - Experience of Disability/Complex Needs?
 - Offer School Pick Up/Drop Off?
 - Accept Childcare Vouchers?
 - Work Flexible Working Hours (evenings & weekends)?
 - Offer Pre-School Funded Places (pre-school settings)?
 - Registered for Tax-Free Childcare?
 - Offer Breakfast Club (for school-aged children)?
- to help parents find registered childcare to meet their and their children's needs.

See more detailed guidance on how to find childcare at : [Using Our Childcare Search](#) (at familysupportni.gov.uk)

FSNI also provides useful related information about Financial Assistance with Childcare Costs for Working Parents.

Many working parents (including Health and Social Care staff) are not claiming government financial assistance with childcare costs e.g. Tax Free Childcare, Universal Credit, Working Tax Credit which will support them to remain in work.

Most working families in Northern Ireland will be entitled to financial support with their registered childcare costs, although there are some exceptions. See useful information here :

[Working Parents - Financial Assistance with Childcare Costs](#) (at familysupportni.gov.uk)



SELF SERVICE PORTAL FOR CHILDCARE PROVIDERS !

UPDATE YOUR VACANCY DETAILS AT ANY TIME ...



Did you know...
You may be entitled
to help with childcare
costs, even if you both
have full time jobs.

Anyone using a Registered or Approved
Childcare provider may be eligible.





YOUR JOURNEY THROUGH DISABILITY

For Parents by Parents

Download at: - <https://tinyurl.com/YourJourneyGuide>

A Guide to help YOU on your journey through disability/ additional needs



WHY WE WANT TO HELP YOU ON YOUR JOURNEY

Parents have worked closely with statutory, community and voluntary services to develop this resource as an easy read guide for YOU, to help signpost you to information, advice and support that you as a parent may need on learning your child has additional needs/a disability. This guide was devised to be a source of help available when it's needed, at whatever stage of your journey.

This guide includes information on support services and counselling available along with lots of tips and advice. We hope you can dip in and out of this guide, to source whatever information and support you may need



THE TINY Happy PEOPLE



Happy



Panic



Angry



Sad



Bored



Shy



Confused



Tired



Embarrassed



Silly



Scared



Frustrated

It's important to give your child the words to express how they feel from an early age and to encourage them to talk about their emotions. This sets them up to develop their emotional intelligence as they grow older.

- ✧ Help label feelings - use a 'feelings chart' with your child to help them understand the emotion they are feeling.
- ✧ Chat about feelings regularly - make it part of your routine to talk through feelings, not just when there is a problem.
- ✧ Be open about your own feelings - sharing your own thoughts can help guide your child with how to process various emotions.



Are YOU a Passionate Parent?

Calling all parents and carers in Northern Ireland!
Join our Passionate Parents Network.

[Download Easy Read version of Passionate Parent flyer with voice over](#)



Are you a Passionate Parent?

Calling all parents and carers in Northern Ireland! Join our Passionate Parents network.

Our project is all about teaming up parents and professionals to make services better. Backed by the Parent Participation Service, CiNI, and CYPSP, it's a chance for your voice to be heard.

If you want to make a difference, come join us! Let's work together to make positive changes.



If you or your family have experienced:

Neurodiversity or physical disabilities

Financial Pressures

Disruption to Education

Email ppinbox@ci-ni.org.uk
OR scan QR code to register



The Parent Champion Network. Would you like to team up with like-minded groups to build a strong network where we can support each other?

[Download Easy Read version of The Parent Champion Network](#)



The Parent Champion Network

Are you a member of a Parent-Led Support Group?

Would you like to team up with like-minded groups to build a strong network where we can support each other?

Would you like to share your knowledge, skills, and experience to create meaningful relationships and make real changes happen?

Do you support families who have experienced:

Neurodiversity or physical disabilities

Financial Pressures

Disruption to Education

Email ppinbox@ci-ni.org.uk to register





MY FAMILY MATTERS FOUNDATION LTD



How to Refer

Telephoning: 028 71 163 138

Website contact form Please visit
<https://myfamilymattersfoundation.co.uk>

Please note, you can only refer if you meet the criteria below:



You are aged 18+ years



Both adults (parent/carer/
guardian/anyone with parental
responsibilities) consent



You have no current/previous
or pending convictions of a
domestic abuse nature



Think

MEASLES

Measles



Measles is highly infectious and is caused by a virus that can easily spread between unvaccinated people.

Get protected



The best protection is 2 doses of the safe, effective MMR vaccine

www.nidirect.gov.uk/mmr

Know the symptoms

Measles symptoms include:



High fever



Runny nose



Cough



Aching/feeling unwell



Sore red eyes



Rash

Phone First



If you think you or your child have measles, call your GP practice or GP Out of Hours service. Alternatively, contact your local Phone First service for urgent advice.

Feedback



An amazing resource - thank you! Really easy to navigate and practical advice for parents. Otherwise I would have contacted my GP. I'll be telling everyone I know with children about this."

PARENT WHO HAS USED THE SYMPTOM CHECKER



Children's Symptom Checker

Before attending the Children's Emergency Department, we ask parents to use this symptom checker. It will guide you on the best course of action for your child's condition. Find out more about the Symptom Checker here:

<https://belfasttrust.hscni.net/hospitals/childrens/childrens-symptom-checker/>



Parental Alienation - Potential behaviours in children



Disturbed sleep cycles, insomnia and being unable to relax



Social isolation, moodiness, and unable to relate to peers



Difficulty to control temper and emotions and acting impulsively



Inability to cope with school work and poor academic performance



Emotional pain can lead to a life of fight or flight mode



Being less considerate of others' feelings and showing a lack of empathy



Psychological trauma resulting from the behaviours of the parents



Psychological distress, anxiety, and a lack of emotional intelligence

familymediationni.org.uk

PARENTS/CARERS



A WALK THROUGH THE PARK

Every Thursday morning, 9.30am - 11am

Orangefield Park, Belfast (meet at the main entrance)

Meet other parents to chat



Oak Healthy Living Centre Programme of Activities

What's On?
Apr - June 2024



The LITE House
179 Cross Street, Lisnaskea
Co Fermanagh, BT92 0JE
028 677 23843
Email: info@oakhlc.com

MUST-HAVE FAMILY MAG!
FREE

If the April showers are getting you down, then Ni4Kids is here to help! Read it here: <http://ni4kids.com/latestissue>



Sibling Rivalry – How much is too much?

