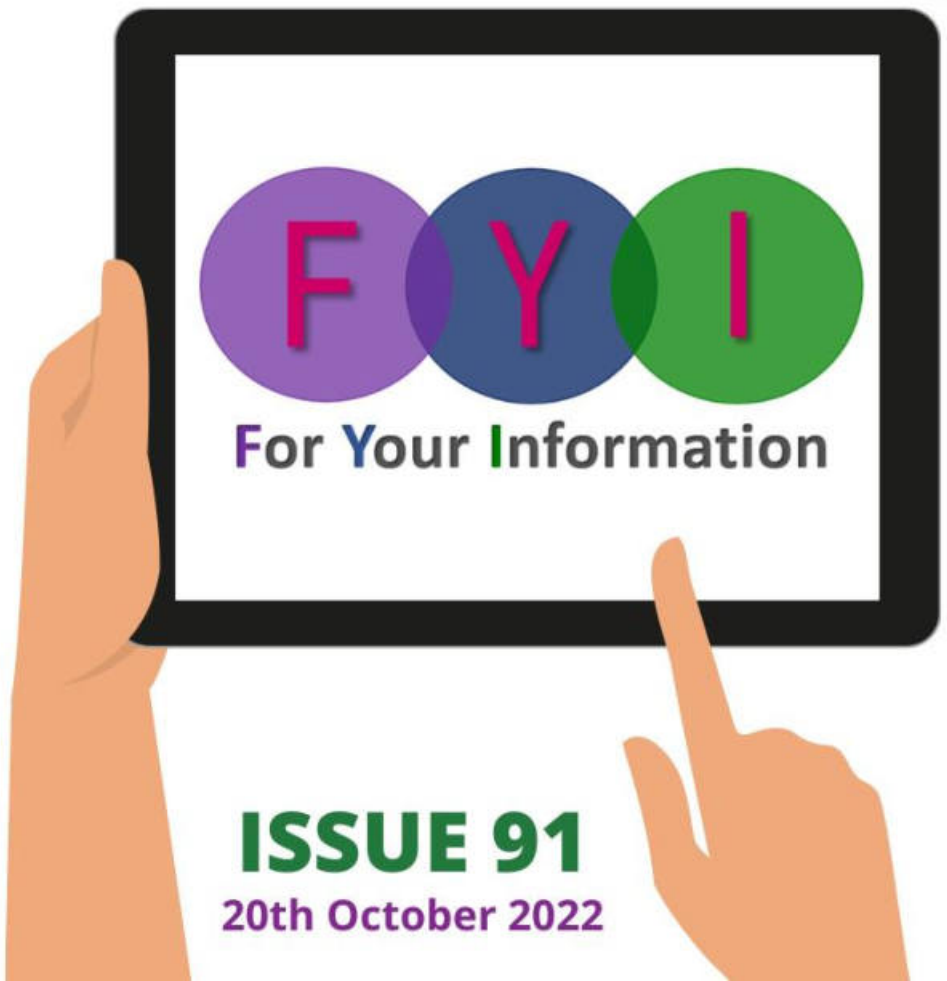


**SOUTHERN AREA  
LOCALITY PLANNING GROUPS**



**ISSUE 91**  
20th October 2022



## WELCOME

Welcome to the 91<sup>st</sup> edition of our information bulletin, 'FYI' (For Your Information)

This week is Parenting Week which celebrates the roles of parents in their children's lives. As always, we have included a range of services and support for parents and check out the new animation for Parentline NI on [page 28](#).

We are also continuing to publicise support available for families in relation to the cost of living crisis. If you provide such support, please add your details to the resource detailed on [page 4](#).

We are always happy to share relevant information in 'FYI' and thanks for your continuing support!

**Joanne Patterson & Darren Curtis, Locality Development Team, Southern Area**

## IN THIS ISSUE

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[Southern Trust Area \(CYPSP Updates | Training | Events | Workshops | Meeting Space | Parenting Programmes | Funding | Surveys | Resources | Family Support | Health\)](#)

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[ABC Council Area](#)

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[Craigavon LPG Area](#)

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[South Armagh LPG Area](#)

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[Dungannon LPG Area](#)

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[Sharing 'FYI' - Social Media "How To"](#)

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[Important LPG Member Information](#)

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[Next Issue Key Dates](#)



A new section has recently been added to the **Translation Hub** on the **Cost of Living Crisis** [HERE](#)

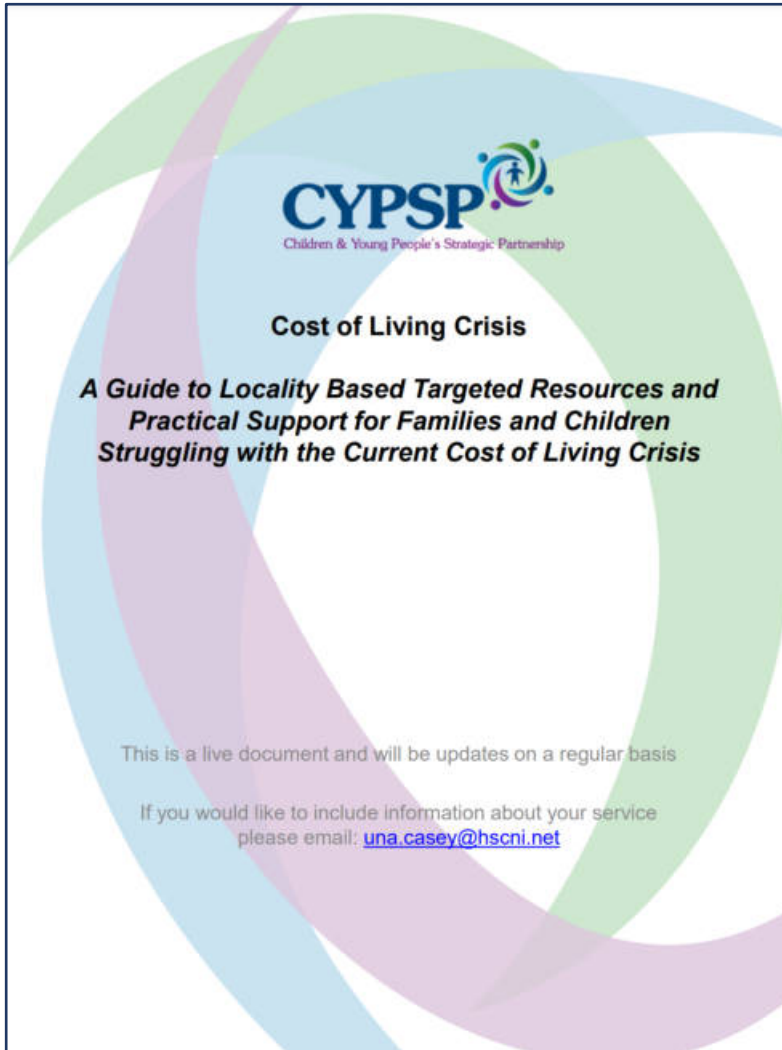
All information is available in English and is also translatable into 100+ languages

Have a look and share widely with support services & anyone who may be struggling

The screenshot shows a website interface with a red header containing the text "Translation Hub" with a magnifying glass icon. Below the header, there is a section titled "Translations – Cost of Living Crisis". This section contains several resource cards, each with a logo, a title, and a brief description:

- CYPSP Cost of Living Crisis Resource**: A Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis.
- 10-Top-Tips-Information-Leaflet - Energy Efficiency in the Home**: NEA are concerned that the 'perfect storm' of higher energy prices, reduced incomes, and leaky, inefficient housing could put many households in Northern Ireland at increased risk of fuel poverty. These increases come at a time when many household budgets are already stretched thin. However, simple changes to day-to-day activities could make big differences to household bills. Here are a variety of no cost/low-cost energy savings tips.
- Help with energy costs in Northern Ireland**: You may be worried about managing your energy use and costs this winter. Here is some information to help householders in Northern Ireland. (Click on Accessibility to access Recite toolbar to change language)
- Belfast Warm and Well**: The Belfast Warm and Well Project aims to help local people struggling to keep their home warm this winter, by offering advice and practical support to stay warm and well.
- Northern Ireland Energy Efficiency webinars**: NEA Northern Ireland launches a new suite of supported e-learning courses and webinars Supported E-Learning Fuel Poverty and Health The course looks at the causes and impacts of fuel poverty with a focus on the health impacts. It aims to help delegates identify those likely to be at risk from fuel p...
- Cost of Living support**: A cost of living support package has been put in place for 2022 that includes one-off payments to those on income related benefits, disabled claimants and pensioners. These payments are intended to provide support to you with the current rise in the cost of living.

E-mail [cypsp@hscni.net](mailto:cypsp@hscni.net) to add new information



The **cost of living** is being raised at LPGs across Northern Ireland and the CYPSP is currently mapping initiatives, services or activities that help address this issue

We are continuing to update our

**Guide to Locality Based Targeted Resources and Practical Support for Families and Children Struggling with the Current Cost of Living Crisis** on an ongoing basis [HERE](#)

If your organisation carries out any relevant service or work, please e-mail Una Casey from CYPSP [HERE](#) to request a copy of the corresponding template for completion to record information across Northern Ireland

Please also share this resource with anyone who you feel might benefit from being made aware of the targeted resources and practical support which is currently available to families and children living in the Southern Area who are struggling with the current cost of living crisis

Children in Northern Ireland

### Autumn Training


<b>SafeTALK (In-Person Training)</b> Thurs 27th Oct 10:00 – 13:00	<b>Child Protection Practice (Zoom)</b> Wed 23rd Nov 09:30 - 12:30
<b>Trauma Informed Practice (Zoom)</b> Tue 8th Nov 09:30 – 16:30	<b>Safeguarding in the Digital World</b> Tues 29th Nov 09:30 - 12:30
<b>Child Protection Practice (Zoom)</b> Wed 9th Nov 09:30 - 12:30	<b>Child Protection Practice (Zoom)</b> Wed 30th Nov 09:30 - 12:30
<b>School Based Anxiety (Zoom)</b> Wed 16th Nov 09:30 - 12:30	<b>Booking:</b> ci-ni.org.uk/ funded_courses



Our funding restrictions are such that this training is only available to those who work/volunteer for a **voluntary, charitable, faith or community based organisation**



[www.ci-ni.org.uk/funded\\_courses](http://www.ci-ni.org.uk/funded_courses)



Oct 26

### Adapting Practice & Empowering Parents during the Cost of Living Crisis

Free

Register


Sure Start Seminar Series: "Adapting Practice & Empowering Parents during the Cost of Living Crisis"

By Strategic Planning and Performance Group (SPPG) [Follow](#)

**When and where**

<b>Date and time</b> Wed, 26 October 2022, 09:45 - 12:15 BST	<b>Location</b> Lough Neagh Discovery Centre Lurgan, Craigavon BT16 6NU
---	--

 [www.eventbrite.co.uk/e/sure-start](http://www.eventbrite.co.uk/e/sure-start)



Early access

Nov 24

### MACS - End Youth Homelessness Sleep Out 2022 at Banana Block, Belfast

£0 - £22.15

Register

Could you face sleeping outside for one night in November so a young person doesn't have to?

