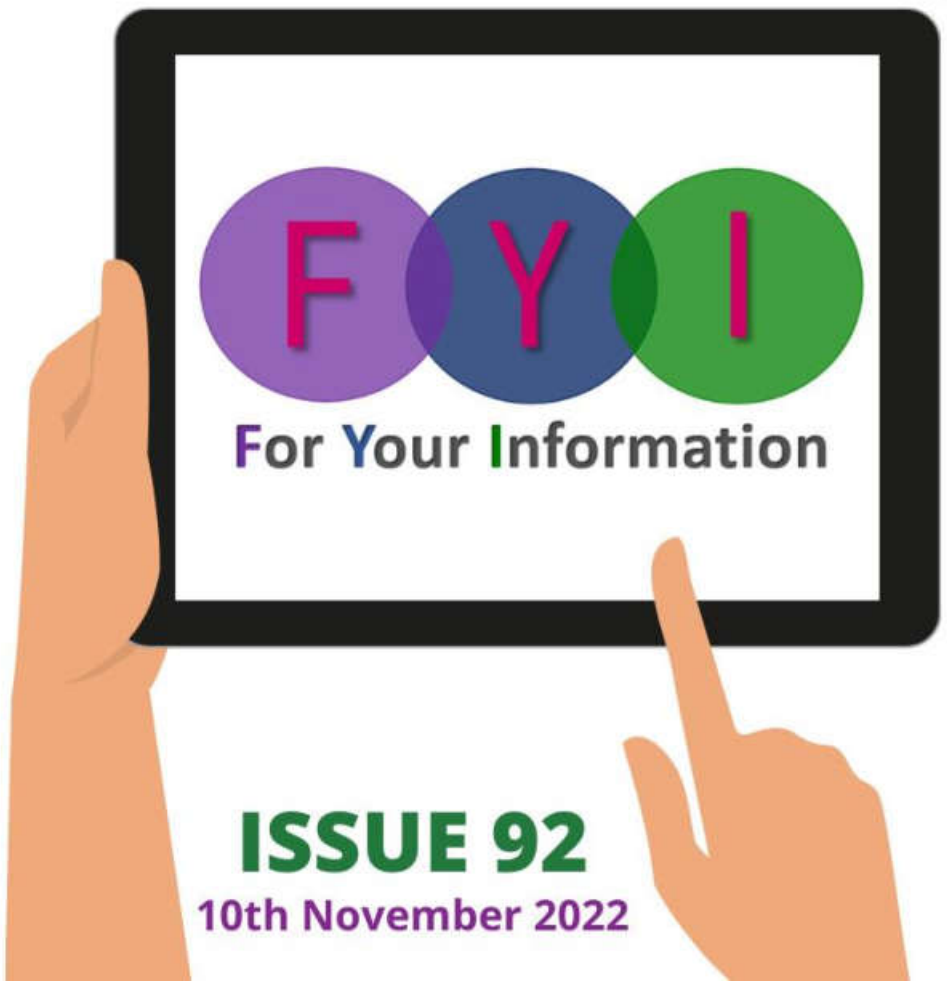


**SOUTHERN AREA
LOCALITY PLANNING GROUPS**



ISSUE 92
10th November 2022



WELCOME

Welcome to the 92nd edition of our information bulletin, 'FYI' (For Your Information)

In the run-up to Christmas, we are learning more about the challenges faced by families and services through the Cost of Living Crisis. We continue to encourage those organisations and services who provide support for families to add their details to the CYPSP resource on [page 3](#) and also to use this to help signpost families to much needed support.

The need for effective partnership working and communication has never been greater, so we extend an invite to all our readership, either working or volunteering with children, young people or families, to attend one of our Locality Planning Group meetings where we exchange information, contacts and signposting opportunities, as well as providing mutual support with a cup of tea in an informal arena. Dates of these meetings can be found on [page 49](#).

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

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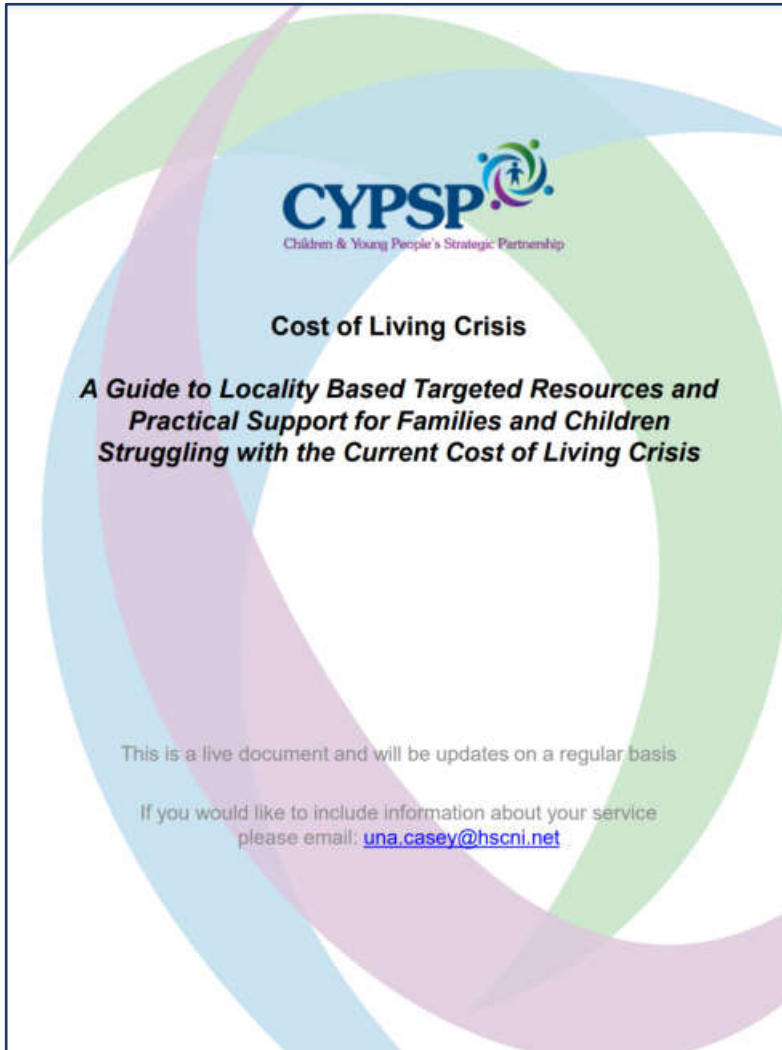
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[Important LPG Member Information](#)

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[Next Issue Key Dates](#)





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


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

🔍 Translation Hub

Translations – Cost of Living Crisis




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 to add new information

Talk Learn Do Training for professionals who work with parents

Did you know that nearly a third of parents say they never or rarely discuss where money comes from with their children?

79% of children would turn to their parents for money advice. This shows the importance of financial education at home

The Money and Pensions Service hugely successful programme, [Talk Learn Do: Parents Kids and Money](#) demonstrates that supporting parents to develop the confidence and skills to talk to and teach their children about money can positively impact on the financial wellbeing of both parents and children. Since 2016, we have worked with over 1,500 professionals across the UK to deliver TLD to parents and carers they support. We are now looking to upskill more professionals so they can deliver Talk Learn Do to parents they work with.