1



Do they show love as well as fight?

If they are close sometimes, and fight at other times this is more suggestive of a normal relationship.

2



Is it escalating?

Did your son slap his brother last week, and this week did his brother react with a higher level of violence? Children may struggle with overreaction and knowing what is proportionate. Parents should intervene if there seems to be a consistently rising level of conflict.

3



What are the causes of the fights?

Can you reduce these without needing to get involved every time? Are they spending too much time physically close, or are they arguing over a particular toy? If it seems that there is no good cause, but the fighting always seems to get worse that may be a warning sign. They may therefore need more alone time or distractions.

4



Have you tried talking about the conflict?

It is tempting (and very understandable) to demand that all children "Stop fighting, I don't want to hear who started it, you are all in trouble!". However, if there is something more serious in play, doing this means you may miss out on important context. If there is a particularly serious incident, take the time to talk to all children involved, separately. You may wish to wait for the initial emotions to cool before doing this. Listen to what your children tell you, and use that to determine your next moves.



0808 8010 722



parentingfocus.org



Getting support at an early stage Online work you can do at your own pace

Do you tend to over think things and see the bad before the good?

As a parent, do meltdowns from your children exhaust you?

Do you over criticize yourself with mistakes and put yourself down?

ASCERT and the South Eastern Health & Social Care Trust have created 3 on-line self-help resources with workbooks that can be downloaded and visual clips that guides the viewer through the workbooks at their own pace. They are all free.

Building our Children's Developing Brain for parents to help build their children's emotional regulation.

<https://view.pagetiger.com/selfcareforfamilies>



Self Compassion to Improve Wellbeing and Support Growth.

<https://www.ascert.biz/self-compassion>



Bend Don't Break: Low intensity CBT based self-help to support resilience.

<https://www.ascert.biz/bend-dont-break/>





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



NSPCC 
Cruelty to children must stop. FULL STOP.

Letting the Future In
Information for parents/carers



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



Understanding online safety is tricky at **any** age

Visit the Online Safety Hub for tips to stay safer and where to get support if you're worried.



#SBNIOneSafetyHub

OnlineSafetyHub.SafeguardingNI.org

“ It is every child’s right to feel safe and happy and to be able to explore their online spaces safely and without fear.

I am delighted to launch the new Online Safety Hub which will give families and professionals the tips and tools they need to help young people stay safer and more supported online. ”

Bernie McNally
Independent Chair of the
Safeguarding Board for NI



PARENTS/CARERS



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.



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:

BETHECHANGENI

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'

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 solihullapproach@uhb.nhs.uk

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

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

The Solihull page on the CYPSP website has been updated to include all the latest free training available for parents/carers and a new section at the bottom of the page for free training for professionals – please share widely

<https://cypsp.hscni.net/free-online-parent-training-solihull/>



Adverse Childhood Experiences
can change

Parenting Additional Needs

Peer Support Group

REMEMINDER



WEDNESDAYS - ONLINE

9.30am - 10.30am

For more information, email hello@theparentrooms.co.uk
or call 02895 380404



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](#)



PARENTS/CARERS



Parents and guardians are being urged to talk to young people about the dangers of vaping 'Spice' as it could make them seriously ill or even be fatal.

Find out more at www.pha.site/VapingSpice24

Parents urged to talk to young people about vaping Spice dangers



CHALLENGING BEHAVIOUR?

We can help

0808 8010 722



parentingfocus.org

Parent Talk

Providing emotional, peer support and signposting to parents that have a child awaiting a behaviour assessment via Zoom.

7-8pm

Wednesdays

2024: 17th April, 22nd May, 19th June, 28th Aug, 25th Sept, 16th Oct, 13th Nov & 4th Dec

2025: 15th Jan & 19th Feb



To book call
0808 8010 722

Opening hours:
Mon-Thurs 9.30-15.30 &
Fri 9.30- 12.30





BBC
TINY HAPPY
PEOPLE

Fathers and Families

Positive Parenting Programme for Dads

You play an important role in your child's life. This programme will emphasise this and help you gain the skills to use a positive parenting approach.

Interactive, fun and an opportunity to build a support network. Programme welcomes resident and non-resident fathers.

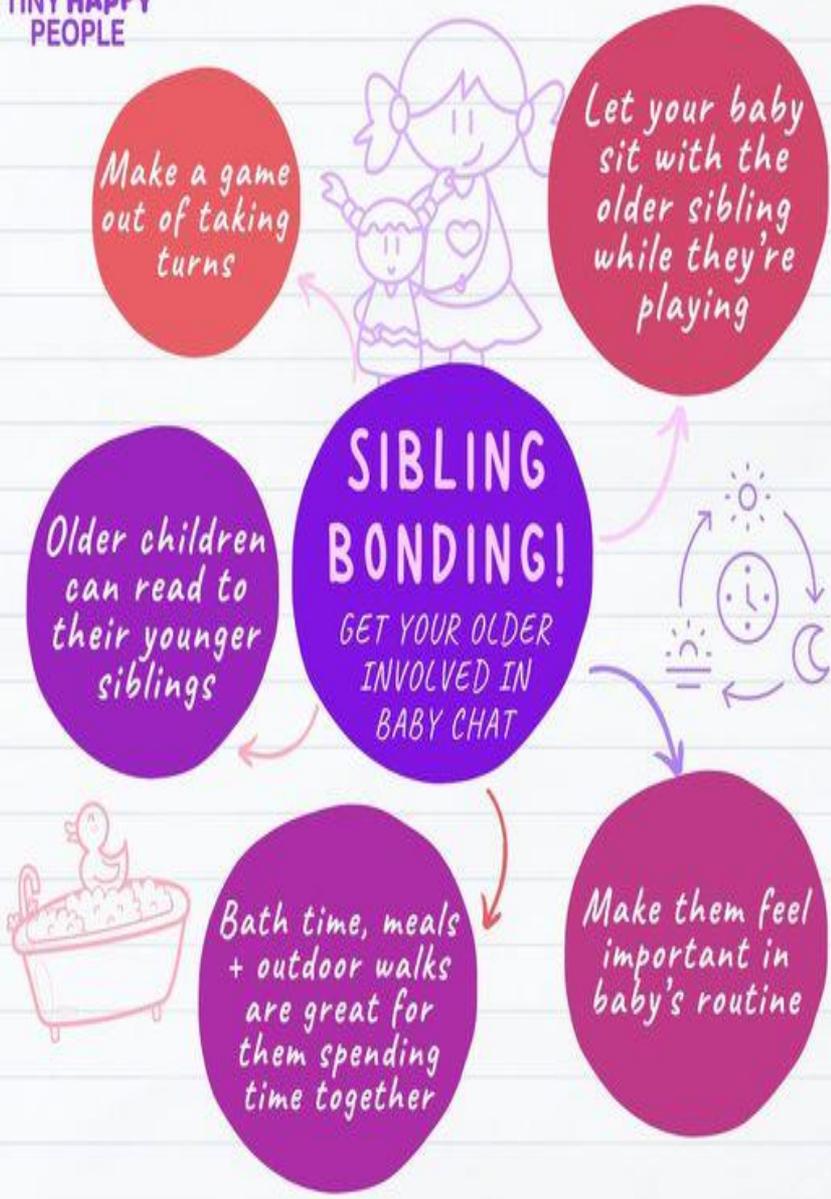
A big help and enabled me to make progress."