By MACS Supporting Children and Young People 15 followers [Follow](#)

**When and where**

<b>Date and time</b> Thu, 24 Nov 2022, 19:00 - Fri, 25 Nov 2022, 07:00 GMT	<b>Location</b> Banana Block 310 Newtownards Road, Belfast BT4 1GE
---	---

 [www.eventbrite.co.uk/e/macs-sleep-out-2022](http://www.eventbrite.co.uk/e/macs-sleep-out-2022)



The poster features a festive theme with a rainbow, sun, and children in Santa hats. It includes the following text:

**Save the Date**

**NORTHERN IRELAND DOES**

**The Daily Mile Santa Run**

The Daily Mile Network is inviting schools & early years settings from across Northern Ireland to join us for the virtual Santa run event to celebrate The Daily Mile.

Grab your Christmas jumper & join us on Friday 2nd December 2022 for the Santa run anytime between 9am and 3pm!

Registration opens on Wednesday 26th October 2022 through the following link:  
<https://www.eventbrite.co.uk/e/northern-ireland-daily-mile-santa-run-2022-tickets-441541280857>

Once you register you will receive a link for the Santa run page with access to downloadable resources to support you on the day.

**Join the movement!**

The Daily Mile Network Northern Ireland



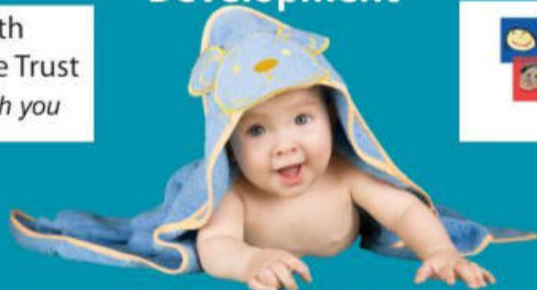
Registration opens  
**Wednesday 26<sup>th</sup>**  
**October 2022**  
from 7.30am



[www.eventbrite.co.uk/e/daily-mile-santa-run-2022](https://www.eventbrite.co.uk/e/daily-mile-santa-run-2022)

**2 Hour Session on Baby, Toddlers & Young Children Brain Development**

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



Understanding your child  
**Solihull Approach**

**Learning about your baby/child's brain development may support to:**

- Cope with a crying baby
- Manage your baby to settle/soothe
- Normalise and manage tantrums/anxiety
- Enjoy tummy time, play and mealtimes
- Build a positive relationship with your baby/child

**When is it on?**

**Tuesday 25th October 7pm-9pm via Zoom**

**How do I apply?**

For further information or to book a place please contact  
**Email: [lisa.lenaghan@southerntrust.hscni.net](mailto:lisa.lenaghan@southerntrust.hscni.net)**

**2 Hour Workshop on Adolescent Brain Development**

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



Understanding your child  
**Solihull Approach**

**Learning about Teenage Brain Development will support you to understand why:**

- Teenagers feel emotions/anxiety so intensely.
- Teenagers have difficulty reading faces, gestures and emotions of others.
- Why social acceptance and rejection by their peers matters
  - Why the conflict with Parents
  - Risk taking versus a time to take risks.
  - Why their sleep pattern changes.

**When is it on?**

**Wednesday 26<sup>th</sup> October**

**Evening Session from 7pm-9pm**

**Email: [lisa.lenaghan@southerntrust.hscni.net](mailto:lisa.lenaghan@southerntrust.hscni.net)**



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





**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

HSC Public Health Agency  
Project supported by the PHA

**Mood Matters Parent and Baby  
Mental Health Awareness Workshop**

A free online workshop for expectant parents and parents of babies under 3 years of age.

The session teaches you skills to:

- Look after your mental health
- Manage your feelings when you are stressed, anxious or depressed
- Cope with challenges during and after pregnancy.
- Recognise the signs and symptoms of a mental health and where to get help



Thursday 3rd Nov



7pm - 9pm



Zoom

To register, visit [aware-ni.org/mood-matters-parent-and-baby](https://aware-ni.org/mood-matters-parent-and-baby)



<https://aware-ni.org/mood>



Positive Minds for Premature Parents

**Mood Matters Parent and Baby  
with Tinylife**

The Mood Matters Parent and Baby programme is a one-off mental health awareness programme that raises awareness about how having a premature baby can impact your mental health.



Tuesday 8th Nov



7pm - 9pm



Online: Zoom

To book a place, visit

[www.aware-ni.org/mood-matters-parent-and-baby](https://www.aware-ni.org/mood-matters-parent-and-baby)



<https://aware-ni.org/mood>



**Introduction to Mindfulness for Parents of Premature Babies (with Tinylife)**

This free 4-week course is designed to introduce you to the practice of mindfulness, covering such topics such as:

- What is mindfulness?
- Mindfulness of breath and body
- Mindfulness and neuroscience
- Mindfulness of everyday life

 9th Nov 2022 - 30th Nov 2022

 Wednesday mornings 10am - 12pm

 Online: Zoom

To book a place, visit [aware-ni.org/upcoming-mindfulness-courses](https://www.aware-ni.org/upcoming-mindfulness-courses)



 <https://aware-ni.org/mind>

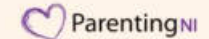


**LIVING LIFE TO THE FULL FOR PARENTS WITH NEONATAL EXPERIENCE**

- This programme using Cognitive Behavioural Therapy (CBT) concepts - the most evidenced-based talking therapy for people affected by low mood, anxiety or depression.
- Consists of four 2-hour weekly sessions over four weeks
- Covers low mood, stress and resilience. Work out why you feel as you do, build confidence, feel happier, stay calm and more.

Thursday Evenings  
1st Dec - 22nd Dec  
7pm - 9pm

**SIGN UP NOW!** [WWW.AWARE-NI.ORG/LIVING-LIFE-TO-THE-FULL](https://www.aware-ni.org/living-life-to-the-full)



 <https://aware-ni.org/life>

**Relate NI**

**Sustaining Healthy Relationships Workshops**

**Tuesday 15th November, 10-12.30pm**  
Relate NI Offices, 3 Glengall Street, Belfast

**Thursday 10th November, 7-9pm**  
Online Via Zoom

**Free to attend!**  
**Email**  
[kellieodowd@relateni.org](mailto:kellieodowd@relateni.org)  
**to book your place!**



[KellieODowd@relateni.org](mailto:kellieodowd@relateni.org)

UNDERSTANDING YOUR CHILD  
FOCUSFULL APPROACH

**NHS**

Transformed the way I respond to the kids

Every parent could benefit from this course!

**NEW TERM  
NEW START  
NEW LEARNING  
FOR PARENTS TOO!**

Reassured me I'm already taking the right approach!

online courses available 24/7  
prepaid access for residents in eligible areas

**WWW.INOURPLACE.CO.UK**

Northern Ireland families  
enter the access code **NIBABIES** to gain free access



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



**Free Relationships & Sexuality Education For Young People**

HSC Public Health Agency  
Project supported by the PHA

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


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

Sessions can be provided face to face at your premises. If required we can discuss a blended approach to include zoom. This service is available to groups across Northern Ireland in the community.

**common YOUTH.** 12-14 year olds. Contact [hello@commonyouth.com](mailto:hello@commonyouth.com)

**Nexus** **relate ni** **Rainbow Project** 15-16 year olds. Contact [office@relateni.org](mailto:office@relateni.org)

**acet** 17-19 year olds. Contact [nigel@acet-ni.com](mailto:nigel@acet-ni.com)



**Free Relationships & Sexuality Education For Young People**

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12-14 year olds. Contact [hello@commonyouth.com](mailto:hello@commonyouth.com)

15-16 year olds. Contact [office@relateni.org](mailto:office@relateni.org)

17-19 year olds. Contact [nigel@acet-ni.com](mailto:nigel@acet-ni.com)

**common YOUTH.** **Nexus** **relate ni** **Rainbow Project** **acet** **HSC Public Health Agency**  
Project supported by the PHA



12-14 Year Olds



15-16 Year Olds



17-19 Year Old



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**12-14 years old;** contact [hello@commonyouth.com](mailto:hello@commonyouth.com)

**15-16 years old;** contact [info@relateni.org](mailto:info@relateni.org)

**17-19 years old;** contact [nigel@acet-ni.com](mailto:nigel@acet-ni.com)



[12-14 Year Olds](#)



[15-16 Year Olds](#)



[17-19 Year Old](#)

The screenshot shows the CYPSP Venue Locator website. At the top left is the CYPSP logo with the tagline 'Children & Young People's Strategic Partnership'. To the right are social media icons for Facebook, Twitter, and YouTube. The main heading is 'Venue Locator' with a book icon. Below the heading is a paragraph: 'This resource has been developed to help individuals/groups source suitable venues and help navigate - what is the process, who to contact, notice required and cost.' There is a search bar with a dropdown menu for 'Search By Town', a 'Search' input field, and a 'Q Search' button. Below the search bar are 'Search Filters' with three options: 'Disability Access', 'Indoor Sports Area', and 'Outdoor Sports Area'. At the bottom, a yellow note states: 'Note: It is the responsibility of the user to liaise with the venue provider to ensure all necessary risk assessments/safety arrangements have been put in place in accordance with current COVID-19 Guidance.'