What is Talk Learn Do (TLD)?

TLD is a facilitator led group session that encourages parents of 3–11-year-olds to talk to their children about money and create opportunities for their children to experience managing it. The programme provides parents with tools, ideas, and fun activities to help include money in everyday conversations and activities.

With the increase in personal finance related news and ongoing cost of living pressures, there continues to be a demand for financial wellbeing work with parents and training for professionals who support them.

We are working with Campaign for Learning and Quaker Social Action to expand our training programme for professionals who support parents across the UK. The training is free and open to organisations across the UK. Each organisation will initially be allocated one training space on a first come first served basis. Further spaces to be allocated if available.

Timing

- Weds 16th November
- Wednesday 23rd November
- Wednesday 7th December PM
- Thursday 12th Jan
- Tuesday 17th January
- Wednesday 8th February

The workshop sessions are expected to run for three to four hours with breaks in-between.

Location

Training will take place virtual

Requirements

Participants will be expected to take part in an optional short survey before and after the training. This will help MaPS to understand the effectiveness of the training.

For further information and to indicate interest, please send an email to cyp@maps.org.uk

Children in Northern Ireland

**Thurs 8th Dec
9:30 - 12:30**

Risk Assessment & Risk Management

This workshop will give participants the knowledge to understand the purpose and function of risk assessment & management processes vital for effective safeguarding.

This Zoom workshop will:

- Improve practice by raising awareness of the complexities of RA & RM
- Generate understanding of the importance of communication, collaboration and recording and reporting in RA & RM.
- Introduce some risk assessment methods and frameworks.
 - Explore the challenges to effective RA & RM.

Training is only available to those who work / volunteer for a voluntary, charitable, faith or community based organisation.



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



cyp@maps.org.uk



www.eventbrite.co.uk/e/440853503697



Promoting Wellbeing
Training
Autumn/Winter 2022-23

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

MAKING LIFE BETTER

Building Skills
For Improving Health and Wellbeing

XUMatter
Learning - Skills & Wellbeing

Courses
Autumn/Winter 2022-23

FAMILIES AND COMMUNITIES
Page: 5

- Autism awareness
- Evidence based parenting programmes
- RoSPA Child safety training
- NEW** BISP Training – Paediatric first aid

FOOD AND NUTRITION
Page: 11

- FREE** Nutritional information sessions/webinars for all
- Making the most of your slow cooker TUTOR training

MENTAL HEALTH
Page: 14

- ASIST
- NEW** B Positive
- BodyTALK
- GIMME 5
- NEW** Little Healthy Me
- NEW** Café conversations
- Mental health first aid (MHFA)
- NEW** MINDSET
- Provoking thought
- SafeTALK
- Stress Control
- NEW** Shoulder to Shoulder
- STORM skills training in risk management
- Suicide bereavement
- SBNI Trauma informed practice
- Solihull understanding trauma

PHYSICAL ACTIVITY
Page: 33

- Walk Leader
- NEW** Drum based exercise

SAFEGUARDING
Page: 37

- Adult Safeguarding awareness
- NEW** Loneliness awareness
- Safeguarding Children
 - Full course
 - Designated person course
 - Refresher course
 - Basic awareness course

Courses
Autumn/Winter 2022-23

SEXUAL HEALTH
Page: 43

- Sexual health awareness update

SUPPORTING HEALTH & WELLBEING
Page: 48

- Brief Intervention training – Smoking services
- Stop smoking – very brief advice

USER INVOLVEMENT, CO-PRODUCTION & COMMUNITY DEVELOPMENT
Page: 52

- Community Development awareness
- Step 1.** PPI and User involvement awareness
- Step 2.** Engage and Involve training
- SCOPE training

WORKPLACE HEALTH
Page: 58



Introduction to Ukrainian Language & Culture



Our free OpenLearn course will teach you the key elements of Ukrainian language and culture, to help you best support displaced people in the UK.



www.open.edu/ukrainian-language-and-culture



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

Did you know that:

55,000 11-16-year-olds are problem gamblers ([Gambling Commission, 2019](#))
12 studies have shown a link between purchasing loot boxes in video games and problem gambling ([Universities of Plymouth and Wolverhampton, 2021](#))

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

Workshop content includes:

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

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


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

Book a workshop [HERE](#), or contact us directly to organise a bespoke a training session or to find our more information

at Helen@youthworkalliance.com or YGAM at training@ygam.org



Helen@youthworkalliance.com

 **Clanrye Group**
Here To Support You

CARERS RIGHTS EVENT

THURSDAY 24TH NOVEMBER
10AM - 1PM | ARMAGH CITY HOTEL


If you are an unpaid Carer and not sure what your rights are then this is an event for you!

A range of agencies will be there to give you the latest guidance and help you understand your rights. Alongside, 2 guest speakers Beagley & Co Solicitors and Community Advice.


Arrival Tea & Coffee: 10AM - 10.30AM
Lunch provided: 12.30PM - 1PM

LOCAL SUPPORT GROUP & SERVICES WILL BE THERE TOO

CHECK OUT OUR FACEBOOK EVENT PAGE - CLANRYE GROUP



For more information please contact Maeve Murphy on 028 3089 8119 / 07485325930 or email maeve.murphy@clanryegroup.com

 Southern Health and Social Care Trust



maeve.murphy@clanryegroup.com

 **ACTION TRAUMA NETWORK**

'Permission to Pause' Self Care Networking Event

Tuesday 29th November 2022
Crowne Plaza Hotel, Belfast




Event Details

Date: 29th November 2022
Time: 9.30am - 11.30am
Venue: Crowne Plaza, 117 Milltown Road, Belfast, BT8 7XP
Parking: Complimentary
Refreshments: Tea/Coffee and morning pastries
Cost: Free to Members £15 to Non-Members

Register now: Scan the QR Code or visit actiontrauma.com/events



*Please inform us of any dietary requirements



www.actiontrauma.com/events

The poster features a festive theme with a banner at the top that reads "Save the Date" in white text on an orange background. Below this, a blue banner says "NORTHERN IRELAND DOES". The central illustration shows five children in Santa hats and blue jumpers participating in a "Santa Run" on a green field. One child is in a wheelchair. A Christmas tree with presents is on the right, and a rainbow and sun are in the background. Text on the poster includes: "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!"; and "The Daily Mile Network Northern Ireland" at the bottom.



www.eventbrite.co.uk/daily-mile-santa-run-2022



Public Health Dietitian's Group
HSC Public Health Agency
HSC Health and Social Care
Project supported by the PHA

How to Save Money on Your Food Shop

Top tips for meal planning, cooking & savvy shopping.

Tuesday 22 November
10am

<https://tinyurl.com/Money-saving-nov>

 <https://tinyurl.com/Money-saving-nov>



Money Guiders Northern Ireland Network

A Budget isn't just for Christmas!

Hosted by the
Consumer Council
NI on the 1st of
December @ 11am

Money Guiders
Take your help further

Reed in Partnership

Money & Pensions Service

 www.eventbrite.co.uk/e/a-budget-isnt-just-for-christmas



Free Relationships & Sexuality Education For Young People

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

- 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.