"Learnt I was already doing lots of things well & got ideas to help where things weren't just so good."

ONLINE VIA ZOOM
Wednesday 24th April 2024 -
Wednesday 29th May 2024

7.30pm - 9.00pm
(6 weeks)

Call to register:
0808 8010 722
Mon-Thurs 9.30am-3.30pm
Fri 9.30am - 12.30pm





Why do children misbehave?



PARENTS/CARERS



They want to test whether caregivers will enforce rules



They experience different sets of expectations between school & home



They do not understand the rules



They're held to expectations that are beyond their developmental levels



They want to assert themselves and their independence



They feel ill, bored, hungry or sleepy



They lack accurate information and prior experience



They've previously been "rewarded" for their misbehavior with adult attention



They copy the actions of others

0808 8010 722



parentingfocus.org



Employers For Childcare

Family Benefits Advice Service

#LookCloser

Programme of Learning: May - September 2024

We're delighted to invite you to join us for our latest #LookCloser programme of learning. We have developed our sessions based on learning from The Children's Society and wider partners to tackle the issues of child exploitation and abuse.

All sessions are free of charge and delivered on Microsoft Teams Live which means:

- Interaction with the presenters and participants will be limited
- There will however, be a Q&A function
- We will use tools such as Menti to provide opportunities for engagement and discussion.

The timetable below has links to each learning event on Ticket Tailor, where you can book on to as few or as many events as you please. All of our sessions have been designed for various professional audiences, so please share these events with anyone you think would benefit from attending.

If you have any questions about our learning events, please contact prevention@childrenssociety.org.uk

Date	Session	Time
Thursday 23 May 2024	<u>Transitions to adulthood: preventing exploitation as children approach and turn 18</u>	10:00 - 12:00
Monday 3 June 2024	<u>Preventing and disrupting exploitation within the Night Time Economy</u>	13:00 - 15:00
Thursday 11 July 2024	<u>Disrupting exploitation</u>	10:00 - 12:00
Thursday 29 August 2024	<u>Safeguarding care experienced young people from exploitation</u>	13:00 - 15:00
Monday 16 September 2024	<u>Financial exploitation</u>	10:00 - 12:00

Learning Session Information: These sessions are aimed at upskilling professionals in the topic area and identifying points of reflection for individuals' own practice and to take back to their wider teams and networks. The audience is expected to be varied and therefore the session has been written to engage professionals at different levels of knowledge and seniority and across a range of setting and sectors.

You may want to read some of our resources prior to attending our sessions in order to get the most out of these, but this is not a requirement.

Advice helpline:
028 9267 8200

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.

PARENTS/CARERS



SAMARITANS

Call free on
116 123

We're here to
listen 24/7



Being
HUMBLE
means recognizing
that we are not on earth
to see how
IMPORTANT
we can become,
but to see how much
DIFFERENCE
we can make in the lives
of others.
-Gordon B. Hinckley



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

PARENTS & CAREGIVERS | PRACTITIONERS | ABOUT US | NEWS | CONTACT US

WEBSITE NOW LIVE!

- Check out Help Kids Talk website for:
- helpful tips and advice
- booking details for free monthly training
- access to informative bitesize sessions
- latest news and events

www.helpkidstalk.co.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.



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!

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

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



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

Free training to support children's speech, language and communication

Help Kids Talk is a community wide partnership involving community, voluntary, statutory and private partners. It is managed by Early Intervention Lisburn and South Eastern HSC Trust.

Join us to find out some top tips, activities and strategies to support children's speech, language and communication skills.

FREE TRAINING

RUN MONTHLY ONLINE

SUITABLE FOR PARENTS AND PRACTITIONERS

BASIC AWARENESS (1HR)

We discuss infant mental health, baby brain development and top tips for supporting speech, language and communication.

LEVEL 1 (2HRS)

We share developmental milestones of speech, language and communication and activities and strategies to support children at different ages and stages

Register to join training via QR code below or the following link: <https://view.pagetiger.com/basic-awareness-webinar-training-dates>



What participants have said:

"Key messages were so useful and easy to remember"

"This will help me support children with language"

"I now know what age and stage my child is at"

Email: helpkidstalk@resurgamtrust.co.uk Phone: 02892670755 / 07715801635

Healthy Start Prepaid Card

With Healthy Start, you could receive money towards the cost of fresh, frozen and tinned healthy essentials. If you're pregnant, or have a child under the age of 4, you could be eligible. Find out in as little as 5 minutes:

<https://www.healthystart.nhs.uk/how-to-apply/>



What can I buy with my NHS Healthy Start prepaid card?



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 or Browse 'Baby and U' on our website – [Baby and U - Your pregnancy journey - Northern Health and Social Care Trust \(hscni.net\)](https://www.nhs.uk/healthystart/baby-and-u)



MOOD MATTERS
PARENT & BABY WORKSHOP

A free mental health awareness workshop for expectant parents delivered by AWARE NI, the depression charity for Northern Ireland.

The workshop teaches you skills to:

- Look after your mental health
- Manage your feelings when you are stressed, anxious, or depressed
- How to identify mental ill-health
- Cope with challenges during and after pregnancy
- How and where to get help

Course delivery:

Wednesday 1st May 2024, 7 - 9pm
Delivered online via Zoom.