<https://venues-cypsp.hscni.net/>

## Looking for meeting or event space?

Choose High Rise  
Lisburn for your next:

- Meeting
- Training session
- Staff outing
- Interview

100% of profits  
invested in work of  
our charity,  
supporting parents



[contact@highriseni.org](mailto:contact@highriseni.org)



[contact@highriseni.org](mailto:contact@highriseni.org)



**Summary of  
Early Years and  
School Age  
evidence based  
parenting  
programmes  
starting in Oct  
listed on next  
page**

Teen Programmes	Additional Contacts / Information	Evidence Based PARENTING SUPPORT PROGRAMME DELIVERY
<p><b>Programme:</b> Odyssey Parenting Your Teen  <b>Attendees:</b> Parents and Carers  <b>Start date:</b> 3 October 2022  <b>Duration:</b> 8 Weeks  <b>Time:</b> 7pm - 9pm  <b>Location:</b> Online  <b>Add Inf:</b> Priority given to families in the Craigavon &amp; Banbridge Areas  <b>Facilitators:</b> Parenting NI  <b>Enquiries/Referrals:</b> 080 880 10722 (Freephone)</p> <p><b>Programme:</b> Odyssey Parenting Your Teen  <b>Start date:</b> 26 January 2023  <b>Duration:</b> 8 Weeks  <b>Time:</b> 7pm - 9pm  <b>Location:</b> Online  <b>Add Inf:</b> Priority given to families in the Newry/Mourne Area  <b>Facilitators:</b> Parenting NI  <b>Enquiries/Referrals:</b> 080 880 10722 (Freephone)</p> <p><b>Programme:</b> Parents Plus  <b>Special Needs programme</b>  <b>Start date:</b> 4 October 2022  <b>Duration:</b> 7 weeks  <b>Time:</b> 7pm—9pm  <b>Location:</b> Online  <b>Add Inf:</b> For parents/carers of young people 11-18 years in the Southern Trust with a confirmed Autism diagnosis. Delivery partners ST Autism Services and Parenting Partnership</p> <p><b>Enquires/Referrals:</b> Parenting Partnership                      07880474747  <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a></p>	<p><b>Lorraine O'Neill</b>                      Parenting Partnership Manager                      Southern Health &amp; Social Care Trust                      t: 07880 474747                      e: <a href="mailto:Lorraine.oneill@southerntrust.hscni.net">Lorraine.oneill@southerntrust.hscni.net</a></p> <p><b>Martina McCooley</b>                      Child Development Interventions Co-ordinator                      Southern Health &amp; Social Care Trust                      Promoting Wellbeing Division                      t: 028 37 564462 / 07795 450278                      e: <a href="mailto:martina.mccooley@southerntrust.hscni.net">martina.mccooley@southerntrust.hscni.net</a></p> <p style="text-align: center;"><b>For further information on these and other programmes please visit our webpage:</b>  <a href="http://www.cypsp.hscni.net/ebpp/">www.cypsp.hscni.net/ebpp/</a></p> <div style="text-align: center;">  </div> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>	<p style="text-align: center;"><b>Giving every child the best start / opportunity in life.</b></p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>2022/ 2023 Southern Trust</b></p>



Southern Trust Programmes 2022/23							
	Programme Name	Attending	Start Date	Duration/ Time	Location	Referrals/Enquires	Additional info
Early Years	Mellow Bumps	For Mums to be	13 Oct 2022	7 weeks 10.30am-12.30pm	Zoom	e: <a href="mailto:mellow.parenting@southerntrust.hscni.net">mellow.parenting@southerntrust.hscni.net</a> t: 028 3756 4489	Referrals taken at any time for later programmes
	Mellow Dads	For Dads to be	15 Sept 2022 Or 18th Oct 2022	6 weeks 7pm-9pm 6.30pm—8.30pm	Zoom	e: <a href="mailto:mellow.parenting@southerntrust.hscni.net">mellow.parenting@southerntrust.hscni.net</a> t: 028 3756 4489	Referrals taken at any time for later programmes
	Incredible Years Baby (0-4 months)	Parents/ Carers & Babies	Autumn 2022 (4 programmes)	8 weeks (+ 5 Baby Massage)	Newry, Moy, Banbridge & Portadown	<a href="mailto:info@homestartnewry.com">info@homestartnewry.com</a> 028 3026 6139 <a href="mailto:homestartad@btconnect.com">homestartad@btconnect.com</a> 028 8778 9489 <a href="mailto:homestartbanbridge1@btconnect.com">homestartbanbridge1@btconnect.com</a> 028 4062 6234 (for Banbridge, Portadown, Lurgan, & Craigavon Referrals)	For families across the Southern Trust outside Sure Start areas. This face-to-face Parent/Infant Programme Suite will also include baby massage
	Incredible Years Baby (0-4 months)	Parents/ carers & Babies	27 April 2023	8 weeks 10am-12pm	TBC	Enquiries / Referrals: t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a> or e: <a href="mailto:Elaine.trainor@southerntrust.hscni.net">Elaine.trainor@southerntrust.hscni.net</a> t: 07766220716	Preference given to parents of babies 0-4 months at time of programme in the Newry & Mourne locality. Delivery partners: GP MDT Team and Parenting Partnership
	Solihull 'Understanding Your Child' (0-5)	Parents/ Carers	17 January 2023	10 weeks 7pm—9pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	For parents of children in Day-care, Child-minding & Nursery settings Delivery Partner Parenting Partnership and Health Visiting
	Incredible Years Autism & Speech & Lang Delay Programme (2-5 years)	Parents/ Carers	15 Sept 2022	14 weeks 10am—12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Southern Trust Autism Services
Parent/ Carers		19 Jan 2023	14 weeks 10am—12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Southern Trust Autism Services	
School Age	Incredible Years Pre-school basic 3-5 years	Parents/ Carers	28 Sept 2022	14 weeks 10am-12pm	STEP Dungannon	Enquiries / Referrals: STEP t: 028 87750211 e: <a href="mailto:beradetta.viana@stepni.org">beradetta.viana@stepni.org</a>	This programme is available to parents/carers of children living in the Dungannon & Coalisland Neighbourhood Renewal Areas
	Incredible Years School Age (5-12 years)	Parents/ Carers	A/D 20 Sept 2022	12 weeks 10am-12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & BCM. Priority Armagh & Dungannon Area
	Incredible Years School Age (5-12 years)	Parents/ Carers	N/M 21 Sept 2022	12 weeks 10am-12pm	Online	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Bolster Community Priority Newry & Mourne Area
	Incredible Years School Age (5-12 years)	Parents/ Carers	C/B 11 January 2023	12 weeks 10am-12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners: Parenting Partnership & Parenting NI Priority Craigavon/Banbridge areas
	Incredible Years School Age (5-12 years)	Parents/ Carers	23 March 2023	12 weeks 10am—12pm	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery Partners Parenting Partnership & Tier 2 CAMHS. Available to families across the Southern Trust Area.
	Incredible Years School Age (5-12 years)	Parents/ Carers	29 March 2023	12 weeks Evening	TBC	Enquiries / Referrals: Parenting Partnership t: 07880 474747 e: <a href="mailto:parenting.partnership@southerntrust.hscni.net">parenting.partnership@southerntrust.hscni.net</a>	Delivery: Parenting Partnership Available to families across the Southern Trust Area.







**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](http://www.henry.org.uk)

**About the programme**

The programme is for parents or carers of children aged 0 to 5 years old. It is free to join.

Everyone wants the best for their children, but with so much conflicting advice it can be hard to know what to do for the best as a parent, especially in the early years.



The HENRY *Healthy Families: Right from the Start* programme is running locally. Join the thousands of families across the country who have benefited from the support and tips it provides for young families.

Research shows that the key ingredients to ensuring babies and young children have a healthy start in life are:

- Parenting confidence
- Physical activity for little ones
- What children and families eat
- Family lifestyle habits
- Enjoying life as a family

The programme covers these 5 themes across 8 weeks and provides everything you need to help get your little one off to a great start.

**Weekly sessions**

Each week helps you provide a healthy, happy, supportive environment for the whole family.

**Week 1** – Decide what changes you want to make and set your own goals

**Week 2** – How to juggle life with young children so you all get what you need

**Week 3** – How to respond to children's needs without giving in to all their demands

**Week 4** – Positive mealtime tips for a happy family – reducing mealtime stress for everyone

**Week 5** – Ideas for active play to help children learn, develop and stay happy

**Week 6** – Food groups, food labels, portion sizes for under 5s, first foods, and snack swaps

**Week 7** – Understanding and managing your child's behaviour for a happier home

**Week 8** – Celebrate your success as a parent and plan the future for your family

"I highly recommend it. It was brilliant."



[anne.crawford@southerntrust.hscni.net](mailto:anne.crawford@southerntrust.hscni.net)

### Is the HENRY programme for me?

The HENRY programme can help everyone with a baby or young child. Every parent who joins learns something new and useful.



If you have at least one child under 5 years old and can answer 'yes' to any of the questions below then HENRY is for you:

- Would you like to feel more confident as a parent?
- Would you like some support to give your child a healthy start?
- Do you wish your child would eat more fruit and vegetables?
- Would you like to reduce mealtime stress?
- Would you like to enjoy being active together as a family more often?
- Are you interested in some ideas to get children away from the TV?

### What is HENRY?

HENRY is a charity working to give babies and young children a healthy start in life.

### What do other parents say about it?

- 97% of parents would recommend it
- 89% feel more confident as a parent

*"I'm so glad I did this programme. Do it!"*

*"This was the best thing I could possibly have done to help me be a better mum"*

### What do I get on a HENRY programme?

Every parent joining a HENRY programme receives a HENRY toolkit which includes everything you'll need during the programme and helpful resources to use in your family.

The HENRY toolkit will help you give your child a great start in life, get the whole family involved, and keep track of how well you're doing.



The HENRY Parent Toolkit

### How can I join an online programme?

Online HENRY programmes are running locally soon. Talk to your local Child Health Assistant, Health visiting Service, or Sure Start Centre to find out more, help you decide if you would enjoy it, or to ask to join a programme.