12-14 years old; contact hello@commonyouth.com

15-16 years old; contact info@relateni.org

17-19 years old; contact nigel@acet-ni.com



[12-14 Year Olds](#)

[15-16 Year Olds](#)

[17-19 Year Old](#)

ParentingNI

COPING WITH CHRISTMAS

This FREE online session aims to help parents deal with Christmas. It will explore parents' concerns and expectations around Christmas and equip parents with the skills to manage stress and family conflict

PARENT WORKSHOP
WEDNESDAY 23RD NOVEMBER
10-11AM
ONLINE VIA ZOOM

To Register call the Support Line: 0808 8010 722

parentingni.org

0808 8010 722

Teen Programmes

Programme: Odyssey Parenting Your Teen
Attendees: Parents and Carers
Start date: 3 October 2022
Duration: 8 Weeks
Time: 7pm - 9pm
Location: Online
Add Inf: Priority given to families in the Craigavon & Banbridge Areas
Facilitators: Parenting NI
Enquiries/Referrals: 080 880 10722 (Freephone)

Programme: Odyssey Parenting Your Teen
Start date: 26 January 2023
Duration: 8 Weeks
Time: 7pm - 9pm
Location: Online
Add Inf: Priority given to families in the Newry/Mourne Area
Facilitators: Parenting NI
Enquiries/Referrals: 080 880 10722 (Freephone)

Programme: Parents Plus
Special Needs programme
Start date: 4 October 2022
Duration: 7 weeks
Time: 7pm—9pm
Location: Online
Add Inf: 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

Enquires/Referrals: Parenting Partnership
 07880474747
parenting.partnership@southerntrust.hscni.net

Additional Contacts / Information

Lorraine O'Neill
 Parenting Partnership Manager
 Southern Health & Social Care Trust
 t: 07880 474747
 e: Lorraine.oneill@southerntrust.hscni.net

Martina McCooley
 Child Development Interventions Co-ordinator
 Southern Health & Social Care Trust
 Promoting Wellbeing Division
 t: 028 37 564462 / 07795 450278
 e: martina.mccooley@southerntrust.hscni.net

For further information on these and other programmes please visit our webpage:

www.cypsp.hscni.net/ebpp/



Evidence Based PARENTING SUPPORT PROGRAMME DELIVERY

Giving every child the best start / opportunity in life.



2022/ 2023 Southern Trust



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: mellow.parenting@southerntrust.hscni.net 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: mellow.parenting@southerntrust.hscni.net 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	info@homestartnewry.com 028 3026 6139 homestartad@btconnect.com 028 8778 9489 homestartbanbridge1@btconnect.com 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: parenting.partnership@southerntrust.hscni.net or e: Elaine.trainor@southerntrust.hscni.net 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: parenting.partnership@southerntrust.hscni.net	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: parenting.partnership@southerntrust.hscni.net	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: parenting.partnership@southerntrust.hscni.net	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: bernadetta.viana@stepni.org	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: parenting.partnership@southerntrust.hscni.net	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: parenting.partnership@southerntrust.hscni.net	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: parenting.partnership@southerntrust.hscni.net	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: parenting.partnership@southerntrust.hscni.net	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: parenting.partnership@southerntrust.hscni.net	Delivery: Parenting Partnership Available to families across the Southern Trust Area.



£3.6m Grant Funding Scheme opens



Health Minister opens £3.6m Grant Funding Scheme

Health Minister Robin Swann has launched the application process for the 2023/24 Department of Health Core Grant Funding Scheme.

Announcing the launch of the scheme, the Minister said: "I recognise the important role the community and voluntary sector plays in supporting the work of the health and social care system. To this end, I have made it a priority to identify the necessary funds for the Scheme.

"It is my intention that the Scheme will continue to provide an important source of financial support to a range of third sector organisations which deliver positive health and social care outcomes for people in Northern Ireland.

"This is the first time in nearly two decades that the Scheme has been opened up to applications from previously unfunded organisations.

Subject to the necessary funding being made available to the Department in 2023/24, a total of £3.615million will be allocated to the Scheme."

Organisations have until 6pm on Friday 18 November 2022 to apply for funding from the Scheme.



<https://www.health-ni.gov.uk/articles/core-grant-funding-scheme>



*Improving and Safeguarding
Social Wellbeing in
Northern Ireland*



YOUR EXPERIENCE OF SOCIAL WORK

Have you or someone you know engaged with Social Work services in Northern Ireland? We are keen to learn from the experiences of people of all ages who have used social work services, have cared for someone who has used them or are close to someone who has used them. The data collected will be used to inform practice and service improvement and social work training.

The survey can be accessed below:

 [Click Here](#)

You can request a printed copy by contacting us:
Call: **02895 362868** (office hours)
or email 10000morevoices@hscni.net.

All data collected will be anonymous.

SHARE YOUR STORY, SHAPE OUR SERVICE



<https://collector.sensemaker-suite.com/10000morevoices>

Youth Led Mental Health Panel

Want to take Action on Mental Health?

- Are you aged 13-24 years old and living in Northern Ireland?
- Do you want to have your say on youth mental health?
- Gain new experiences and make a difference?

Be a part of Action Mental Health's Youth led Panel through our group, which will meet every few months, or as part of our wider membership panel.



YOUTH MENTAL HEALTH PANEL



Zoom Sessions

Come join Laura and Caiti for our zoom info sessions.

When: 15th/16th/22nd of November 2022
Time: 7pm-8pm

Hit the link below to let us know you are interested and we will send you a zoom invite and more information.

LEARN MORE >

Register to our zoom [here](#)

Young People/Parents/Teachers/Carers

To find out more about our youth panel join us at one of our zoom sessions (info above).

You can also email us for further information at:
youthpanel@amh.org.uk.

Parental consent for participation in the Core Panel will be required for those under the age of 16.