Sign up on our website

www.aware-ni.org/MMPB



HSC Public Health Agency

Project supported by the ERAC

AWARE
OVERCOMING DEPRESSION,
RENEWING LIFE

Number Formation Rhymes

Free Printable at TeachingMama.org

0
Around and around
And around we go...
When we get home we have a zero.

1
Number 1 is like a stick.
A straight line that is very quick.

2
Around and back on the railroad track.
Two, two, Two, two!

3
Around a tree.
Around a tree.
That's the way to make a three!

4
Down and over,
Down once more.
That's the way to make a four!

5
Straight line down.
Then around.
Hat on top
And five's a clown!

6
Make a curve.
Then make a loop.
There are no tricks to make a six!

7
Across the sky
And down from heaven.
That's the way to make a seven!

8
Make an S
And do not wait.
Go back up
And that's an eight!

9
A loop and a line.
That makes a nine!

10
Straight line down,
Then around with a grin.
That's the way To make a ten!



UNDERSTANDING YOUR CHILD
SOLIHULL APPROACH

inourplace

NHS

Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of NORTHERN IRELAND

In paid partnership with: Public Health Agency

Use Access Code
NIFAMILIES

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

Better Health
Start for Life

NHS

SOMETIMES I JUST
NEED A HUG

Feeling comforted and safe
builds connections in their brain.



EARLY YEARS

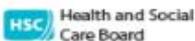


SureStart



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

#SureStartWorks



[About CCPS](#) [Training & Quality](#) [Sure Starts](#) [For Childcare Providers](#) [Parent Resources](#)



CHILDREPARTNERSHIPS.HSCNI.NET

Training & Quality – Childcare Partnerships

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



BookTrust NI

Through our reader development programmes and work as an arts organisation, BookTrust in NI makes a positive impact on children, families and local communities.

In line with the rest of the UK our aim is to ensure that everyone has access to books in their home and is inspired to engage with the world of reading for pleasure and to improve their life chances.

[BookTrust Northern Ireland](#) | [BookTrust](#)

EARLY YEARS



On [#EarthDay](#) our [#PlayMatters](#) information sheet shares the importance of playing in the natural environment for children's physical and emotional health and well-being. Spending time outdoors offers many benefits for children including boosting fitness and creativity whilst reducing stress and anxiety. View the PDF on our website at <http://www.playboard.org/.../Playing-with-nature-mud-and...>

Play Matters

Playing with nature, mud & getting dirty



Briefing Sheet 5

PLAY

Who can remember being outdoors building dens, climbing trees, making perfumes from leaves and flowers or playing with mud, stones or water? Most of us have childhood memories of playing in fields, fishing for tadpoles, paddling in streams, or picking daisies. These types of childhood outdoor play experiences have been declining over time due to a range of factors including an increased reliance on technology, reduced free time, disappearing open space and perceived safety issues. Children today are therefore having much less contact with the natural world and this can have an impact on their healthy development.

Children are naturally exposed to the bacteria, germs and microbes around them. Babies will put their hands, feet, and every imaginable object in their mouths. Toddlers and older children love digging in dirt, picking up worms, jumping in muddy puddles or rolling on the ground. This natural behavior is likely designed to help children encounter germs and bacteria - subsequently training their immune systems to react to it accordingly.

We have however changed how we live and strive to eliminate as much as possible, exposure to bacteria and germs. Recent research has shown that this is detrimental for children's health, and that there is a direct link between a lacking of diverse microbes in a child's "gut" to potential chronic conditions such as asthma, allergies, obesity, diabetes, and even healthy brain development.¹

'Nature Deficit Disorder' whilst not a formal diagnosis, is a term used to describe the psychological, physical and cognitive costs of human alienation from nature, particularly for children in their developing years².

1 <http://time.com/4501169/five-dirty-habits-to-encourage-in-your-kid/>
 2 *Natural Childhood; Stephen Moss, Natural Trust*

PLAYING WITH NATURE

Evidence suggests that time spent in the natural environment offers developmental, emotional and overall health benefits for children. There are numerous benefits ranging from increased creativity and problem solving skills, reduced stress and anxiety, and increased physical activity.

Children who spend time outdoors in natural environments can be:

- **Happier** – studies show fresh air, sunshine and increased activity levels all encourage good mood and reduce tendencies toward poor mental health.
- **Healthier** – being outdoors in the natural environment helps children to access fresh air and vitamin D; indoor air is usually less healthy.
- **Calmer** – exposure to nature and being outdoors can contribute to a healthy heart rate, and reduced muscle tension including the production of stress hormones.
- **More physically active** – children playing in natural environments can improve their motor fitness, coordination, balance, and agility.
- **Better vision** – being outdoors is good for eye health and time spent outdoors can help reduce short-sightedness in children.

Tips for Parents

- Try to introduce some nature into your child's day:
- Take a walk through a local park or country park and talk about what you see - trees, birds, spiders' webs, flowers etc;
 - Go on a scavenger hunt! Hunt for bugs or mini-beasts but don't disturb or hurt them, and make up stories;
 - Have a teddy bears picnic;
 - Roll down a grassy bank or hill, build a sandcastle, find some worms, climb a tree;
 - Look at the stars, walk in the dark (an evening walk is a great way to settle babies and children);
 - Pick some wild daisies or dandelions, make some perfume; and
 - **PLAY OUTSIDE.**



YOUNG PEOPLE



Relateable.

Free Relationships & Sexuality Education for 15-16 Year Olds

We can provide 4 x 2hr sessions over a 4-week period that may include:

- Healthy relationships
- The human body & development
- Sexuality & sexual behaviour
- Values, rights, culture & sexuality
- Sexual & reproductive health
- Violence and staying safe
- Skills for health & wellbeing
- Understanding Gender

This service is available free to groups across Northern Ireland and is provided face to face at your premises.

For more information please contact office@relateni.org.



C-CARD

Northern Ireland C-Card Scheme

Free condoms and lubricants available for 16-25 year olds Available across Northern Ireland.

Find your local provider at:



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



ONLINE SAFETY LIVE

The UK Safer Internet Centre are delighted to team with C2k/EdIS and the Education Authority to deliver FREE Online Safety Sessions

Tuesday 21st May 10am-12pm and 1pm-3pm

Everglades Hotel, Prehen Road, Derry/Londonderry

Wednesday 22nd May 10am-12pm and 1pm-3pm

Glenavon Hotel, 52 Drum Road, Cookstown

Thursday 23rd May 10am-12pm and 1pm-3pm

Belfast W5 Life, Queens Quay, Belfast



Free training events in Online Safety are being delivered next month across NI by the UK Safer Internet Centre in partnership with C2k/EdIS and the Education Authority. For more information and to sign up, please click: <https://ow.ly/HAH550Rm8r3>

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



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

REE
Rights Responder

WHATEVER YOUR QUESTION ABOUT YOUR RIGHTS, ASK REE.