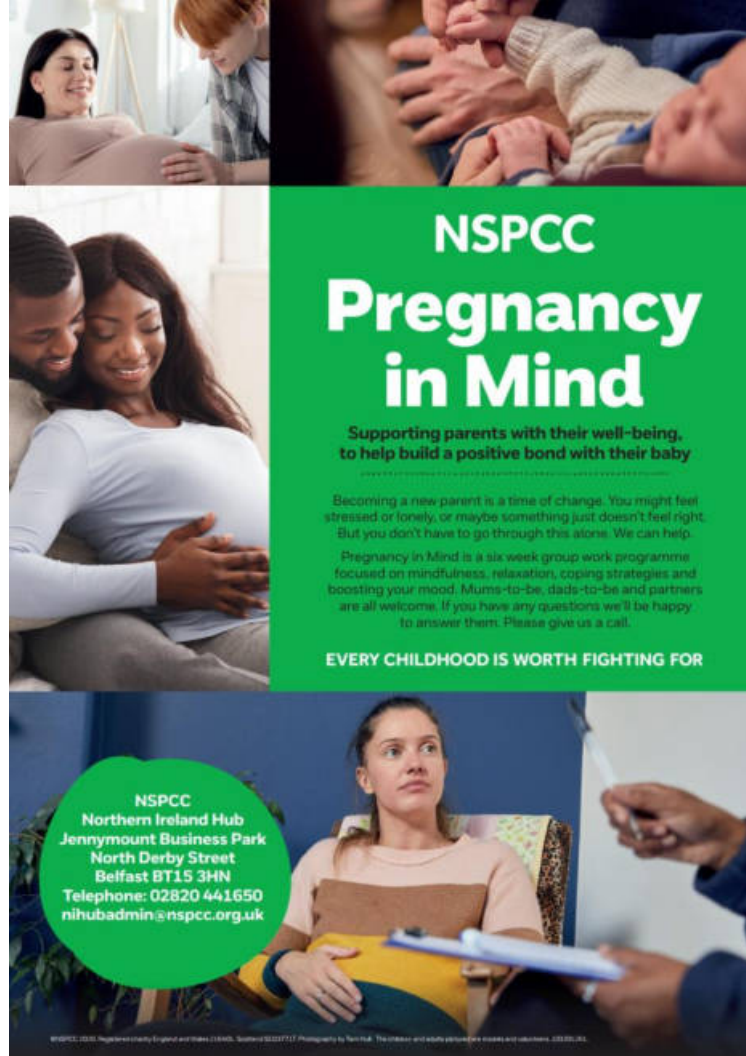
### For more information about HENRY go to:

- [www.henry.org.uk](http://www.henry.org.uk)
- [henry.healthyfamilies](https://www.instagram.com/henry.healthyfamilies)
- [facebook.com/HENRY.HealthyFamilies](https://www.facebook.com/HENRY.HealthyFamilies)



Charity number 1132581 | Company number 6952404





## NSPCC Pregnancy in Mind

**Supporting parents with their well-being,  
to help build a positive bond with their baby**

Becoming a new parent is a time of change. You might feel stressed or lonely, or maybe something just doesn't feel right. But you don't have to go through this alone. We can help.

Pregnancy in Mind is a six week group work programme focused on mindfulness, relaxation, coping strategies and boosting your mood. Mums-to-be, dads-to-be and partners are all welcome. If you have any questions we'll be happy to answer them. Please give us a call.

**EVERY CHILDHOOD IS WORTH FIGHTING FOR**

**NSPCC**  
Northern Ireland Hub  
Jennymount Business Park  
North Derby Street  
Belfast BT15 3HN  
Telephone: 02820 441650  
nihubadmin@nspcc.org.uk

NSPCC (2023) Registered charity England and Wales (11849), Number 31227717. Photography by Tom Cook. The content and style programme assets and illustrations. 2023/03/23



[nihubadmin@nspcc.org.uk](mailto:nihubadmin@nspcc.org.uk)

ABOUT US CREATE CHANGE OUR CAMPAIGNS THE LATEST FOR BUSINESSES

**New 'Food hubs' grant funding available for Community Fridges**



[www.hubhub.org.uk/community-fridge-funding](http://www.hubhub.org.uk/community-fridge-funding)



Are you aged 11-25?  
**TAKE OUR SURVEY  
AND YOU COULD  
WIN £100  
AMAZON VOUCHERS**



SCAN THE QR CODE  
TO TAKE OUR SURVEY

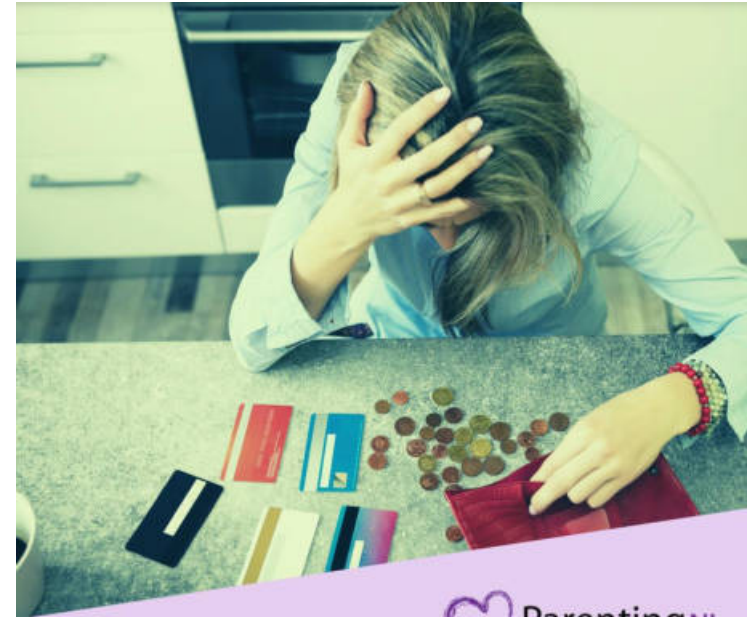
Following the successful 'Elephant in The Room' programme, NIYF have now recruited a group of young people, who want to hear your views on mental health... Especially after Covid-19!

We want to know if the findings from 'Elephant in the Room' are still important to you!!

If you wish to find out more - get in touch with [martin.kelly@niyf.org](mailto:martin.kelly@niyf.org) or [caitlin.ewing@niyf.org](mailto:caitlin.ewing@niyf.org)



[www.surveymonkey.co.uk/r/TFPZWPK](https://www.surveymonkey.co.uk/r/TFPZWPK)



 ParentingNI

PARENT MENTAL  
HEALTH, WELLBEING  
AND COST OF LIVING  
SURVEY FINDINGS

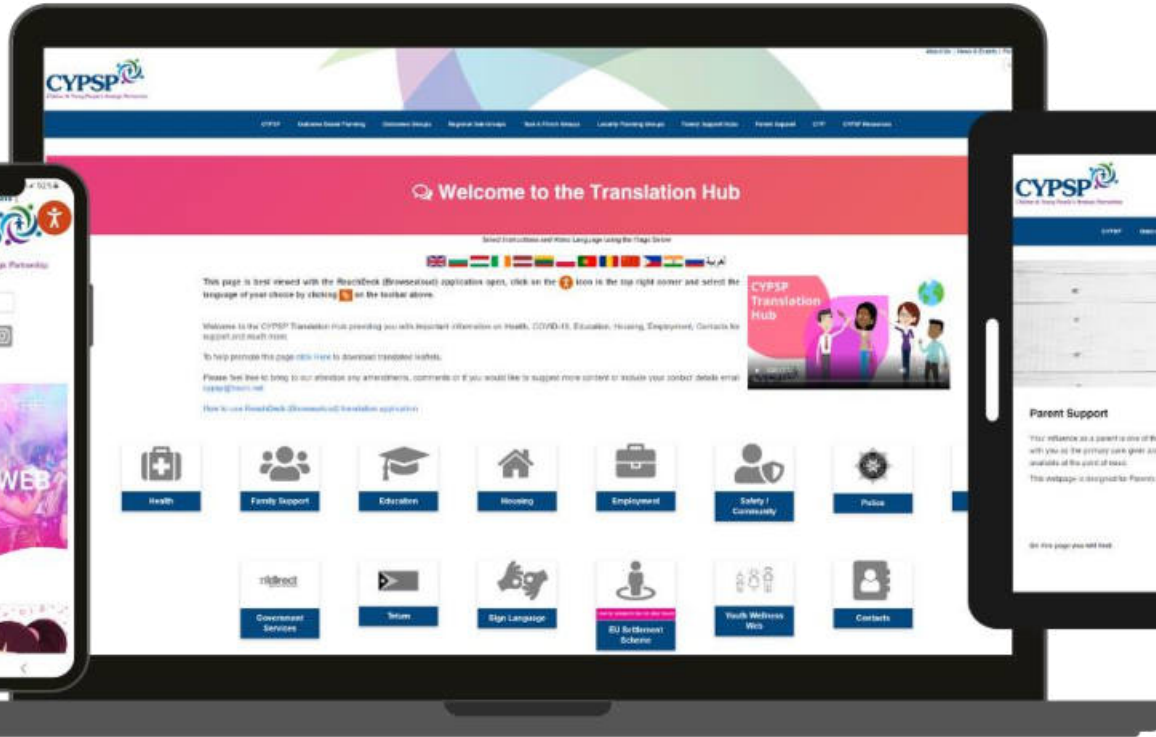
2022



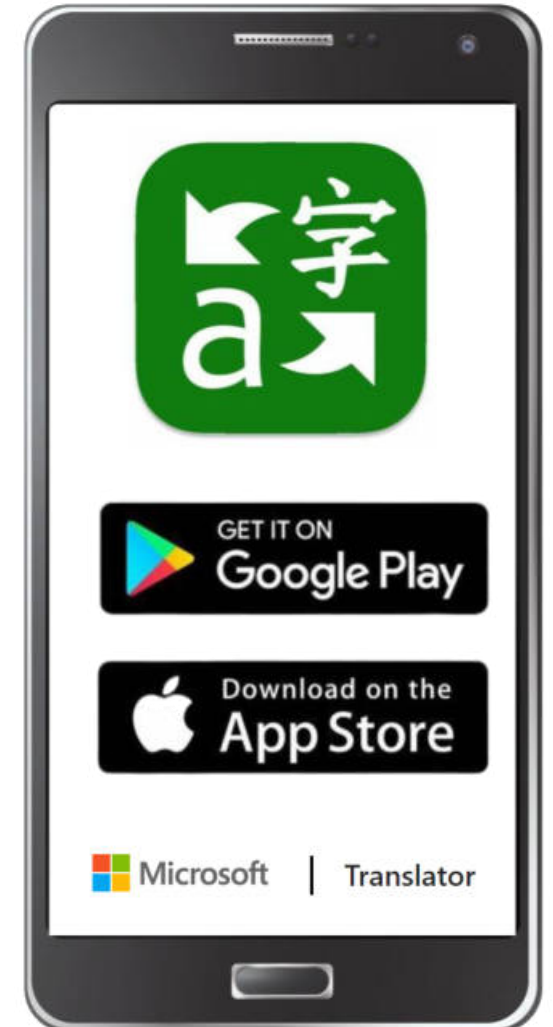
[www.parentingni.org/Cost-of-Living-Survey.pdf](https://www.parentingni.org/Cost-of-Living-Survey.pdf)

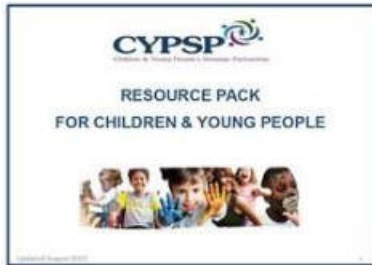
Scan the below QR codes to access the following CYPSP online resources:

**Youth Wellness Web \* Translation Hub \* Parent Support Page**



Do you support non-English speaking families?  
Are you working with communities where English is a second language?  
Why not check out the **Google Translate** and **Microsoft Translate** Apps?  
Simply click on the Google Play or App Store icons, to download the corresponding App straight onto your mobile device





The **Children & Young People's Resource Pack** has been updated to include new resources on disability, mental health, bereavement, education, plus much more

Download your copy [HERE](#)

(Note: The Resource Pack will download directly to your device, so 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

The resource pack will continue to be updated over the summer period, so keep an eye out on our website and social media platforms

([Facebook](#), [Twitter](#) and [Instagram](#))



**Play Matters**

## AUTUMN & HALLOWEEN ACTIVITIES

As the months turn colder it is important to still enjoy time playing outside - dress for the weather and embrace the play opportunities and health benefits of spending time outdoors.