YOUTH MENTAL HEALTH PANEL



youthpanel@amh.org.uk

P.I.P.S.
Hope and Support

**WE ARE
HIRING**

**COUNSELLING
COORDINATOR**
THE WELL-BEAN CAFE

15 HOURS PER WEEK
£35,000 PRO RATA
(3-WEEK ROTATIONAL ROTA)

CLOSING DATE
18/11/2022 @ NOON

APPLY NOW

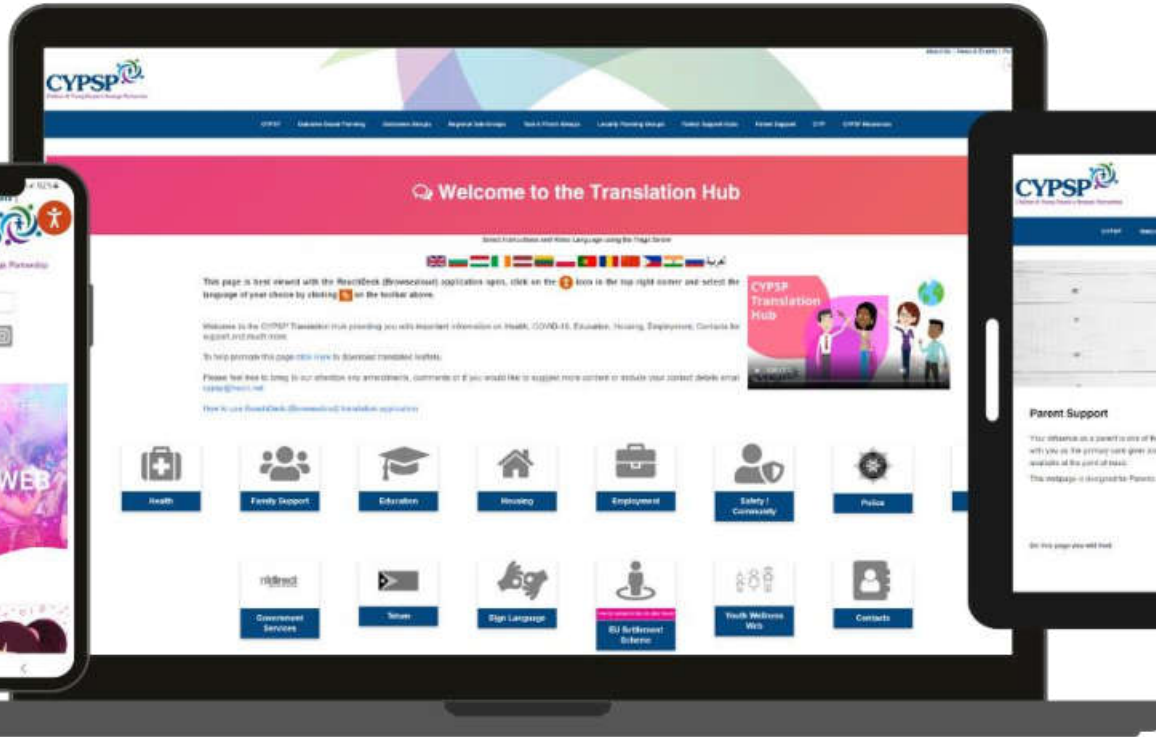
The WELL-Bean Cafe
cafe@pipshopeandsupport.org | 028 3044 2



www.pipshopeandsupport.org/clinical-coordinator-part-time

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

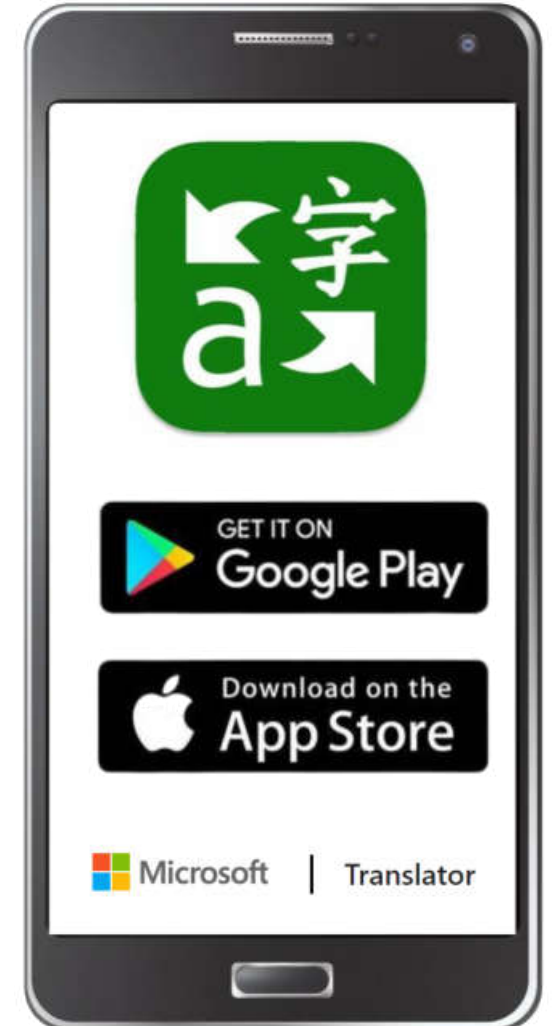
Youth Wellness Web * Translation Hub * Parent Support Page



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** continues to be refreshed and updated to include new resources on disability, mental health, 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](#))



Digital Hubs are now available in local libraries across Northern Ireland offering all members of the community the room and resources to access virtual meeting spaces

The Digital Hub affords the user an added element of privacy providing a perfect space to use our online conferencing software to chat with friends and family, take part in a job interview, attend a course, meet other students to discuss coursework, attend a business meeting or even take part in a consultation with your doctor or other healthcare professionals

Digital Hubs are free to use for all library members for however long is required and can be pre-booked by speaking with a member of staff using a library membership number and PIN (Instructions for using each of the conferencing platforms will be provided in the digital hub and library staff will be on hand to help with any queries)

Find out more [HERE](#)

It's a mobile life.

Top tips on using mobile devices and apps safely.






www.getsafeonline.org

Get Safe Online



Get Safe Online is the UK's leading source of information and advice on online safety and security, for the public and small businesses. It is a not-for-profit, public/private sector partnership backed by law enforcement agencies and leading organisations in internet security, banking and retail.



For more information and expert, easy-to-follow, impartial advice on safeguarding yourself, your family, finances, devices and workplace, visit www.getsafeonline.org








If you think you've been a victim of online fraud, report it to Action Fraud, the UK's national fraud and cybercrime reporting centre on **0300 123 20 40** or at www.actionfraud.police.uk




In Scotland, report fraud to Police Scotland by calling **101**.













www.getsafeonline.org

OFFICIAL PARTNERS:


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](https://www.ci-ni.org.uk/parentline)
Request a call back: [ci-ni.org.uk/parentline](https://www.ci-ni.org.uk/parentline)

We're open:
Mon-Thurs 9am - 9pm
Fri 9am - 5pm
Sat 9am - 1pm



0808 8020 400



parentline@ci-ni.org.uk



www.ci-ni.org.uk/parentline



Watch Parentline's brand new animation today
Reach out and get in touch on 0808 8020 400
Parentline are here for you!

[#inyourcorner](https://www.instagram.com/inyourcorner)



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



Eden

Parent Line NI
0808 8020 400

Evening Session on Zoom
Parenting a neurodiverse child through big life events.
How to journey through family changes, holidays, Christmas, birthdays and friendships

Life is full of big events. Births, loss and grief and many celebrations. Journeying through all of these can be particularly challenging whilst parenting a child with neurodiverse needs. During this workshop we will be sharing top tips on how to approach each of these.