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

YOUNG PEOPLE



YOUNG PEOPLE

For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers



Residents of NORTHERN IRELAND

In paid partnership with:



Use Access Code
NIFAMILIES



Perfectly Proudful

LGBTQIA+ & Allies Youth Group

Are you looking somewhere to be yourself, have fun and engage with like minded others?

Perfectly Proudful is a Safe, Supportive and Inclusive Space for young people aged 13 to 18 years old.



YOUNG PEOPLE



Support services available through the Resurgam Trust

The Connected Minds Empowering Youth project – a mentoring and support service for children, and young people aged 8-24 years old in Lisburn.

We provide:

- 1-1 Support for emotional health and wellbeing issues.
- Support for parents and family members.
- Connect to and develop services to directly address the issues of emotional health and wellbeing.
- Listen and respond meaningfully to the voices of children, and young people.

Contact:

connectedmindsync@resurgamtrust.co.uk
028 9267 0755 (option 6)

Connected Minds Youth Committee

This committee is for young people aged 14-24 years who are passionate about raising awareness and positive change around mental health within our community. The group aims to inspire, motivate, and empower young people, make positive changes within our local area. We are also grant makers where local groups can apply for funding to deliver mental health activities for children, and young people.

Contact:

connectedmindsync@resurgamtrust.co.uk
028 9267 0755 (option 6)

Resurgam Healthy Living Centre

We provide free advice, support, information, and programmes to help you with your health and wellbeing needs.

Programmes include:

- Living with pain and self-management
- Healthy eating and practical cooking for the whole family
- Stop smoking support
- Mental health and wellbeing
- Information in a wide range of conditions including local support/ services.

Contact:

healthylivingcentre@resurgamtrust.co.uk
028 9252 8233

Resurgam Youth Initiative

We provide youth services for children and young people aged 5-25 years old. We have centres in Hillhall, Old Warren, Ballymacash, Hilden, and the Maze. We deliver programmes on health, education, youth voice and participation, equality, and diversity. We are an OCN accredited centre, and we offer a range of OCN training options for young people.

Contact:

Francie.ferris@resurgamtrust.co.uk
07895 757720

Scan the QR code to access all help line support available in Northern Ireland





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



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





UNDERSTANDING RARE DISEASE WORKSHOP

Professionals and practitioners who wish to gain further knowledge

Education & upskilling program, "Understanding Rare"

Designed to foster a deeper understanding & empathy towards the unique needs of the 1 in 17/110K individuals & children living with rare diseases or conditions in Northern Ireland,

1.5-hour remote learning, CPD Cert.
19.04.2024 - via Zoom 10.30am -12.
To register email:
info@nirdp.org.uk



info@nirdp.org.uk
www.nirdp.org.uk

APRIL 19TH 10.30-12



NORTHERN IRELAND RARE DISEASE PARTNERSHIP

In Northern Ireland one in 17 people (approximately 110,000) will be affected by a rare disease at some point in their lifetime.

Find out more about rare diseases
<https://t.co/YUbbQWOGTT>
<https://t.co/qR1v4w0vOZ>



Understanding your child with additional needs

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



www.inourplace.co.uk



Residents of NORTHERN IRELAND



In paid partnership with:

Use Access Code NIFAMILIES

Family Fund provide grants to families raising disabled or seriously ill children. You can apply to Family Fund now for items like clothing, kitchen appliances, furniture, technology items, or even a family break. Find out more about our grant programmes online, and apply today:

<https://www.familyfund.org.uk/grants/schemes>



Grants for families raising disabled or seriously ill children



Angel Eyes NI

Are you in need of a break?

Please join us on **Saturday 11th May** in Enniskillen, for our wellness event. We will have treats, professional massages, and wellness talks.

 We will deliver craft activities for your little ones.

Please email: heather.darling@angeleyesni.org



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



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

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



Autism Awareness Card

Telephone:
028 9040 1729 (Option 1)



I am Autistic

Important information on reverse



www.autismni.org

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations. To find out more information visit AutismNI or email info@autismni.org

AutismNI

Guidance for Parents/Carers with a Recent Diagnosis

Outdoor Play

CENTRE FOR AUTISM

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

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

AutismNI
Northern Ireland's Autism Charity

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

and many more...

Logos for partner organizations: TAYTO PARK, THE ZOO BELFAST ZOOLOGICAL GARDENS, THE NATIONAL TRUST, JumpBoxx INDOOR TRAMPOLINE PARK, Stena Line, TITANIC BELFAST, and IRISH GIANTS.

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.



HSC Northern Health and Social Care Trust

Sensory Regulation

Parent Workshops



Our Children's Occupational Therapy Service is bringing its Sensory Regulation Parent Workshop to Ballymena and Carrickfergus Parent & carers can speak to Occupational Therapists & ask any questions they may have.

Thurs 25 April at 6.30pm

Ballymena North Centre, 120 Cushendall Road, Ballymena

Tues 21 May at 11am

Ampitheatre Wellness Centre, Prince William Way, Carrickfergus

Or if you prefer to watch a recording at home visit our website to find out more <https://www.northerntrust.hscni.net/.../sensory.../>

Parent2Parent

Parent Line NI 0808 8020 400

Parenting a child/children with ADHD



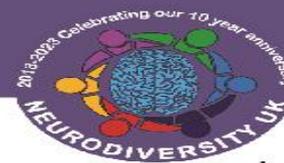
Join our online Parent Chat Group

Friday 26th April 10am-11am Online via Zoom

Caring conversation can make all the difference!

A parent space to connect with others who can offer empathy, support and solutions

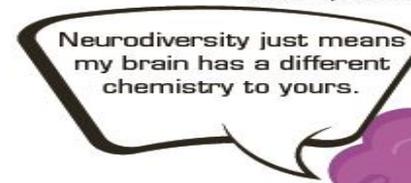
Call us free to book 0808 8020 400



NeurodiversityUK

To help and support individuals and families affected by:

- Learning Difficulties
Dyslexia, Dyspraxia, Dysgraphia etc...
- Mental Health Conditions
Anxiety, Depression, OCD, Bipolar, PTSD, etc...
- Neurodevelopmental Disorders
Autism, ADHD, Tic Disorders, etc



Neurodiversity just means my brain has a different chemistry to yours.