**HALLOWEEN GAMES**


- Mystery box - cover and cut a small hole in the lid. Fill with creepy things such as brains (cooked spaghetti or sponge), witch fingers (carrots with almond nails), eyeballs (peeled grapes or olives), a hand (rubber glove filled with flour), an animal (fake fur), a monster's tongue (sliced banana), witch hair (wool), maggots (rice) and try and guess what's in the box.
- Tasting competition - wear a blindfold and guess the different and unusual foods.
- Pumpkin bowling - see who can collect the most seeds in a cup afterwards.
- Play pumpkin bean bag toss or crazy golf after carving your pumpkin.


**ARTS & CRAFTS**

- Paint and decorate pumpkins.
- Make 3D pumpkins, dream catcher spiderwebs or a witch's hat.
- Spooky lava lamp - fill a bottle 1/4 full of water, then almost to the top with vegetable oil. Once separated add 6 drops of food colouring and effervescent vitamin tablets bit by bit to watch the bubbles form.

**OUTDOOR FUN**

- Chalk fireworks on your driveway.
- Have a winter BBQ, make s'mores over a fire pit and enjoy a spooky mocktail - blend a cupful of skimmed milk with 5 strawberries and 5 blackberries.
- Go for a walk in the woods and collect conkers and leaves. Try leaf printing or making a conker worm or necklace. Roll your conker in paint to make a picture.
- Go on a pumpkin hunt in your garden - use mini pumpkins, mark one, and see who finds it.
- Have fun on a spooky sweet hunt or Halloween scavenger hunt around your house or garden.
- Glow in the dark bowling - fill empty bottles with cold water, pop in a glow stick and close. Start bowling once it's dark.
- Slime splat - add some water to cornflower along with a little green food colouring and stir until it forms a slime that you can make into a ball, but returns to liquid when you let go. Set up a large card outside and try to hit your target with the slime.
- Go stargazing in your garden on a clear night.





[playboard.org/what-we-do/play-matters/play-matters-resources.html](http://playboard.org/what-we-do/play-matters/play-matters-resources.html)

PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. X1861038



# Find Help NI

Find the right help at the right time

- ✓ **Directory of Support Services**
- ✓ **Wellbeing Tips & Advice**
- ✓ **Mental Health Crisis Guides**
- ✓ **Real Life Stories**
- ✓ **Signposting Phonenumber**



Scan to explore  
the website

**Bridging the gap between residents in Northern Ireland & VCSE organisations that can help support their mental health and wellbeing.**

## Get Involved!

If you would like to get involved in any way contact us for a chat! We'd love to get to know you, your team and the services you provide!

Showcase your Organisation and services by:

- Adding your organisation to the directory (its FREE for VCSE'S).
- Meeting with a Community Connector to learn more about your organisation.
- Taking part in an organisation "Spotlight Q&A".
- Share inspiring service user journeys.
- Co-creating helpful content for the "Inspire Me Blog".
- Sending us videos, images and files to add to your profile.
- Follow and interact with us on social media so that we can share your news, events and success stories: @findhelpni.
- Use the social media hashtags #findhelpni or #findhelpniyou.

 [www.findhelpni.com](http://www.findhelpni.com)

 028 9188 8448

 [info@findhelpni.com](mailto:info@findhelpni.com)



Looking to  
**SAVE MONEY?**



**Energy**



**Motoring**



**Budgeting**



**And more!**



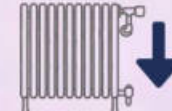
[www.consumerCouncil.org.uk/onlinetools](http://www.consumerCouncil.org.uk/onlinetools)

**Family energy saving tips**

ParentingNI



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



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

Need someone to listen without judgement?

Parent Line NI  
0808 8020 400  
#parentingweek

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

This Parenting Week

Parent Line NI  
#parentingweek

JOY

LOVE

...Parentline are in your corner  
#inyourcorner

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Webchat: ci-ni.org.uk/parentline  
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0808 8020 400



[parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)



[www.ci-ni.org.uk](http://www.ci-ni.org.uk)

Watch Parentline's brand new animation this [#parentingweek](https://parentingweek)

Reach out and get in touch on 0808 8020 400

Parentline are here for you!

[#inyourcorner](https://parentingweek)



<https://youtu.be/9mqSWgPQGNs>

This #parentingweek, Parentline NI are #inyourcorner, to talk about anything you are experiencing as a parent. There are no waiting lists, just a supportive, confidential space to help and support you.

Feeling overwhelmed as a parent or carer? #parentingweek

...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 - 8pm  
Fri 9am - 5pm  
Sat 9am - 3pm

Navigating co-parenting? #parentingweek

We're in your corner

...Parentline are in your corner

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

We're open:  
Mon- Thurs 9am - 8pm  
Fri 9am - 5pm  
Sat 9am - 3pm

Parenting a child with autism? #parentingweek

Our child's behaviour is really tricky to manage at home.

...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

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Fri 9am - 5pm  
Sat 9am - 3pm

Cost of Living worrying you as a parent? #parentingweek

...Parentline are in your corner #inyourcorner

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

We're open:  
Mon- Thurs 9am - 8pm  
Fri 9am - 5pm  
Sat 9am - 3pm

Worried about bullying or online safety? #parentingweek

...Parentline are in your corner #inyourcorner

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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 - 8pm  
Fri 9am - 5pm  
Sat 9am - 3pm

Are you a new parent, carer or grandparent? #parentingweek

...Parentline are in your corner #inyourcorner

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

We're open:  
Mon- Thurs 9am - 8pm  
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Sat 9am - 3pm



Call Parentline today on 0808 8020 400

**Services Available Through The Hub May Include...**

- Practical Support
- Drug & Alcohol Support
- Emotional Health & Wellbeing
- Signposting to Other Supports
- Advice & Guidance
- Family Support
- Education Support
- Youth Support
- Parenting Programmes
- Parenting Support
- Behaviour Support

"The hub linked me with services I didn't know existed"

"It was so simple to make a referral and I got the help I needed"

"After a friend recommended that I contact the hub, I rang and spoke to the hub co-ordinator who helped me to make a self-referral"

**There Are 3 Family Support Hubs in the Southern Trust Area**

**ARMAGH & DUNGANNON HUB**  
Pat McGeough  
Young People's Partnership Barnardos  
39A Abbey Street, Armagh  
BT61 7DY  
T: 028 37522380  
E: familysupporthub@barnardos.org.uk

**CRAIGAVON & BANBRIDGE HUB**  
Lisa Grant  
NIACRO  
26 Carleton Street, Portadown Co. Armagh  
BT62 3EP  
T: 028 38331168  
E: familysupporthub@niacro.co.uk

**NEWRY & MOURNE HUB**  
Allison Slater  
SPACE  
24 Monaghan Street, Newry  
BT35 6AA  
T: 028 30835764  
E: familysupporthub@space-ni.com

**Southern Area FAMILY SUPPORT HUB**

*Many families need a little extra help sometimes*

**Information for Families**

The 3 **Family Support Hubs** in the Southern Area continue to operate and are open for referrals  
Due to ongoing COVID-19 guidance, access to Family Support agencies for the foreseeable will be subject to individual project's ability to respond

Please make any referrals by e-mail [HERE](#)

Download the **August** edition of the **Family Support Hubs** newsletter [HERE](#)

Click on the below thumbnail to watch the **Southern Area Family Support Hub** promotional video



The screenshot shows the homepage of the Family Support NI website. At the top left is the 'familysupport NI.gov.uk' logo with the tagline 'Helping You Find the Services You Need'. To the right are navigation tabs for 'Family Support', 'Childcare', and 'Childcare Partnerships'. Below this is a search bar with a dropdown for 'Family Support Services', a dropdown for 'All Categories', a 'Keyword' input field, and a 'Search' button. A 'Show Postcode Search' link is also present. On the left side, there is a vertical menu titled 'Get Local Support' listing various services such as Adoption Fostering & Looked After Children, Bereavement, Carers, Child Protection, Counselling, Disability - Learning Disability, Autism, ADHD, Disability - Physical & Sensory, Domestic/Sexual Abuse, Drug/Alcohol Misuse, Eating Disorders, Educational Support, Employment/Training, Ethnic Minority Support, Family Support, Family Support Hub, Financial/Welfare Advice, Health and Wellbeing, Health Visiting, Housing, LGBT, Mental Health, Parenting Support, Partnership Organisation, Prison Support Services, Self Harm & Suicide, Separating Families, Sure Start, Youth Offending, and Youth Services. The main content area features a purple header for 'Family Support & Advice' with a yellow banner for COVID-19 information. Below this is a featured article titled 'Adoption & Fostering Support in Northern Ireland' with a photo of two children. A grid of service tiles follows, including 'Looking after someone', 'Support for Learning Disability, Autism and ADHD', 'Family Court Information for Northern Ireland', 'Regional Nutrition Information Sessions', 'Searching for Family Support Services', 'Free School Meals & Uniform Allowance', 'What types of Financial/Welfare Advice are available for Families?', 'Helpful Services for Parents', 'Separating Families', 'Breastfeeding Support', and 'Children & Young People Strategic Partnership (CYPSP) Translation Hub'.