Monday 14th November 7pm or Monday 28th November 7pm
For more information or to book a place call

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

Behaviour Support

Parenting 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 37622380
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 30830764
E: familysupporthub@space-ni.com

Southern Area **FAMILY SUPPORT HUB**

Many families need a little extra help sometimes

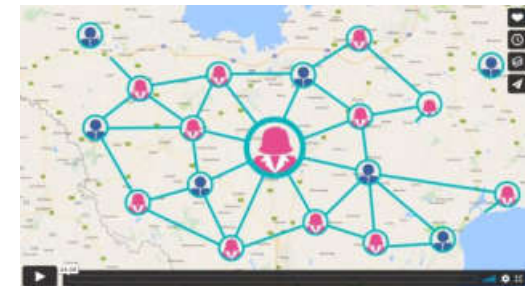
Information for Families

The 3 **Family Support Hubs** in the Southern Area continue to operate as normal and are open for referrals

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

Download the **October** 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 these is a search bar with dropdown menus for 'Family Support Services' and '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, Bereavement, Carers, Child Protection, Counselling, Disability (Learning, 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 the sub-heading 'What is a Carer? What Support is Available?'. Below this is a large image of a family and a grid of 12 service tiles, each with a representative image and a title: 'What types of Financial/Welfare Advice are available for Families?', 'Support for Learning Disability, Autism and ADHD', 'Adoption & Fostering Support in Northern Ireland', 'Free School Meals / Uniform Grants', 'Support For Disability - Physical & Sensory', 'Looking after someone', 'Carers NI - Looking After Someone', 'Family Court Information for Northern Ireland', 'Searching for Family Support Services', 'Helpful Services for Parents', 'Separating Families', and 'Breastfeeding Support'. At the bottom right of the grid is a tile for '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

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

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

(Page 2 of 2)



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

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

Search for us online /nidacts

www.drugsandalcoholni.info

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

HSC Public Health Agency

Project supported by the PHA



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

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

Search for us online /nidacts

www.drugsandalcoholni.info

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

HSC Public Health Agency

Project supported by the PHA



Step2Partnership@Dunlewey.org

DRUG AND ALCOHOL SUPPORT SERVICES
SOUTHERN HEALTH AND SOCIAL CARE TRUST AREA

Issue 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 publication can also be downloaded from www.steps2change.org.uk

HSC Public Health Agency | Southern Health

Services for Adults	Young People/Family	Specific Groups
<p>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)</p> <p>Open Access/Self Referrals Accepted</p> <p>Extern (Southern Trust Drug & Alcohol Harm Reduction Service) Tel: 07710113825 Pauline 07484014289 Glynis 07483146160</p> <p>DePaul NI (Harm Reduction/Rolling Support Service for Chronic Alcohol and Drug Users) Tel: 028 8772 5860</p> <p>Aftercare Addiction Service Creating one to one counselling, 4-12 week from residential treatment programmes, relapse prevention and family support.</p> <p>Open Access/Self Referrals Accepted</p> <p>Davina's Ark Tel: 028 3027 9407</p> <p>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.</p> <p>Open Access/Self Referrals Accepted</p> <p>Ascert, Danlawey, Extern, Inspire Tel: 07591 834 469 Tel: Christine 028 9039 2547 Step2Partnership@durleywey.org</p> <p>Statutory Addiction Service Provided by a range of specialist teams within community and hospital settings.</p> <p>GP/Health Professional Referrals</p> <p>SHSCT Tel: 028 3756 4513 Residential treatment is accessible through the statutory addiction service.</p>	<p>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.</p> <p>Open Access</p> <p>Magnet Centre Tel: 028 3026 9070</p> <p>Banbridge 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.</p> <p>Open Access</p> <p>FutureProof Tel: 028 4062 4511 info@futureproofni.org</p> <p>Targeted Lifeskills Service One-to-one programmes for young people, aged 11-25, focused on mental and physical health.</p> <p>Targeted at At-Risk/Vulnerable Groups</p> <p>Start 360 Tel: 028 3832 2734</p> <p>Steps to Cope/ Hidden Harm For young people aged 11-25 who have been impacted by parental substance use and mental health problems.</p> <p>Open Access/Self Referrals Accepted</p> <p>ASCERT Tel: 0800 2545123 www.steps2cope.co.uk stc@ascert.biz</p> <p>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.</p> <p>Open Access/Self Referrals Accepted</p> <p>Dunleavy Addiction Services 078 0341 3049</p> <p>Pharos Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.</p> <p>Social Services/Addiction Services Referrals</p> <p>Barnardos Tel: 028 4062 3872 www.barnardos.org.uk Fah@we-do@ascert-pharos-southern-board</p> <p>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.</p> <p>GP/CAMHS Referrals</p> <p>SHSCT Tel: 028 3839 2112</p>	<p>Needle & Syringe Exchange Sites</p> <p>Northern Pharmacies Newry Health Centre, Craigavon Tel: 028 3834 1462</p> <p>Boots Scott Street, Newry Tel: 028 3752 3199/5910</p> <p>McKeagney Chemists 9 Jumeirah Place, Newry Tel: 028 3026 2606</p> <p>Group Support Call or go online to find a meeting near you</p> <p>Alcoholics Anonymous 12 Step Programme/Group Meetings Tel: 028 9035 1222 www.alcoholicsanonymousuk</p> <p>AlAnon Group Support for Family Members Tel: 028 9068 2368 www.alanonuk.org</p> <p>Alateen Group Support for Teenagers Tel: 028 9068 2368 www.alateen.org/Alateen</p> <p>Harcotics Anonymous 12 Step Programme/Group Meetings Tel: 0300 365 1010 www.ha-northernireland.org</p> <p>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 2734 (Start 360) www.steps2change.org.uk connections@sdact.info</p> <p>Workforce Development Training Programmes A range of drug and alcohol training courses for those working with adults, children and young people.</p> <p>ASCERT Tel: 0800 254 5123</p>

For more detailed information on services available in your HSC area visit: www.drugsandalcoholni.info

drugsandalcoholni
Working with you and your partner

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

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 or lucinda@futureproofni.org

Magnet YAC (Newry) [HERE](#)
Contact: magnetyac@live.co.uk

**FREE ONLINE
STRESS CONTROL COURSE**

Course covers:

- What is stress

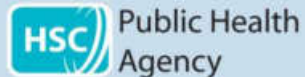
Controlling :

- Your body
- Your thoughts
- Your actions
- Panicky feelings
- Getting a good night's sleep
- Boosting your wellbeing



#StressControlNI
6 Sessions
90 minutes
per session

**For course information and dates
visit www.ni.stresscontrol.org**

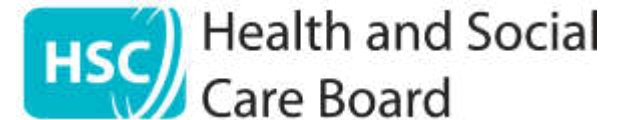


CORONAVIRUS (COVID-19)



LET'S KEEP
MAKING
SAFER
CHOICES

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





Funding Opportunities

Armagh City, Banbridge & Craigavon Borough Council is offering financial assistance to eligible groups in the voluntary, community and social enterprise sector for the period 1st April 2023 - 31st March 2024 for:

Running costs (for eligible organisations)
Programmes
Events

Funding is available through the following grant programmes:

- Community Grants
- Arts, Culture and Events Grants
- Good Relations Grants
- International Linkage Grants

**APPLICATIONS ARE OPEN FROM 9.00AM ON
MONDAY 14TH NOVEMBER UNTIL 12 NOON
ON FRIDAY 9TH DECEMBER 2022.**

To further assist groups a number of Virtual Sessions have been arranged as follows:- **Tuesday, 15th November at 7.00pm**

Wednesday, 16th November at 3.00pm

To register for these sessions email fap@armaghbanbridgecraigavon.gov.uk

Groups also wishing to be notified of future funding opportunities and other relevant information should request their details be added to the Council's database by emailing fap@armaghbanbridgecraigavon.gov.uk



Armagh City
Banbridge
& Craigavon
Borough Council

Initial queries should be directed to
Valerie Leatham on 07515 607480

TAKE £500+

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 TAKE £500+
PARTICIPATORY BUDGETING FUND!