57-59 Castle Street, Comber, BT23 5DY
Phone: 028 9189 7677
Email: comber.asg@outlook.com
NIC 100167





OUR generation
Growing Up Better, Together

Peace
Northern Ireland - Ireland
European Region of Development Co-Ord.

Play games and collect stars as you learn about mental health, wellbeing, and resilience...
Download OUR Generation today!

FREE

OUR Generation

Download on the App Store

GET IT ON Google Play

App versions for 8-11 year olds & 12-24 year olds

The OUR Generation app is here! Who will you choose to guide you? 🐾 Hoofy 🐾 Stripey 🐾 Roby, or 🐾 Bulby? They'll be with you every step of the way! #AvailableNow! 📱

Google Play: <https://bit.ly/43UrmMz>
Apple Store: <https://bit.ly/42jXdoD>



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/>

[Crisis Cafe](#)
LGBTQ+ peer support group for young people 13-17yrs
Wednesdays 4-5pm (upstairs room). Everyone Welcome
[#peersupport](#) [#socialcafe](#) [#lgbtq](#) [#youngpeople](#) [#support](#)
[#community](#) [#newry](#)

Crisis Cafe

LGBTQ+ SUPPORT GROUP

WEDNESDAYS 4-5pm

Where to find mental health support online and on the phone



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

[Download Young Persons Mental Health Guide](#)

young
person's
mental
health

a guide...

HSC Public Health Agency
Project supported by the PSA

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

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

shout
85258

Shout Crisis Textline

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

TEXT SHOUT TO 85258

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 \(childrensociety.org.uk\)](#)



Social media can be fun and a great way to find out what your friends and family are up to. But sometimes it can be overwhelming, especially when you're dealing with difficult emotions. It's OK to exit social media or take a break. Read more tips:<http://ow.ly/jmckK50PQH14>



eating disorder myths debunked

- the main tell of an eating disorder is being underweight
- you can be any weight and have an eating disorder
- eating disorders aren't that serious
- eating disorders have the highest mortality rate on any psychiatric disorder
- eating disorders are a woman's illness
- eating disorders affect people of all genders
- eating disorders in teens are just a "phase"
- eating disorders generally begin in adolescence and it needs to be taken seriously

@crazyheadcomics x @counsellingwithalix

Teen struggling with body image?

We can help



0808 8010 722



parentingni.org

In an increasingly body conscious world it is important to provide teenagers with the support they need with body image, as it can impact on their overall wellbeing and self-esteem. If you're unsure how to best support your teen call **0808 8010 722**.



Victim Support NI

We offer long-term creative arts therapy to young people aged 8-21 living in the Northern Health & Social Care Trust area through our Phoenix Youth project. It's available to young people suffering the effects of trauma. Find out more here:

<https://bit.ly/3JxcU4A>



If you are aged 11-19 and are worried or concerned about any aspect of your health and wellbeing send a text and chat in confidence with a school nurse.



- Emotional health and wellbeing
- Self-harm
- Stress and anxiety
- Body Image
- Smoking
- Alcohol and drugs
- Bullying
- Sexual health

Text the number in your trust area for free, confidential support and advice

- Belfast Trust - 07507 328290
- South Eastern Trust - 07507 327263
- Southern Trust - 07507 328057
- Western Trust - 07480 635984
- Northern Trust - 07480 635982





Meaningful May 2024

MONDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

TUESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

WEDNESDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

THURSDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

FRIDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

SATURDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why

SUNDAY

5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful



ACTION FOR HAPPINESS

Happier · Kinder · Together





Self-care at Work

MENTAL HEALTH & WELLBEING

Take your breaks

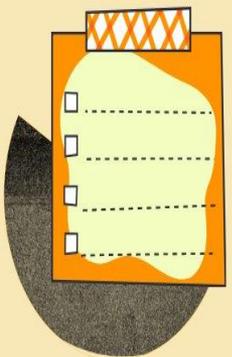


Make time to get outside



Could that meeting be a walk and talk?

Set goals



Decorate your workspace



One that encourages comfort and good posture.

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

#SelfCareSunday



MINDFUL PARENTING FREE 6-WEEK ONLINE COURSE

AWARE NI, the depression charity for Northern Ireland, is delighted to offer a series of free 6-week online introductory mindfulness programmes specifically tailored for parents and carers of young children.

The Mindful Parenting course explores the many aspects of parenting and how bringing mindfulness to our roles as parents enhances our lives and wellbeing and those of our children.

Tuesdays 10am-12pm
14th May - 18th June 2024
Hosted via zoom. No experience necessary!

To sign up please email: sharon@aware-ni.org or scan the QR code!



AWARE-NI.ORG

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Aware Defeat Depression, trading as AWARE, 2 Crawford Square, Londonderry, Northern Ireland, BT48 7EQ, Company No: NI30447. Registered with the Charity Commission for NI with charity registration number NIC100561



STRESS
CAN TAKE AWAY
OUR PEACE OF MIND



Remember:

**YOU ARE IN CONTROL OF
YOUR OWN THOUGHTS,
WHICH MEANS YOU ARE
ALSO IN CHARGE OF
YOUR FEELINGS**



#STRESSAWARENESSMONTH



BBC
TINY HAPPY
PEOPLE

Affirmations for Parents

- ★ I can always ask for help.
- ★ I'm not perfect, and that's wonderful.
- ★ I learn from my child, my child learns from me.
- ★ I am always learning and growing.
- ★ Me and my child are a team.
- ★ I am more than just a parent!





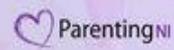
Tips for talking about your mental health

- 1** Choose someone you trust to talk to.
- 2** Write a pros & cons list for opening-up.
- 3** Find a good place to talk with no distractions.
- 4** Prepare for different reactions.
- 5** Whatever happens, be proud of yourself for opening up.

8 Steps to support your child's mental health

Remember to...	Parenting NI's top tips:	Practical examples:
1 Listen & validate their feelings	Let your child know that their emotions are important & valid. Let your child know you are happy to make time to talk and listen to them about any worries they may have.	Respond with empathy and understanding: "I hear that you're feeling upset. That's completely normal. Let's talk about it more."
2 Create a safe & supportive environment	Encourage open & honest communication, provide a safe space for them to talk about feelings.	Set time aside to chat about your day - the good & the less positive. Try ending the day on something positive.
3 Encourage self-care & Promote positive self-esteem	Teach your child healthy coping strategies & encourage them to prioritise self-care. Encourage & support your child's strengths & interests, & help them develop a positive self-image	Teach your child to take breaks when needed, engage in activities they enjoy, and express themselves through creative outlets
4 Use appropriate language	Children will understand the idea of feeling sad, stressed or anxious; explain that this is what is meant when we talk about mental health.	For younger children, you can use face flash cards to illustrate different emotions
5 Keep an open mind	Keep an open mind when your child comes to you. Try to avoid being critical or dismissive of children's feelings and be accepting in order to normalise talking about mental health.	Avoid saying things like "you shouldn't feel that way" and instead say, "I'm here for you. Tell me more about what you're going through."
6 Notice how your child communicates in other ways	Children express themselves in other ways, such as through play, behaviour, body language & facial expressions. You can learn a lot about how they may be feeling by spending time with them & watching them play or engage in activities	Observe your child's play or behaviour. If they become withdrawn or show changes in their usual activities, gently inquire about their feelings & provide a comforting space.
7 Lead by example	By taking care of your own mental health, you can show your child the importance of self-care and help them develop healthy habits.	Demonstrate healthy coping strategies such as going for a walk, or taking time for a hobby. Share your experiences of self-care with your child.
8 Seek help when needed	If your child is struggling seek help. Remember, no one has all the answers; not knowing things about mental health is OK.	Don't be afraid to ask for help from family, friends, a doctor or support organisations

0808 8010 722



parentingni.org



"Thank you for being there at my lowest time"

Male caller to Lifeline service



Lifeline

0808 808 8000

Textphone:



THE RIGHT SUPPORT AT THE RIGHT TIME!

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

Monday to Friday 10.00 am to 4.00 pm



Self Help Guides for Mental Health & Emotional Wellbeing



A-Z Mental Health



Find Help NI.com



Find Help NI is a not for profit organisation, which has been created by experienced counsellors, to help our community find the right help, at the right time. Through years of front line experience working with people in crisis or despair, they recognised the need for a joined up approach to wellbeing that looks at the whole person, and everything in that person's life that contributes to their sense of wellbeing.

There are many dimensions to our wellbeing, and all these dimensions contribute to a healthy life.

- Family & Relationships
- Disabilities & Medical
- Ethnic Minority & Cultural
- LGBTQIA+ Abuse
- Addiction Bereavement
- Anxiety, Depression & Self-Harm
- Neurodiversity Eating Disorders
- Housing, Living, Finance & Benefits



Find the right help at the right time!



Founded by Pamela Kirkpatrick & Cara Swanston, who together have decades of experience specialising in mental health within the community, voluntary and statutory sectors.



Take5

steps to wellbeing

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

Here are five simple steps to practise every day:

- 

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

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

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

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

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

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

www.mindingyourhead.info

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

Are you living with drug or alcohol issues? Are these impacting on your wellbeing?



HELP AND ADVICE RESOURCES

SELF-HARM

ANXIETY

BEREAVEMENT

COMMUNICATING WITH YOUNG PEOPLE
CYFATHREBU A' PHOBL IFANC

Supporting your child Self-harm and Suicide
Cynorthwyo'ch plentyn Hunan-niweldio a Hunantaddiad

MENTAL HEALTH & WELLBEING





Women's Aid Belfast & Lisburn

Today marks the start of National Stalking Awareness Week. Stay tuned to our channels as we explore stalking, the signs and myth busting. For information or support contact us on 028 9066 6049 or visit our webpage at <https://belfastwomensaid.org.uk/get-help/>

STALKING AWARENESS WEEK 2024



TO PROTECT LIFE
COMKIT

HOME ? ? ?

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



Upcoming courses

Mindfulness for Teachers

A FREE 8 week course aimed at teachers and classroom assistants.

Dates: Tuesday 7th May - Tuesday 25th June,
4pm - 6pm
AND a day retreat Sunday 23rd June

Mindfulness for parents

A FREE 6 week course aimed at parents and carers of young children.

Dates: Tuesday 14th May - Tuesday 18th June,
10am - 12pm



So what are you waiting for?

To sign up visit:

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



SHIP/Self Harm Educational support, funded by PHA.

SHIP can provide a short period of education and support to carers to help them better understand and cope with this issue and ensure they know how to obtain help in a crisis situation. If you wish to have a better understanding of self-harm or a person, you know is self-harming and you want to support them please contact: Holy Trinity Centre and ask for SHIP/Self Harm carers support.

Contact number: **028 9020 0557.**

**Acknowledge
someone's problem
or pain rather
than trying
to fix it**



ACTION FOR HAPPINESS



Mental Health Support Services & Crisis HELPLINES



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

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

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



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



Mental health and housing

community wellbeing [.info](http://www.communitywellbeing.info)

Women's aid Local groups

Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey	028 2563 2136
Armagh Down	028 3025 0765
Belfast & Lisburn	028 9066 6049
Causeway & Mid Ulster	028 7035 6573
Fermanagh	028 6632 8898
Foyle	028 7141 6800
North Down & Ards	028 9127 3196
Omagh	028 8224 1414

Whatever you're facing We're here to listen

Call free day or night on **116 123**

Email 116@samaritans.org

ALI an Irish charity

SAMARITANS

samaritans.org

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!

HSC Public Health Agency



GIVING HOPE TO GRIEVING CHILDREN

Helpline: 08088 020 021
winstonswish.org



We give hope to grieving children.

GET SUPPORT

SUPPORT US

CRUSE NATIONAL HELPLINE

0808 808 1677

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



BEREAVEMENT

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.



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.



hopeagain young people living after loss

NEVER FEEL YOU ARE ALONE

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

TALK TO US

www.hopeagain.org.uk

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



Access to Health and Social Care Guidance

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



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



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

NINES
NORTHERN IRELAND | NEW ENTRANT SERVICE

NURSE LED CLINIC

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

Southern Trust Area
NINES - Northern Ireland New Entrant Service,
South Tyrone Hospital, B Floor, Carrland 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



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



Created by Police Service Print-Design RP001



CYPSP Translation Hub

CYPSP brings together a range of agencies to improve outcomes and lives of children, young people and their families in Northern Ireland



1.9 million people live and work in Northern Ireland
approx. **54,500+** speak English as a second language

We completed a survey with **83** groups supporting **7,000+** families and analysed the results

A Key area identified was: Lack of Interpreters / Translations in a Central Resource

CYPSP developed a Translation Hub that provides important information translatable into **110** languages on Health, Family Support, Education, Housing, Cost of Living, Employment and much more for Parents, Carers, Professionals and Support groups

The Translation Hub was launched in August 2022 and is now recognised as a key resource

- The Translation Hub brings together information from our partners
- Health & Social Care Board
 - Public Health Agency
 - Health Trusts
 - Education Authority
 - Business Services Organisation
 - Police Service of Northern Ireland
 - NI Housing Executive
 - Community / Voluntary Sector Groups



Frontline Social Workers , Social Care & Health Care staff can access the Translation Hub on their phones just scan the QR code

If you would like to know more or suggest new content
email : cypsp@hscni.net

www.cypsp.hscni.net/translation-hub



BLACK, ASIAN AND MINORITY ETHNIC

New Diabetes Section on the Translation Hub

We are delighted to have worked with Diabetes UK Northern Ireland to develop a new section on the Translation Hub on understanding Diabetes

<https://cypsp.hscni.net/translations-understanding-diabetes/>

All information can be translated digitally to read or listen to.

Includes guides on Type 1 & 2 diabetes, gestational diabetes & eating well tips.

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

www.cypsp.hscni.net/translation-hub

Boloh

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

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

helpline.barnardos.org.uk

Contact the helpline on **0800 1512605**





Women's Aid Across NI

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



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

Open Monday - Friday 09:00 - 17:00

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

Housing Executive



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

INFORMATION & SUPPORT LINE

0800 0246 991
Mondays & Thursdays
6pm-8pm

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



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

Belfast. 028 9024 1929
Foyle. 028 7116 0001

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

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



Domestic abuse is not just physical.

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



DOMESTIC & SEXUAL ABUSE

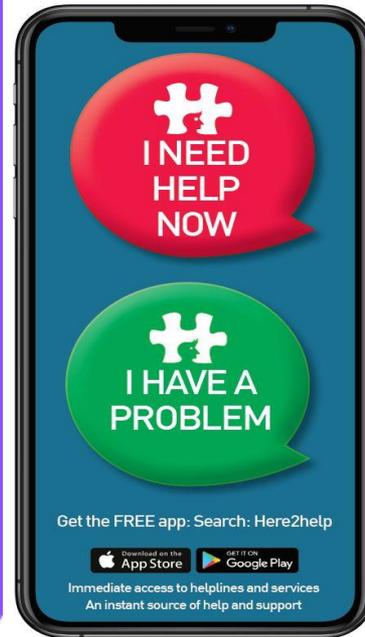
If you have experienced domestic abuse, you can speak to us in complete confidence.

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



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



The Here2Help App provides quick access to advice and support services for anyone in crisis and needing help. It contains details of local, not-for-profit organisations who can help with many issues such as mental health, addiction, housing and domestic abuse. INFO + ADVICE 24/7



11-25 and struggling with alcohol or drugs?



DAISY provides confidential support over the phone or by video call

Its ok to ask for help. We are here for you!

0800 2545 123
daisy@ascert.biz



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

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



NORTHERN IRELAND
MEDICINES AWARENESS WEEK 2020

There are over 50 RAPID bins installed in Northern Ireland.



www.drugsandalcoholni.info/RAPID

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



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

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

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.



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)

www.drugsandalcoholni.info

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.



Sharron Morrison is working with the four Trussell Trust food banks in Belfast as the Foodbank Community Campaigns Organiser. Sharron aims to bring people who are experiencing or have experienced financial hardship together to identify and address local causes forcing people in Belfast to use food banks. Her role involves close collaboration with food bank users, staff and volunteers, supporting advocates to influence decision-makers and campaigning to address root causes. Sharron is seeking partnerships in the fight against food poverty and advocating for systemic change in Belfast. If you have experienced using a food bank and want to be part of a group like this, you can contact Sharron by emailing: smorrison@belfastcentralmission.org



Find a Food Bank Near You




GET HELP

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




Belfast City Council

Cost of living

Cost of living support

Belfast City Council recognise that individuals and households continue to face pressures this year due to the continued high cost-of-living. In response, this winter we will allocate £1.019 million of funding to a hardship scheme designed to support residents most in need of help. It is being used to boost existing programmes delivered by partner organisations to support:

- children and young people (including those with special needs),
- families and individuals who need emergency support,
- older people, and minority ethnic communities.

Please use this link: www.belfastcity.gov.uk/costofliving



SPRING BOOSTER

COVID-19 spring booster programme will begin on 15 April 2024



www.nidirect.gov.uk/covidvaccine

Public Health Agency

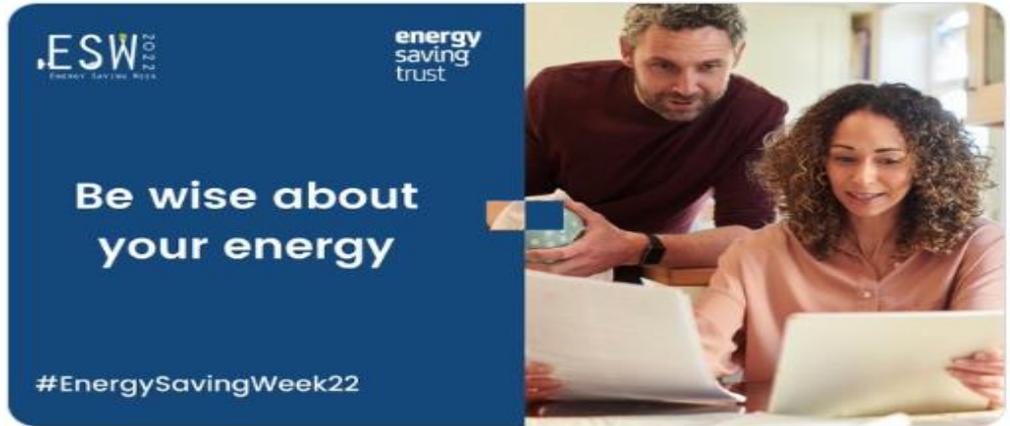
The COVID-19 spring booster vaccination programme gets under way today giving the more vulnerable members of our community the opportunity to top up their protection.

Read more at

<http://pha.site/springbooster2024...>

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



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](#)

For further information on Family Support Hubs in your area?

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