Check out the **Family Support NI** website [HERE](#)

A useful up-to-date online directory making it easier for people in NI to find out about **family support services** and **ALL REGISTERED childcare providers** in NI

If you require any more information about the website or would like some leaflets / posters, call **0845 600 6483**

Watch the **promotional animation clip** outlining the functions / benefits of the website [HERE](#)

If you provide a family support service in Northern Ireland and would like **details of your organisation / service included** on the Family Support NI website, click [HERE](#) to complete a short questionnaire and return the form to [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk)

## Step 2 Drug and Alcohol Service

(Armagh, Banbridge,  
Craigavon, Dungannon,  
Newry & Mourne)

The Step2 service is for people 18+ who wish to tackle their drinking or use of drugs. It aims to ensure the right treatment at the right time. There is no charge.

It can also support family members, whether or not their relative is accessing treatment for their use of alcohol or drugs.

### How it works

We (the Step2 Partnership) discuss all referrals received.

We look at the information provided and make contact. We arrange an assessment, discuss needs and ensure that our service is suitable.

Then one of the partnership members gets in touch to give the help needed, for example, advice, support and/or therapy. Interpreting services are available.

To refer yourself, or refer someone else (with their consent):

Tel: Katrina 07591 834 468

or Christine 028 9039 2547

Email: [step2partnership@dunlewey.org](mailto:step2partnership@dunlewey.org)

Referral forms: <https://bit.ly/3KOZ3Xo>

### Members of the Partnership



The service is funded by the PHA. For hazardous or harmful alcohol use - scoring 16+ on AUDIT – and/or harmful drug use - as defined within the 'Stepped Care Model'.



[Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)





**Want help to cut down  
or stop drinking or  
using drugs?**

The Public Health Agency funds a free service for people living in Armagh, Banbridge, Craigavon, Dungannon and Newry & Mourne.

Talk to your GP, nurse, or contact 'Step 2' yourself:

Phone: 028 90 392 547

Email: [Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)

Visit <http://services.drugsandalcoholni.info/node/142>

Search for us online /nidacts

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

[/NIDACTS](#) [facebook](#) [twitter](#)

**HSC** Public Health Agency

Project supported by the PHA



**Affected by  
someone else's use  
of alcohol or drugs?**

The 'Step 2' service can give advice and support if you live in Armagh, Banbridge, Craigavon, Dungannon or Newry & Mourne. The Public Health Agency pays for this service.

Talk to your GP, nurse, or contact 'Step 2' yourself:

Phone: 028 90 392 547

Email: [Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)

Visit <http://services.drugsandalcoholni.info/node/142>

Search for us online /nidacts

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

[/NIDACTS](#) [facebook](#) [twitter](#)

**HSC** Public Health Agency

Project supported by the PHA



[Step2Partnership@Dunlewey.org](mailto:Step2Partnership@Dunlewey.org)

## DRUG AND ALCOHOL SUPPORT SERVICES

SOUTHERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: 2022  
This publication is for information only and does not constitute a contract. It is not intended to be used as a substitute for professional advice. The information contained in this publication is for general information only and does not constitute a contract. It is not intended to be used as a substitute for professional advice. The information contained in this publication is for general information only and does not constitute a contract. It is not intended to be used as a substitute for professional advice.

The publication can also be downloaded from [www.stepsandalcoholni.org](http://www.stepsandalcoholni.org)

### Services for Adults

**Drug and Alcohol Harm Reduction Service**  
Aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to connect to formal treatment including chronic drinkers & injecting drug users.  
**Open Access/Self Referrals Accepted**  
**Extern** (Southern Trust Drug & Alcohol Harm Reduction Service)  
☐ Lauren 07710113825  
☐ Pauline 07484014288  
☐ Glynis 07483146160

**DePauli NI** (Harm Reduction Roving Support Service for Chronic Alcohol and Drug Users)  
☐ Tel: 028 8772 5060

**Aftercare Addiction Service**  
One-to-one counselling & 12-week in-home treatment programmes, relapse prevention and family support.  
**Open Access/Self Referrals Accepted**  
**Davina's Ark**  
☐ Tel: 028 3027 9407

**Adult Step 2 Service**  
One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.  
**Open Access/Self Referrals Accepted**  
**Ascet, Dunleavy, Extern, Inspire**  
☐ Tel: 07591 834 468  
☐ Tel: Christine 028 9039 2547  
☐ Step2Partnership@dunleavy.org

**Statutory Addiction Service**  
Provided by a range of specialist teams within community and hospital settings.  
**GP/Health Professional Referrals**  
**SHSCT**  
☐ Tel: 028 3756 4513  
Residential treatment is accessible through the statutory addiction service.

### Young People/Family

**Newry Youth Engagement Service (YES)**  
A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.  
**Open Access**  
**Magnet Centre**  
☐ Tel: 028 3026 9070

**Banbridge Youth Engagement Service (YES)**  
A youth friendly, holistic health and well-being service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.  
**Open Access**  
**FutureProof**  
☐ Tel: 028 4062 4511  
☐ [info@futureproofni.org](mailto:info@futureproofni.org)

**Targeted Lifeskills Service**  
One-to-one programmes for young people, aged 11-25, focused on health and harm reduction.  
**Targeted at At-Risk/Vulnerable Groups**  
**Start 360**  
☐ Tel: 028 3852 2754

**Steps to Cope/ Hidden Harm**  
For young people aged 11-25 who have been impacted by parental substance use and mental health problems.  
**Open Access/Self Referrals Accepted**  
**ASCERT**  
☐ Tel: 0800 2548123  
☐ [www.steps2cope.co.uk](http://www.steps2cope.co.uk)  
☐ [stc@ascert.biz](mailto:stc@ascert.biz)

**DA-FACTS Youth Treatment & Support Service**  
For children and young people aged 11 - 25. Family members can also get advice and support - regardless of whether their significant other is seeking help.  
**Open Access/Self Referrals Accepted**  
**Dunleavy Addiction Services**  
☐ 078 0541 3049

**Pharos**  
Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.  
**Social Services/Addiction Services Referrals**  
**Barnardos**  
☐ Tel: 028 4062 3872  
☐ [www.barnardos.org.uk](http://www.barnardos.org.uk)  
**What's-We-Do/SERVICES/Pharos-southern-board**

**DAMHS (Drug and Alcohol Mental Health Service)**  
Range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.  
**GP/CAMHS Referrals**  
**SHSCT**  
☐ Tel: 028 3839 2112

### Specific Groups

**Needle & Syringe Exchange Sites**  
**Northern Pharmacies**  
☐ Southlow Health Centre, Craigavon  
☐ Tel: 028 3834 1462

**Boots**  
☐ Scoton Street, Hrmagh  
☐ Tel: 028 3752 3199/9910

**McKeagney Chemists**  
☐ 5 John Mitchell Place, Newry  
☐ Tel: 028 3026 2606

**Group Support**  
Call or go online to find a meeting near you

**Alcoholics Anonymous**  
12 Step Programme/Group Meetings  
☐ Tel: 028 9035 1222  
☐ [www.alcoholicsanonymous.ie](http://www.alcoholicsanonymous.ie)

**AIAnon**  
Group Support for Family Members  
☐ Tel: 028 9068 2368  
☐ [www.ai-anon.uk.org.uk](http://www.ai-anon.uk.org.uk)

**Alateen**  
Group Support for Teenagers  
☐ Tel: 028 9068 2368  
☐ [www.ai-anon.org.uk/alateen](http://www.ai-anon.org.uk/alateen)

**Narcotics Anonymous**  
12 Step Programme/Group Meetings  
☐ Tel: 0300 365 1010  
☐ [www.na-northernireland.org](http://www.na-northernireland.org)

**Community/Stakeholder Support**  
**Southern Drug and Alcohol Coordination Team/Connections Service (SDACT Connections)**  
The SDACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.  
☐ Tel: 028 3832 2714 (Start: 360)  
☐ [www.drugandalcoholni.info](http://www.drugandalcoholni.info)  
☐ [connections@sdact.info](mailto:connections@sdact.info)

**Workforce Development Training Programmes**  
A range of drug and alcohol training courses for those working with adults, children and young people.  
**ASCERT**  
☐ Tel: 0800 254 5123

For more detailed information on services available in your HSC area visit: [www.drugsandalcoholni.org](http://www.drugsandalcoholni.org)

**drugsand alcoholni**  
Working with you and your community

There are two **Youth Engagement Services** available in the Southern Trust area for children and young people aged 11-25 years

The service is embedded in local communities and is complementary to, and valued by a wide range of services that provide interventions to support the health and well-being of children and young people

The service represents a physical hub where young people have opportunities to socialise in an alcohol and drug-free environment availing of information, advice and support on a range of issues including:

*Mental health and Emotional wellbeing Issues: Depression, Low Self-Esteem, Self-harm, Family Problems, Educational (School) Problems*

*Wider Personal and Health Issues: Drugs and Alcohol (including tobacco), Relationships, Sexual Health, Healthy Eating*

*Social Welfare Issues: Benefits, Housing, Debts, Employment*

*Practical Issues: Further Education, Careers, Money Management, Independent Living Skills*

The service also acts as a supportive signposting and referral agency for children and young people with additional support needs

The Youth Engagement Service Providers in the Southern Area are, as follows:

**Futureproof** (Armagh, Banbridge, Craigavon)

Contact: [craigreact@aol.com](mailto:craigreact@aol.com) or [lucinda@futureproofni.org](mailto:lucinda@futureproofni.org)


**Magnet YAC** (Newry) [HERE](#)

Contact: [magnetyac@live.co.uk](mailto:magnetyac@live.co.uk)

**In Crisis? Call Lifeline**  
FREE 24/7 HELPLINE  
0808 808 8000

**HSC Public Health Agency**

## Do I need to keep my child off school?



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

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

Do you have a child who's unwell and are wondering if they should be in nursery or school?

Check out this handy guide, from the **Public health Agency**, to find out when they should stay off, and when they can go back if they are well enough to do so

Symptoms and severity of illness will vary from person to person

If your child is unwell and you have concerns about their symptoms you should speak to your GP

**Fever and rash advice sheet**



Advice for parents and carers of children



If your child has any of the following features you need urgent help.