For more information log onto
www.armaghbanbridgecraigavon.gov.uk/Take500plus
or call 0300 0300 900

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



fap@armaghbanbridgecraigavon.gov.uk



www.armaghbanbridgecraigavon.gov.uk/take500plus

The screenshot shows the website for Armagh City Banbridge & Craigavon Borough Council. At the top left is the council's logo. To the right is a navigation menu with links for RESIDENT, COUNCIL, BUSINESS, NEWS, and JOBS, along with a search icon. Below the navigation is a large banner with the text 'COST OF LIVING SUPPORT' in white on a dark blue background. To the right of the text are several icons representing food, fuel, finance, warm spaces, useful contacts, and support helpline. Below the banner is a paragraph of text explaining the council's commitment to supporting individuals and families during the cost of living crisis. At the bottom of the banner area are six blue buttons, each with an icon and a text label: Food (fork and knife), Fuel (gas pump), Finance (stack of coins), Warm Spaces (flame), Useful Contacts (person with list), and Support Helpline (phone handset).



COST OF LIVING SUPPORT



With the impact of the cost of living crisis being felt everywhere, we are committed to supporting individuals and families across our local community through these uncertain and challenging times. On this page, you can access a wide range of information, advice and guidance on support services, organisations and programmes that are here to help you navigate these current financial pressures.

[Food](#)

[Fuel](#)

[Finance](#)

[Warm Spaces](#)

[Useful Contacts](#)

[Support Helpline](#)



Positive Directions

Supporting individuals aged 16-65 with a disability / long term health condition on a one-to-one basis and / or in small groups.

 **Clanrye Group**
Here To Support You





Our passionate and skilled staff can help you by offering:

- **A Range of Training and Qualifications**
ICT, Retail, Customer Service, Horticulture, Employability and Personal Development (up to Level 2).
- **Enrichment Activities and Personal Development Workshops**
To help increase confidence, motivation and communication skills.
- **Support with Sourcing Work**
This includes work experience, volunteering and employment opportunities.
- **Practical Employability Support**
This includes CV building, completion of application forms and preparation for job interviews.

Clanrye Group works in collaboration with a full range of professional support services to ensure each individual receives the support they need.

To avail of this support...

LOCATIONS
Newry
Armagh
Portadown
Sieve Gullion

CONTACT US
(028) 3089 8119
info@clanryegroup.com

FIND US ON




www.clanryegroup.com

"This project is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy."






 info@clanryegroup.com

Family Foundations

Community Family Support Programme for individuals aged 16-65 years who are unemployed and not in education or training.

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- **Personal and family support** with a focus on positive mental health and well-being.
- **Employability and career support** with practical tips for creating a CV, filling in application forms and attending job interviews.
- **Bespoke training** to include a range of Level 1 qualifications both online and in person.

All support designed specifically for you and your family is offered on a 1:1 or small group basis, and is also FREE!




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To achieve your goals...

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Newry
Armagh
Portadown
Downpatrick

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 **LET'S TALK safeTALK**

SafeTALK is intended as "suicide alertness" training.

SafeTALK teaches you to recognise persons with thoughts of suicide and to connect them to suicide intervention resources. It is designed for communities or organisations to maximise intervention as the main suicide prevention focus.

JOIN OUR NEXT WORKSHOP TO RECOGNISE AND CONNECT TO INTERVENTION SERVICES

 **FRIDAY 11TH NOVEMBER**
6:00PM - 9:00PM

GILFORD COMMUNITY CENTRE
Stramore Rd, Gilford, BT63 6HL

Suitable for ages 15+

BOOK NOW!
pipshopeandsupport.org/book-now?ID=2888


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SafeTALK is intended as "suicide alertness" training.

SafeTALK teaches you to recognise persons with thoughts of suicide and to connect them to suicide intervention resources. It is designed for communities or organisations to maximise intervention as the main suicide prevention focus.

JOIN OUR NEXT WORKSHOP TO RECOGNISE AND CONNECT TO INTERVENTION SERVICES

 **TUESDAY 22ND NOVEMBER**
6:00PM - 9:00PM

PIPS HOPE & SUPPORT OFFICE - LURGAN
39-41 Union Street, BT66 8EB

Suitable for ages 15+

BOOK NOW!
pipshopeandsupport.org/book-now?ID=3447

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

Driving Theory Workshop



This **FREE** intensive course is designed to provided support, learning and preparations for taking your driver theory test.

This 4-week workshop will be taking place every
Wednesday | 3:30pm - 5:00pm
Beginning Wed 9th November
Mayfair Business Centre, Portadown

This workshop will cover the following topics:

- **Week 1:** Road Signs
- **Week 2:** Signals, Crossing & Traffic lights
- **Week 3:** Speed limits & Stopping Distance
- **Week 4:** Motorway rules & Markings

Limited Spaces: To register please book online at
www.clanryegroup.com/book-activities/
or contact Emma on 074 8532 5861.



European Union
European Social Fund
Northern Ireland



Department for the Economy
www.economy-ni.gov.uk



<https://clanryegroup.com/book-activities/>



Free online Mellow parenting program for parents with babies under 1 year old

What the program is about?

- Looking better after yourself and your baby ⇒ **17th November**
- Help you and your baby to make the most of the precious time. ⇒ **10.30am — 11.45am**
- Focus your attention on what your baby can really do and what they need in the future. ⇒ **For 8 weeks**
- 8 informal sessions 1hour 15min long ⇒ **On Zoom**

To book contact

Deborah: 02838345357

homestart.craigavon@btopenworld.com

**HOME
START**
Craigavon


Facilitated Online
Mellow Babies
Group



homestart.craigavon@btopenworld.com

BE ACTIVE
Spaces are Limited. Book now on - www.newrymouredown.org/be-active-app



KILKEEL & NEWCASTLE LEISURE CENTRES
Classes to commence Monday 12th September 2022

MONDAY - KILKEEL

Older & Active	10AM - 12PM
Water Aerobics	1PM - 1:30PM
Beginners Bootcamp	2PM - 2:45PM
Kids Multi-Sports (P1 - P3)	3PM - 3:45PM
Soccer Skills (P4 - P7)	4PM - 4:45PM

TUESDAY - KILKEEL

LIT (Low Intensity Interval Training)	10AM - 10:45AM
Parent & Baby Walking Group	11AM - 11:45AM
Strength & Balance	12PM - 12:45PM
Teen Gym (12 - 15 years)	4PM - 5PM

THURSDAY - NEWCASTLE
Newcastle classes will be held in the bowling pavilion

Parent & Baby Fitness Session	9:30AM - 10:15AM
Older and Active Session (Activities and Social Time)	10:30AM - 11:30AM
Chi Me (Gentle Tai Chi)	12PM - 12:45PM
Walking Group	1:15PM - 2PM
Teen Gym (12 - 15 years) - Newcastle Centre	4PM - 5PM

FRIDAY - KILKEEL

Parent & Baby Fitness	10AM - 10:45AM
Walking Group	11PM - 12PM
Chi Me (Gentle Tai Chi)	12PM - 12:45PM
Water Aerobics	1:30PM - 2PM
Indoor Cycle	2:30PM - 3PM

For private community group bookings or more information on Leisure Centre classes please call or text Amy on: [07773036068](tel:07773036068)

SEPT - DEC 2022 BOOKABLE NOW   **£2 PER SESSION
£30 FOR 20 SESSIONS
£15 DD UNLIMITED SESSIONS**

 07773036068

BE ACTIVE
Spaces are Limited. Book now on - www.newrymouredown.org/be-active-app



NEWRY LEISURE CENTRE
Classes to commence Monday 12th September 2022

MONDAY

50+ Gym	10AM - 11AM
Water Aerobics	11AM - 11:30AM
Dandeball	12:30PM - 1:15PM
Chi Me	2PM - 2:45PM
Badminton	3PM - 3:45PM
Teen Gym (12 - 15 years)	4PM - 5PM

TUESDAY

Strength and Balance	10AM - 10:45AM
Beginners Circuits	11AM - 11:45AM
Chi Me	1PM - 1:45PM
Kid's Multi-Sports (6 - 8 years)	3:30PM - 4:30PM
Kid's Multi-Sports (9 - 12 years)	4:30PM - 5:30PM

WEDNESDAY

Teen Gym (12 - 15 years)	7:15AM - 8AM
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THURSDAY

Nordic Walking (WIN Industrial Estate, Newry Tow Path)	10AM - 11AM
Chi Me	11:15AM - 12PM
Boccia	12:15PM - 1PM
Water Aerobics	1:30PM - 2PM
Teen Netball	4PM - 5PM

FRIDAY

Teen Gym (12 - 15 years)	7:15AM - 8AM
Parent and Baby Walking Group (WIN Industrial Estate, Newry Tow Path)	10AM - 11AM
Water Aerobics	1:30PM - 2PM
Indoor Cycle	2:30PM - 3PM

For private community group bookings or more information on Leisure Centre classes please call or text Laura on: [07761761298](tel:07761761298)

SEPT - DEC 2022 BOOKABLE NOW   **£2 PER SESSION
£30 FOR 20 SESSIONS
£15 DD UNLIMITED SESSIONS**

 07761761298

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Sieve Gullion

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 info@clanryegroup.com



Clanrye Group
Here To Support You

SOCIAL CAFÉS
Clanrye Group, Drumalane Mill, The Quays, Newry
*No booking necessary

"A space for all to gather and enjoy good company with a warm cuppa"

<p>Monday</p> <p>Commun-Knit-Tea Social Café 10:30AM - 12:30PM Open to those who love all things knitting</p> <p>Arts and Crafts Social Café 1PM - 2.30PM</p>	<p>Wednesday</p> <p>Carers First Online Social Café 11AM - 12PM Online via Zoom</p> <p>Social Café 11AM - 12PM</p>
--	---

Thursday: Digital Café 10.30AM - 12PM

To book the Carers First Online Social Café please visit:
www.clanryegroup.com/book-now

SPRING Social Prescribing

HSC Southern Health and Social Care Trust

 <https://clanryegroup.com/book-activities/>



WALKING GROUPS
Warrenpoint / Newry / Bessbrook

Clanrye Group
Here To Support You

MONDAY
WARRENPOINT
10:30AM - 11:30AM
Meeting at Warrenpoint Square

TUESDAY
DERRYMORE WOODS BESSBROOK
10:30AM - 11:30AM
Meeting at the Carpark at Derrymore Woods


FRIDAY
NEWRY TOWPATH
10:30AM - 11:30AM
Meeting at WIN Industrial Estate

Contact Ann-Marie on annmarie.flanagan@clanryegroup.com or Phone 028 3089 8119

SPRING Social Prescribing


Register upon arrival

 annmarie.flanagan@clanryegroup.com



YOUTH ENGAGEMENT SERVICE

YOUNG PEOPLES WELLBEING GROUP NEWRY CITY CENTRE



GUEST SPEAKERS, TRIPS, EDUCATIONAL AND RECREATIONAL SESSIONS
WITH COMMUNITY PHARMACIST - FOOD PROVIDED AT EACH SESSION


**EVERY TUESDAY FROM 5.00 - 6.30PM
FOR 14-17 YEAR OLDS**

12 SPACES AVAILABLE

Find us on **Facebook**
@MagnetYAC
Youth Engagement



Youth Engagement Service
Magnet Young Adult Centre
81a Hill Street
Newry BT34 1DG
Tel: (028) 30252214
Email: brooke.magnetyac@gmail.com

Public Health Agency

YOUTH ENGAGEMENT SERVICE



LET'S TALK ABOUT... YOUNG PEOPLE & MENTAL HEALTH

AN EVENING WITH AWARE NI, PIPS HOPE AND SUPPORT & THE ROYAL COLLEGE OF PSYCHIATRISTS

MONDAY 21ST NOVEMBER

CANAL COURT HOTEL, NEWRY

Come along to learn more about mental health and find out about local services for young people (18+)

Speakers
Dr. Hayley Bowes (Royal College of Psychiatrists)
Speakers from AWARE & PIPS
Local stories of Lived Experience

Tea, coffee and registration from 6.30pm.
Event starts 7pm.

This event is free of charge, and everyone is welcome. Scan the QR code to register or visit www.pipshopeandsupport.org/book-now?ID=3463







www.facebook.com/Youthengagementservicewewry



www.pipshopeandsupport.org/lets-talk-about

MENTAL HEALTH FIRST AID TRAINING



Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

JOIN THE NEXT TWO DAY WORKSHOP

TUESDAY 29TH & WEDNESDAY 30TH NOVEMBER

9:15AM - 5:00PM

WALD CENTRE

TULLYNAVALL ROAD | CULLYHANNA | NEWRY | BT35 0PZ

BOOK NOW!

pipshopeandsupport.org/book-now?ID=3449



www.pipshopeandsupport.org/mhfa

Positive Directions

Supporting individuals aged 16-65 with a disability / long term health condition on a one-to-one basis and / or in small groups.



Our passionate and skilled staff can help you by offering:

- **A Range of Training and Qualifications**
ICT, Retail, Customer Service, Horticulture, Employability and Personal Development (up to Level 2).
- **Enrichment Activities and Personal Development Workshops**
To help increase confidence, motivation and communication skills.
- **Support with Sourcing Work**
This includes work experience, volunteering and employment opportunities.
- **Practical Employability Support**
This includes CV building, completion of application forms and preparation for job interviews.



Clanrye Group works in collaboration with a full range of professional support services to ensure each individual receives the support they need.

To avail of this support...

LOCATIONS
Newry
Armagh
Portadown
Slieve Gullion

CONTACT US
(028) 3089 8119
info@clanryegroup.com

FIND US ON



www.clanryegroup.com

"This project is part funded through the Northern Ireland European Social Fund Programme and the Department for the Economy."



info@clanryegroup.com

WALKING GROUPS

Warrenpoint / Newry / Bessbrook



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Register upon arrival



annmarie.flanagan@clanryegroup.com



**COSTA Funding & Governance
Support Service**

Give COSTA a call for any assistance in identifying
and securing suitable sources of funding and
information.

If assistance with Charity Registration or Annual
Returns is needed let us know -

COSTA is here to help!

Tel: 028 855 56880 or

email: info.costa@btconnect.com



info.costa@btconnect.com

**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





Comhairle Ceantair
Lár Uladh
Mid Ulster
District Council

Home Page Resident Your Council Business Visitor

Welcoming Places

Mid Ulster District Council operates at the heart of our community. In doing so, we're working with our local partners to promote a network of places where our residents can come together in a warm welcoming environment, somewhere where they can connect with others or simply read a newspaper and enjoy a cup of tea or coffee.

We've listed all the places available to our residents across the public, private, health and voluntary sectors across the district.

We'll add to this list as we become aware of more places that come up across our district. If you wish to add your organisation you can [email](#) our Community Development team.

When	Where
Mondays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Cookstown Library, 10.30am – 1pm
Tuesdays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Ranfurly House, Dungannon, 10.30am – 1pm The Hub BT80, Cookstown, 12pm – 3pm
Wednesdays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Ranfurly House, Dungannon, 10.30am – 1pm The Bridewell, Magherafelt, 10.30am – 1pm
Thursdays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Dungannon Library, 10.30am – 1pm The Bridewell, Magherafelt, 10.30am – 1pm The Hub BT80, Cookstown, 12pm – 3pm
Fridays	The Junction, Dungannon, 10am – 4pm Maghera Cultural Centre, 10am - 4pm Magherafelt Library, 10.30am – 1pm



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 91](#)
20th October 2022

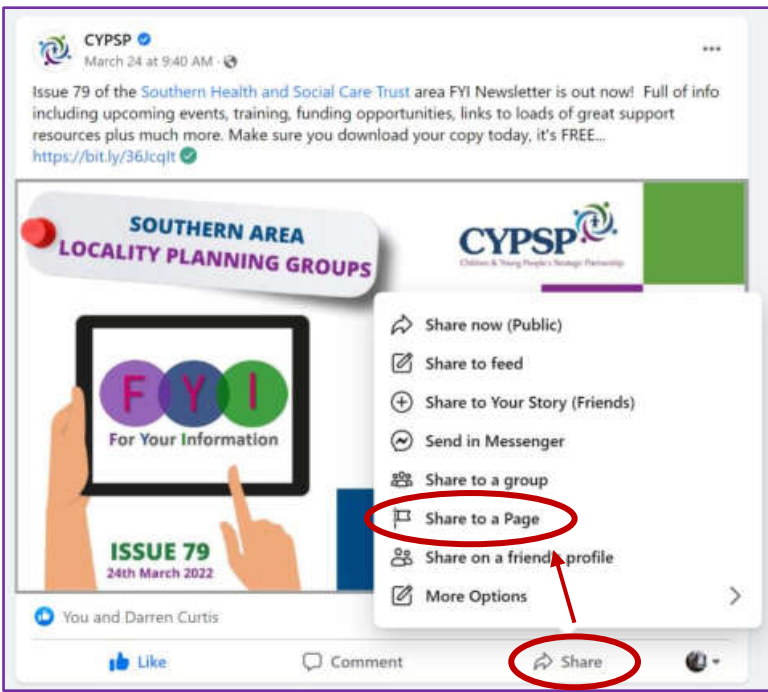
[Issue 90](#)
6th October 2022





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

SHARING 'FYI' – SOCIAL MEDIA "HOW TO"

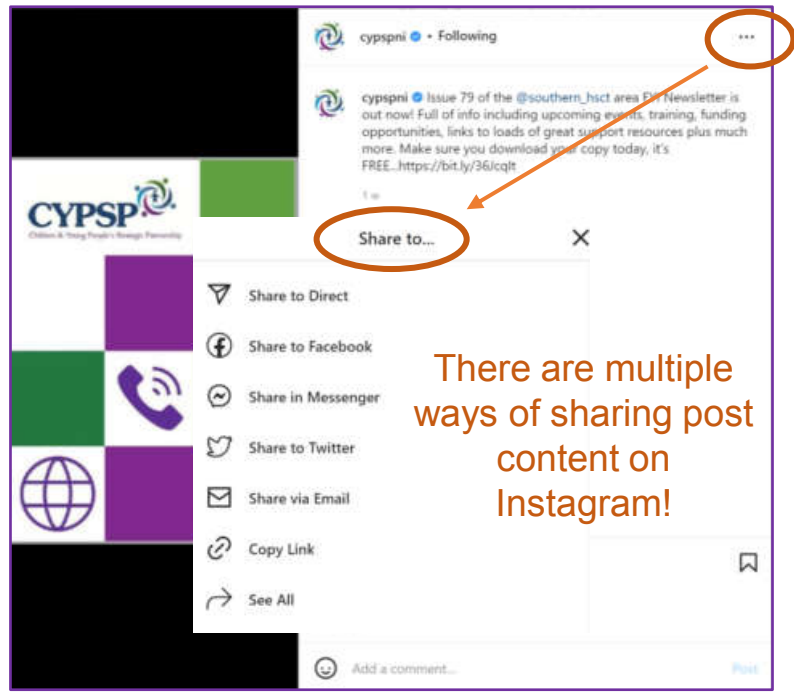


If sharing to your organisation's page, use 'Share to a Page'
 (You need to have Admin permissions to do this)
 Otherwise, you can share to your own personal page, as well as into Facebook Groups which you are a member of



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

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



There are multiple ways of sharing post content on Instagram!

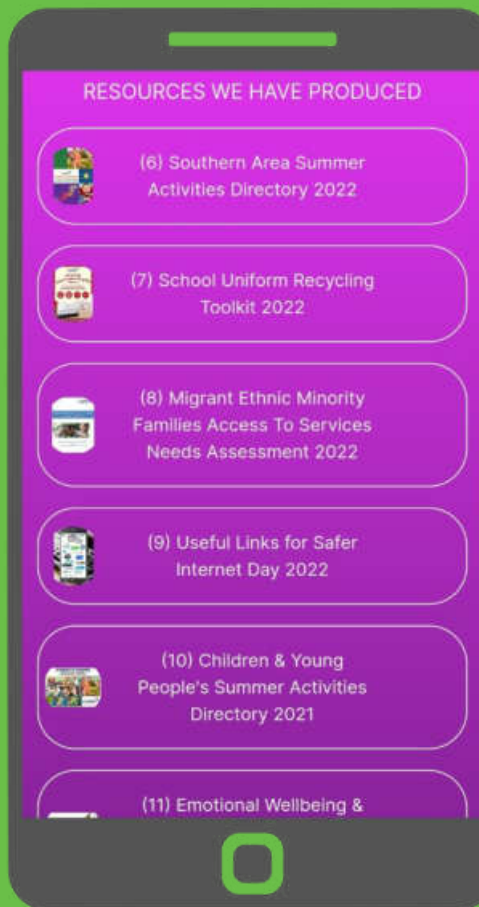
Alternatively, you can copy the link to include in a new tweet and you can also send the Tweet link via Direct Message to chosen contacts

UPCOMING 2022 LPG MEETINGS

Banbridge	Wed. 16 th Nov.
South Armagh	Tues. 22 nd Nov.
Newry & Mourne	Wed. 30 th Nov.
Dungannon	Tues. 6 th Dec.
Armagh	Thur. 12 th Jan.
Craigavon	Tues. 17 th Jan.

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) or Darren Curtis (07725232566)
CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR





For Your Information

NEXT ISSUE

24th November
2022

Submission
Deadline:

22nd November
2022



localityplanning@ci-ni.org.uk