**Go to the nearest Hospital Emergency Department or phone 999**

- Becomes pale, mottled and feels abnormally cold
- Going blue around the lips or too breathless to talk / eat or drink
- Becomes extremely agitated, confused or very lethargic
- Develops a rash that does not disappear with pressure
- Is under 3 months of age with a temperature of 38°C or above (unless fever in the 48 hours following vaccinations and no other red or amber features)



If your child has any of the following features you need to contact your GP, Phone First or Urgent Care Out of Hours

- Develops a painful rash
- Develops a blistering rash
- Develops a rash affecting more than 90% of their body
- Has had chickenpox in the past few days and is now getting more unwell with a high fever and spreading red rash
- Develops red lips or a red tongue
- Develops significant skin peeling
- Continues to have a fever of 38.0°C or above for more than 5 days



- If none of the above features is present, most children with fever and rash can be safely managed at home.
- See tips in next box



**DO**

- Give them plenty of fluids
- Look out for signs of dehydration
- Give them food if they want it
- Check on your child regularly during the night
- Keep them at home
- Give them paracetamol if they're distressed or unwell



**You can contact your health visitor for advice anytime Monday - Friday 9am - 5pm**

For more information scan the QR code for direct link to our website.

Adapted from <https://what0-18.nhs.uk/>

In children rashes are very common, most rashes require no medical input and simply get better by themselves without any treatment  
Check out this guide for parents, from the **Public Health Agency**, on how to help your child if they have a fever or rash

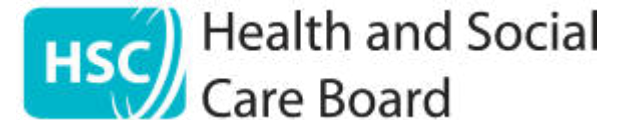
For more information, visit [HERE](#)

**CORONAVIRUS (COVID-19)**



LET'S KEEP  
MAKING  
SAFER  
CHOICES

**CLICK ON THE FOLLOWING ORGANISATIONS, FOR ONGOING  
CORONAVIRUS INFORMATION, ADVICE & UPDATES:**



# Community Wellbeing Event

Craigavon Civic Centre, Craigavon  
Tuesday 25th October 2022  
6.00pm – 8.30pm

- Health Checks
- Mocktail Bar
- Advice and Guidance on Alcohol and Drugs
- Improving Your Mental Health

Spot Prizes, Goodie Bags and Light Refreshments

Supported by Armagh, Banbridge & Craigavon Policing & Community Safety Partnership (PCSP) and Southern Drugs & Alcohol Co-Ordination Team (SDACT Connection Service)

**PSP** Policing & Community Safety Partnership  
Making Armagh, Banbridge & Craigavon Safer

**drugs and alcohol**  
Working with the police to help you stay safe

To register your attendance - RSVP by 17th October 2022 to  
aisling.gillespie@armaghbanbridgecraigavon.gov.uk

## The Community Shop - Eat Well for Less

Full range of top quality fresh fruit, vegetables & groceries

*"A not for profit initiative"*

### For that extra bit of help

Many varieties of prepack ready to use vegetables all at 20p or 6 for £1.00 Large and smaller potatoes 20p per kg  
Available on Thursday evening to Saturday surplus food from Tesco: Fruit, vegetables, meats, breads, pies etc. Some of this will be frozen .  
All 20p per pack regardless of size or original value

**Help us bring cheaper food to those who could do with a little help. Call with us and see the wide variety of food and household goods we have on offer - all at very reasonable prices**

**If you know of anyone who could do with some help with food and they cannot get out to us why not call on their behalf? Even £1 would get them a lot of healthy food.  
We have lots of Tesco ready to cook frozen meals at 20p. ( Not available for distribution by other groups or organisations )**

**Open: Wednesday 5.00 pm to 7.00pm Thursday & Fridays 4.00 pm to 7.00 pm, Saturday 10.00 am to 1.00pm  
(note change of opening times)**

*Our Community shop is open to all. Avail of the best quality fruit , vegetables and general groceries at great value prices. You will be made very welcome*



### Richmount Rural Community Association

2 Derrylettiff Road , Scotch Street, Portadown , Co Armagh. BT62 41QU Tel: 07934186635

Email : joegar@hotmail.co.uk www.richmountruralcommunityassoc.chessck.co.uk

*Working together for all in our community*



[joegar@hotmail.co.uk](mailto:joegar@hotmail.co.uk)

# TAKE500+

YOUR COMMUNITY, YOUR VOICE, YOUR CHOICE!

WOULD YOU LIKE UP TO  
£1000 TO BRING A PROJECT  
TO LIFE IN YOUR COMMUNITY?

THEN CHECK OUT THE TAKE500+  
PARTICIPATORY BUDGETING FUND!

For more information log onto  
[www.armaghbanbridgecraigavon.gov.uk/Take500plus](http://www.armaghbanbridgecraigavon.gov.uk/Take500plus)  
or call 0300 0300 900

*\*Projects must be based on the Take 5 steps to wellbeing*





**RECRUITING NOW**

## VOLUNTEERS NEEDED

Are you a Grandparent, Mum, Dad or Carer?  
We need people with your parenting experience to volunteer at your local Home-Start.

- Make a difference to the lives of parents and children in your area
- Enhance your well-being & make new friends
- Access free, high quality training

**Find out more:**  
Call Deborah 028 38 345357  
Message (20+) Home-Start Craigavon | Facebook  
[www.home-start.org.uk](http://www.home-start.org.uk)




## Make their early years count

Being a parent is hard for everyone; for some it can be overwhelming. Some of us have a fantastic support network of family and friends to help, some of us don't.

With your knowledge and experience as a mum or dad, grandparent or carer, you could be the vital support a family needs and make a big difference to their lives.

**If you could give as little as two hours a week to support a parent and their children, then please get in touch.**

[home-start.org.uk/volunteertoday](http://home-start.org.uk/volunteertoday)






@homestartcraigavon @homestartcraigavon @homestartcraigavon

We're there for parents when they need us most.  
Join us and:

- GAIN ACCESS TO FREE, HIGH QUALITY TRAINING
- LEARN NEW SKILLS
- ENHANCE YOUR WELLBEING
- MAKE NEW FRIENDS & CONNECT WITH YOUR COMMUNITY
- CHANGE THE LIVES OF THE FAMILIES YOU SUPPORT

Home-Start Craigavon A charitable company limited by guarantee.  
Charity no. N Ireland XR21531 Company no. 5382181.NIC105847  
Registered office: Mount Zion House, Edward St, Lurgan, Craigavon, BT66 6DB



[homestart.craigavon@btopenworld.com](mailto:homestart.craigavon@btopenworld.com)



**CHILDREN & YOUNG PEOPLE**

## Physical Activity Programmes

For Newry City Neighbourhood Renewal Areas  
-Starting October 2022

**FREE**

MONDAYS	TUESDAY	WEDNESDAY	THURSDAY	MID TERM HALLOWEEN
BARCROFT COMMUNITY CENTRE	BARCROFT COMMUNITY CENTRE	THREWAYS COMMUNITY CENTRE	DERRYBEG COMMUNITY CENTRE	WHITEGATES & CARNAGAT COMMUNITY HOUSE
<b>Soccer Coaching</b>	<b>Fun Dance Fitness</b>	<b>Fun Martial Arts</b>	<b>Fun Dance Fitness</b>	<b>Halloween Thriller Dance</b>
<i>For boys aged 10 – 14</i>	<i>For Girls aged 6 – 13</i>	<i>For Boys aged 9 – 11</i>	Boys & Girls aged 9 - 11	For Boys & Girls aged 7 - 14
4 week Programme from 17 <sup>th</sup> Oct – 14 <sup>th</sup> Nov 2022	4 week Programme from 4 <sup>th</sup> – 25 <sup>th</sup> Oct 2022	4 week Programme from 5 <sup>th</sup> – 26 <sup>th</sup> Oct 2022	4 week Programme from 29 <sup>th</sup> Sept – 20 <sup>th</sup> Oct 2022	Halloween Mid Term Break Oct / Nov 2022
7:15pm – 8:15pm	6:30pm – 7:30pm	6:45pm – 7:45pm	7pm – 8pm	For further info Contact: <b>Carnagat Community Association</b>
For further info Contact: <b>Barcroft Community Association</b>	For further info Contact: <b>Barcroft Community Association</b>	For further info Contact: <b>ThreeWays Community Association</b>	For further info Contact: <b>Derrybeg Community Association</b>	For further info Contact: <b>Meadow Armagh Road Community Association</b>

**LIMITED PLACES AVAILABLE**

[Barcroft Community Association](#)  
[Three Ways Community Association](#)  
[Derrybeg Community Association](#)  
[Carnagat Community Association](#)  
[Meadow & Armagh Road Community Association](#)

**EXPERIENCE  
LEARN  
ACHIEVE**

BEYOND BORDERS  
ALL ISLAND COMMUNITY  
SAFETY CONFERENCE 2022



**EXPERIENCE, LEARN, ACHIEVE**

Beyond Borders All Island Community Safety Conference 2022

**When:** Thursday 17<sup>th</sup> November 2022 – 9:00am – 4:30pm

**Where:** [Carrickdale Hotel & Spa, Dundalk](#)



<https://community-safety-conference/2022>

**innovation recovery**  
education for mental wellbeing

**Getting a Good Night's Sleep**

**WHERE:**  
Bessbrook Community Centre

**WHEN:**  
Tuesday 25<sup>th</sup> October 2022

**TIME:**  
10:00am – 12:00pm

FREE COURSE

Interested in our course?  
Get in touch and register today:

Tel: 02830257012    Email: [Recoverycollege.east@southerntrust.hscni.net](mailto:Recoverycollege.east@southerntrust.hscni.net)

@InnovationRecov



[Recoverycollege.east@southerntrust.hscni.net](mailto:Recoverycollege.east@southerntrust.hscni.net)

**SUSE**

# KEEP CALM & PREPARE FOR CHRISTMAS

**FREE COURSES**

- ✓ Budgeting Tips
- ✓ Online Safety, Scam & Gadget Awareness
- ✓ Destress & Relaxation Sessions
- ✓ First Aid & Paediatric First Aid Courses

**Starts Oct 2022**

**MORE INFO:  
BRONAGH O'BRIEN  
078 3112 2687**

ELIGIBILITY APPLIES-  
UNEMPLOYED/WORKING PART  
TIME. 16-65YRS.  
LIVING IN THE MID ULSTER AREA

This Programme is part financed by the European Social Fund and the Department for the Economy

078 3112 2687

**step**

# 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**

[www.facebook.com/STEPSMidUlster](https://www.facebook.com/STEPSMidUlster)





**Emergency First Aid,  
Paediatric First Aid  
&  
Manual Handling  
Training**

**When:**  
Emergency First Aid at Work  
Tuesday 18th of October  
10am - 4pm

Paediatric First Aid  
Wednesday 19th of October  
10am - 1pm  
&  
Manual Handling  
1.30pm - 4pm

**Where:**  
South West College,  
Dungannon Campus

FOR MORE INFORMATION & SUPPORT APPLYING CONTACT  
Bronagh:  
078 3112 2687  
Alison:  
077 1809 7520  
Fionnola:  
078 3112 2698



 078 3112 2687




**FREE**  
**WELDING**  
LEVEL 1 MIG QUALIFICATION  
Fast Track Course

**ARE YOU UNEMPLOYED OR WORKING LESS THAN 16 HRS PER WEEK? THEN THIS MAY BE THE OPPORTUNITY FOR YOU!**

- ✓ When: Monday 24th - Friday 28th October 2022
- ✓ Time: 9am-5pm
- ✓ Where: Kilcronagh Business Park, Cookstown
- ✓ Travel expenses reimbursed \*conditions apply\*
- ✓ Jobs Available Upon Completion
- ✓ Act now to secure your place!



Call Bronagh  
078-3112-2687

[bronagh.obrien@swc.ac.uk](mailto:bronagh.obrien@swc.ac.uk)



 078 3112 2687

## SUBMISSION

- ✓ Submit the information in the format you would like it to be included. We can't transform a word-heavy document into a flyer.
- ✓ Less words, bigger pictures!
- ✓ We do not advertise or endorse those events or programmes which are privately funded as a business.
- ✓ Information will usually be included for x1 edition, unless otherwise requested.



## GUIDELINES

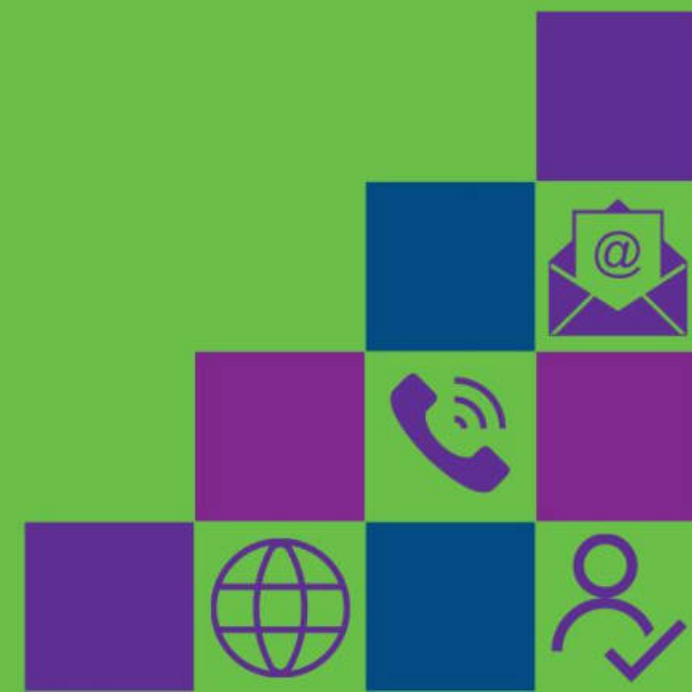
- ✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (We are not perfect, but strive to be as good as we can.)
- ✓ Please let us know if 'FYI' has helped your service, event or activity in any way.



Click on the below issue nos. to view recent editions of 'FYI':

[Issue 90](#)  
6<sup>th</sup> October 2022

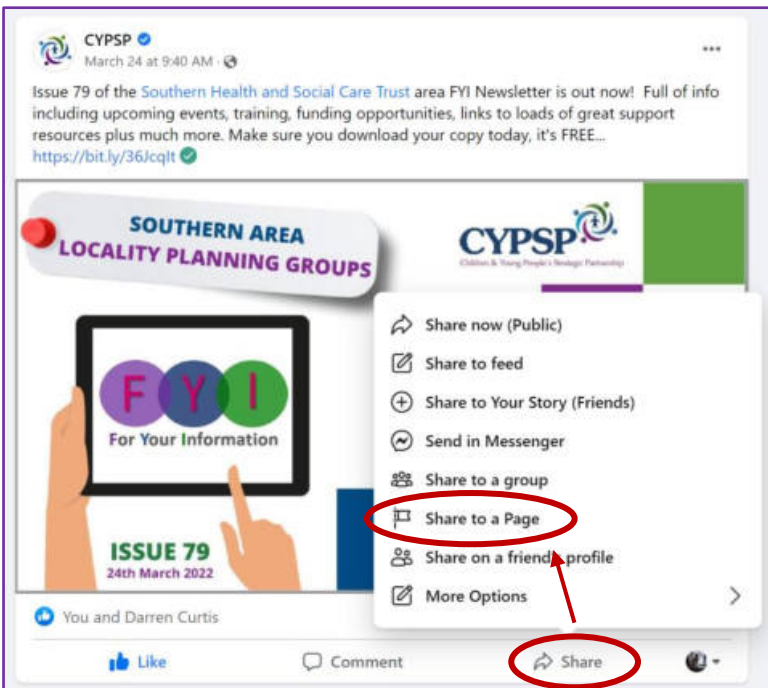
[Issue 89](#)  
22<sup>nd</sup> September 2022





Please note, content will be displayed differently depending on the device being used

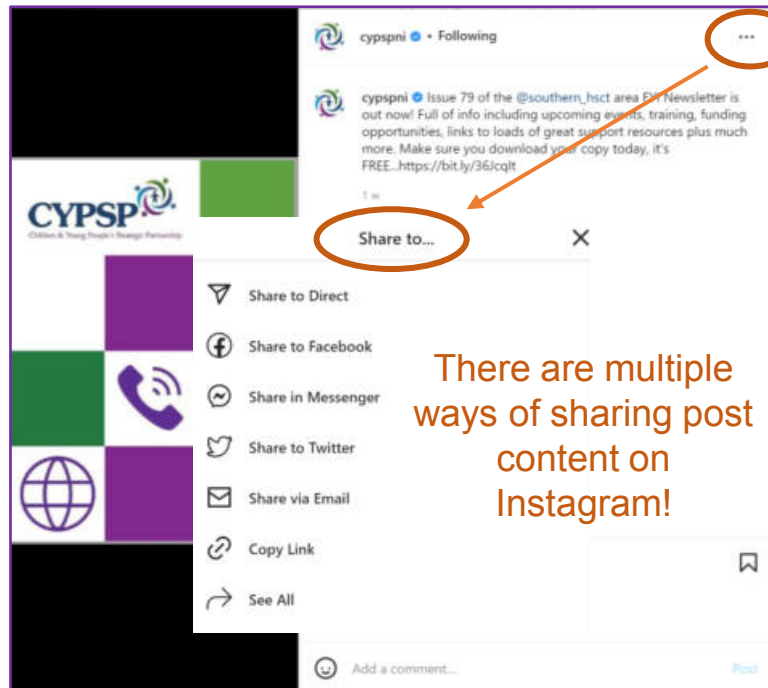
# SHARING 'FYI' – SOCIAL MEDIA "HOW TO"



If sharing to your organisation's page, use 'Share to a Page'  
 (You need to have Admin permissions to do this)  
 Otherwise, you can share to your own personal page, as well as into Facebook Groups which you are a member of



If logged in on your organisation's Twitter account, you can retweet to their page



There are multiple ways of sharing post content on Instagram!

- Send via Direct Message
- Bookmark
- Copy link to Tweet
- Share Tweet via ...

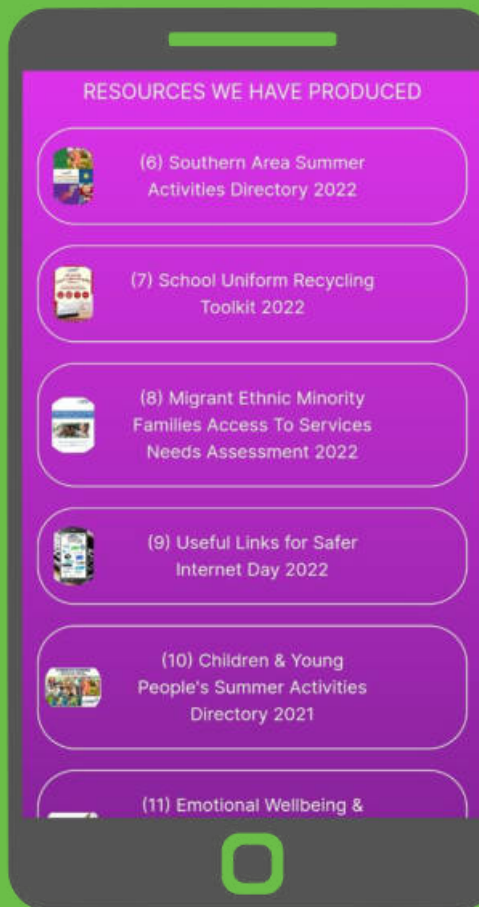
Alternatively, you can copy the link to include in a new tweet and you can also send the Tweet link via Direct Message to chosen contacts

## UPCOMING 2022 LPG MEETINGS

Craigavon	Tues. 8 <sup>th</sup> Nov.
Armagh	Thur. 10 <sup>th</sup> Nov.
Banbridge	Wed. 16 <sup>th</sup> Nov.
South Armagh	Tues. 22 <sup>nd</sup> Nov.
Newry & Mourne	Wed. 30 <sup>th</sup> Nov.
Dungannon	Tues. 6 <sup>th</sup> Dec.

Meetings are usually scheduled to begin at 10am  
(unless otherwise notified)

All upcoming meetings taking place in-person



SCAN QR CODE  
FOR INSTANT  
ACCESS TO OUR  
INFO. HUB



For further information on Locality Planning or 'FYI', contact:  
Joanne Patterson ([localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)) or Darren Curtis (07725232566)

CYPSP, 2<sup>nd</sup> Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR







For Your Information

# NEXT ISSUE

**10th November  
2022**

**Submission  
Deadline:**

**8th November  
2022**



[localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk)