

**SOUTHERN AREA  
LOCALITY PLANNING GROUPS**



**ISSUE 101**  
4th April 2023



## WELCOME

Welcome to Issue 101 of our information bulletin, 'FYI' (For Your Information).

With Easter nearly upon us, we have produced 'FYI' a few days earlier, to give you more time to peruse all the opportunities, events and resources. Please note, our next edition will be in just over 3 weeks time, so you have time to send your notices in to us after the Easter break.

In this edition, please share the information on [page 3](#) to any schools you may have contacts with as we are hosting 3 short briefings online for schools and other interested groups on our new School Uniform Recycling Toolkit. Also, feel free to share [page 8](#) with your contacts regarding a free online information session on local drugs & alcohol services by SDACT.

Finally, for those in the Armagh locality, and for anyone who provides a support service for any age, see [page 27](#) for further information on our forthcoming free event, as part of the Feel Good Armagh programme.

We hope you have a good Easter and are able to take a few days to recharge your batteries!

**Locality Development Team, Southern Area**

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## Calling All Schools in the Southern Area!!!

We have produced a practical Toolkit to help schools organise a **School Uniform Recycling Initiative** and have produced a practical **Toolkit** for schools to use

It includes suggestions for discussions, checklists, templates and evaluation tools

**The Toolkit is free of charge and all schools are welcome to use it!**

We are inviting schools (primary & post-primary) to attend a short 30-minute online briefing session to introduce the Toolkit and explain how it, with the sessions scheduled to take place on the following dates:

**Tuesday 18<sup>th</sup> April: 3.30pm - 4pm | Wednesday 19<sup>th</sup> April: 3.30pm - 4pm | Thursday 20<sup>th</sup> April: 3.30pm - 4pm**

Schools can e-mail [localityplanning@ci-ni.org.uk](mailto:localityplanning@ci-ni.org.uk) to confirm their attendance and we would ask our members to spread the word within their respective areas, so that we can reach as many schools as possible

Children in Northern Ireland


### April - May Training

<p><b>Child Protection Practice (Zoom)</b> Wed 26th April Wed 24th May 9:30 - 12:30</p> <p><b>Managing Challenging Behaviours (In-Person)</b> Tue 18th April 10:00 - 16:30</p> <p><b>Designated Officer (Zoom)</b> Wed 19th April 9:30 - 12:30</p> <p><b>Supporting School Based Anxiety (Zoom)</b> Wed 19th April Wed 10th May 9:30 - 12:30</p>	<p><b>Designated Officer (In-Person)</b> Tue 25th April Tue 16th May 10:00 - 16:30</p> <p><b>Child Sexual Exploitation (Zoom)</b> Wed 17th May 09:30 - 12:30</p> <p><b>Benefits of Outdoors for children -Trauma Informed (In Person)</b> Wed 17th May 10:00 - 15:00</p> <p><b>Safeguarding in the Digital World (Zoom)</b> Tue 23rd May 9:30 - 12:30</p>
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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**

Children in Northern Ireland



*In-Person*  
**Wed 17th May**  
10<sub>am</sub> - 3<sub>pm</sub>

### The Benefits of Outdoors for Children

*(Trauma Informed Perspective)*

**This training explores the many benefits of promoting quality time outdoors for children.** These benefits extend to mental health and wellbeing, sleep, immunity, risk management and effective hormone release. Despite these benefits, children are currently spending less time outside than ever before. We will explore these benefits in relation to Trauma Informed Practice. Susan Wallace will be delivering this training based on current research and practice.

**Please note that this is In-Person training (not Zoom)**

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



We have confirmed dates for the next online  
**HIV STIs and Contraception OCN L2** Training course

(The course will be delivered entirely online via 4 live Zoom sessions)

**Course Dates:** [Monday 17th April, Wednesday 19th April, Monday 24th April and Wednesday 26th April from 10.00-11.30am each day](#)

It will be suitable for anyone working or volunteering with either young people or adults in Northern Ireland who would like to improve their understanding of sexual health

The course is funded by the Public Health Agency so free of charge to participants, and is accredited with OCNNI at Level 2

We'll cover :

Sexually Transmitted Infections

Blood-borne viruses: HIV and Hepatitis C

Contraception

Prevention

Condom Use

Local Sexual Health Services

Places are filled on a first-come-first served basis, so if you are interested, please do apply as soon as possible



[www.eventbrite.co.uk/e/tickets-568183511177](https://www.eventbrite.co.uk/e/tickets-568183511177)



**Loneliness Awareness Training**

Over the last few years we've come to understand what loneliness can feel like more than ever before and whilst we're seeing an increase in people talking more about it, the stigma still remains and there are a lot of challenges we still face in our communities.

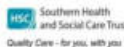


Often we don't want to talk how this is making us feel, sometimes for fear of embarrassing ourselves or other people, or perhaps feel it isn't something we actually feel we need help with.

Community Sector Training are now offering **Loneliness Awareness Training**. We want to equip everyone with the knowledge that loneliness can be experienced by **anyone at any age and at any stage of life**, but also to promote that help is available.

Our training will cover the different factors that we know can lead to a person feeling lonely, how to recognize these signs and have meaningful conversations to help.

Contact Alison at [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net) or call 028 3756 1441 for more information.



**Community Health Champion Training**



**Keen to improve health in your local community? Already volunteering?**

Gain the knowledge and skills you need to make an impact - become a **Community Health Champion!**

Community Health Champions are volunteers "who bring their ability to relate to people and their own life experience to transform health and well-being in their communities" (Altogether Better)  
This can be through signposting to resources, encouraging healthier lifestyle choices or through tackling some of the wider social causes of poor health outcomes.



**WHY COMPLETE THE TRAINING?**

- ✓ Better understand what influences health in your community
- ✓ Increase your impact as a volunteer
- ✓ Help reduce inequalities in health
- ✓ Increase uptake of local health and wellbeing services
- ✓ Make a positive impact on individuals by sharing health messages and signposting
- ✓ Increase your own employability through training

**COMMUNITY HEALTH CHAMPION TRAINING PROGRAMME**

- ✓ Three 2 1/2 hour sessions of practical, discussion-based training
- ✓ Develop your own action plan, with our support
- ✓ Report on an activity as a Community Health Champion
- ✓ SHSCT certification

Our support doesn't stop there. If you need 1-2-1 support, advice or further training, this will be available to all trained Community Health Champions to help you address health issues you identify in your local community.



Find out more from Alison Daly, Community Sector Training  
T. 028 3756 1441 E. [alison.daly@southerntrust.hscni.net](mailto:alison.daly@southerntrust.hscni.net)



Community Sector Training



**SAFEGUARDING CHILDREN**

Good practice training, free to community, voluntary and youth groups

Our flexible, community-focused training will support you in building a 'safeguarding sound' organisation, by equipping your volunteers and staff with the awareness they need.

Designated Person training – delivered via Zoom

Dates: Wednesday evenings 3<sup>rd</sup> & 10<sup>th</sup> May 2023 @ 7 - 9pm



“Trainer was experienced and confident”

“A very informative course. I enjoyed it from start to finish... it will benefit our organisation greatly”

“Straight to the point information”



[cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)



**ACTION TRAUMA NETWORK**

## Upcoming Events

-  **Webinar**  
**Unyte ILS**  
**Simplifying the Safe and Sound Protocol**  
18th April | 3pm - 4pm (BST)
-  **Screening**  
**Vivian McKinnon**  
**The Magic is within you**  
26th April | 5.30pm - 7.30pm (BST)
-  **Webinar**  
**Jan Winhall**  
**Revolutionising Trauma**  
11th May | 2pm - 3pm (BST)

[actiontrauma.com/events](http://actiontrauma.com/events)



 [www.actiontrauma.com/events](http://www.actiontrauma.com/events)



**EVERYONE CAN JOIN IN!**

**WORLD DAILY MILE DAY**

**The Daily Mile**

**27<sup>th</sup> April**

**#WorldDailyMileDay**



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

## INVITATION

The Southern Drugs and Alcohol Coordination Team (SDACT) invite CYPSP members working across the Southern Area including representatives from the Southern Outcomes Group, Southern Locality Planning Groups and Southern Family Support Hubs to an information session on drug and alcohol services available in your local area.

### WORKSHOP DETAILS

**DATE:** 17 April 2023

**TIME:** 2-4pm

**Online via Zoom**

**Please register your place at this workshop by Friday 7 April 2023 by clicking the link below:**

[https://hscni-net.zoom.us/meeting/register/tZcvfuqpqzMjHd0x8m73\\_qNE2IbETYux1VG!](https://hscni-net.zoom.us/meeting/register/tZcvfuqpqzMjHd0x8m73_qNE2IbETYux1VG!)

The purpose of this workshop is to;

- Provide an overview of the Substance Use Strategy and the current landscape in Northern Ireland
- Raise awareness and knowledge of local drug and alcohol services available and how to access service them. These are services supporting children, young people, families and carers across the Southern Trust Area who may be impacted by substance use
- To find out more about the Southern Area Connections Service and associated initiatives supporting organisations and communities locally
- Raise awareness locally of the PHA commissioned Targeted Life Skills programme delivered by Start 360. This programme is available across the Southern Trust Area to young people aged 11-25years at risk or using substances. This session will also include a brief overview of the course content within the programmes nicotine session.





## ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS HOUSE!

You do my head in!

Get out of my room!

I DON'T WANT TO TALK ABOUT IT. LEAVE ME ALONE!

**SOUND FAMILIAR?**  
Helping you deal with the reality of living with teenagers

**Call to register:**  
**0808 8010 722**

Mon-Thurs 9.30am-3.30pm  
Fri 9.30am - 12.30pm

**Southern Trust**  
Wednesday 19th April -  
Wednesday 7th June  
2023

Join us Online Every Weds  
for 8 weeks  
7.00 pm - 9.00 pm

This online programme is open to parents living within the Southern Trust.

## INCREDIBLE YEARS

HSC Southern Health and Social Care Trust

### Baby Programme

*The Incredible Years baby programme is primarily aimed at parents/carers of children aged 0 - 1 year old. It works to strengthen parent-child interaction and attachment.*

Parents will be supported to:

- Help their babies feel loved, safe, and secure.
- Encourage their babies' physical and language development.
- Provide physical, tactile and visual stimulation
- The parenting group format fosters peer support networks and shared learning. Trained Incredible Years® facilitators use video clips of real-life situations to support the training and stimulate group discussions. Parents practice skills with their babies in the group.

**Date/Time:** Thurs 27th April 2023 x 8 weeks. 10.00am - 12.00pm

**Area:** Newry Teachers Centre. Face to Face programme

**Criteria:** Preference will be given to parents of babies 0-4 months resident in the Newry & Mourne locality.

Enquiry/Referral:  
Lorraine O'Neill - Parenting Partnership  
parenting.partnership@southerntrust.hscni.net 07880 474 747

Elaine Trainor- MDT Team Meadowlands Surgery  
Elaine.Trainor@southerntrust.hscni.net 07766220716

CLOSING DATE: Friday 7th April. Parents will be notified if they have secured a place by Friday 15th April



0808 8010 722



[parenting.partnership@southerntrust.hscni.net](mailto:parenting.partnership@southerntrust.hscni.net)

**The  
Blackburn  
Trust**



**The Blackburn Trust is aimed at providing small grants to support small charitable organisations offering support to families and children under 12 living in Northern Ireland**

The Trust will consider applications to help with start-up costs; training initiatives for volunteers and parents; purchase of equipment; support for groups who wish to make their services available to children with disabilities; making premises accessible to those with physical disability; provision or adaptation of space for use by children; safety issues; testing new initiatives with parents or play development

The Trust will not make grants for: salary costs; general running costs; travel abroad; festivals, trips, holidays; play schemes (other than for disabled children); sports organisations; general appeals, or for paying off debts

The Trust does not generally make grants to large voluntary organisations or where its grant would not be significant in the overall costs of the project, the priority being to assist smaller organisations

The Trust rarely makes grants of more than £1,000.00, a grant is unlikely to be made where the grant would be less than 10% of the total cost of the project

The next two closing dates are **31 MAY** and **30 SEPTEMBER**

Applying is through a very simple application form which can be requested from [trusts@cfrlaw.co.uk](mailto:trusts@cfrlaw.co.uk)



[trusts@cfrlaw.co.uk](mailto:trusts@cfrlaw.co.uk)



The banner is divided into three sections. The left section features a large pink circle with a white pound sign (£) and a green speech bubble containing the text 'Talk, Learn, Do NI: Parents, Kids and Money'. The middle section has a blue background with a green speech bubble containing a question mark and the text 'If you work with 12-17 year olds in Northern Ireland we want to hear your insights to their financial understanding!'. The right section has a dark blue background with the text 'Money Guiders' in white, a pink button with the text 'Take your help further', and the logos for 'Money & Pensions Service' and 'Reed in Partnership'.

### **Have your say!**

If you work with young people aged 12-17 years old, we would really value hearing about their practitioner experience around the financial education available and more importantly what we can do to make it better! This feedback will directly help shape how we develop future delivery models with these age groups to increase learning for Northern Ireland. You can complete a survey which should only take 10 minutes to provide your insight and please feel free to share this with your staff or colleagues!

**Click here to offer your input: [Practitioner Survey](#)**

If you know any parents or carers who would be interested in giving their feedback on 12-17 years old financial education via survey they will get a £10 voucher for their participation. Spaces are limited so please send your expression of interest to Amy McAnulty or Michelle Somerville at Reed in Partnership to get involved.



[Amy.McAnulty@reed.com](mailto:Amy.McAnulty@reed.com) / [Michelle.Somerville@reed.com](mailto:Michelle.Somerville@reed.com)



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

## **SOCIAL WORK RECRUITMENT EVENT**

**Thursday 20 April  
5pm - 7pm**

**Social Services Workforce  
Development and Training Team  
Centre, Cherry Villa, St Luke's,  
Armagh, BT61 9AT**

**Open to qualified Social Workers &  
Student Social Workers due to  
qualify in Summer & Autumn 2023.**



Working together Excellence Openness & Honesty Compassion



[Execdirector.SW@southerntrust.hscni.net](mailto:Execdirector.SW@southerntrust.hscni.net)



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](#))



If you work with children and families who are struggling with the current cost of living crisis, make sure to check out CYPSP's **Cost of Living Crisis Resource** which provides details of targeted resources and support across the region [HERE](#)

This resource is continuing to be updated regularly and is also continuing to be downloaded and used

For those families whose first language is not English, the resource is fully translatable into over 100+ languages using Reachdeck on the Translation Hub

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

**WELCOME TO THE YOUTH WELLNESS WEB**

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

If you are looking information and help with:

- Mental Health
- Bereavement
- School
- Bullying
- Wellbeing
- FREE Mental Health Training
- Plus much more ...

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



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



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

English

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

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




Scan me

[www.cypsp.hscni.net/translation-hub](http://www.cypsp.hscni.net/translation-hub)

 Health	 Family Support	 Education	 Housing	 Employment
 Safety	 COVID-19	 EU Settlement Scheme	 Sign Language	 Contacts

 [CYPSP Translation Hub](http://www.cypsp.hscni.net/translation-hub)

Evidence based  
**PARENTING SUPPORT PROGRAMMES**  
Southern Trust Area  
2022/2023

Giving every child  
the best start / opportunity in life.



For further information on these and other programmes visit our webpage:  
[www.cypsp.hscni.net/ebpp](http://www.cypsp.hscni.net/ebpp)

 [CYPSP Parent Support Page](http://www.cypsp.hscni.net/ebpp)

**New Episode**  
on the Parentline Podcast



Parenting through Eating Disorders:  
*Laurence's Story*



Kerry McLean  
chats to...

**Pam Nugent - The Laurence Trust**

 [www.buzzsprout.com/861409/12344657](http://www.buzzsprout.com/861409/12344657)

**New Episode**  
on the Parentline Podcast



...discussing Emotional Literacy



Kerry McLean  
chats to...

**Conor McCafferty**  
Zest NI

 [www.buzzsprout.com/861409/12500794](http://www.buzzsprout.com/861409/12500794)





A Public Health Agency initiative

## A **FREE** Regional Workplace Health Support Service

Work Well Live Well is a regional workplace health support service funded by the Public Health Agency.

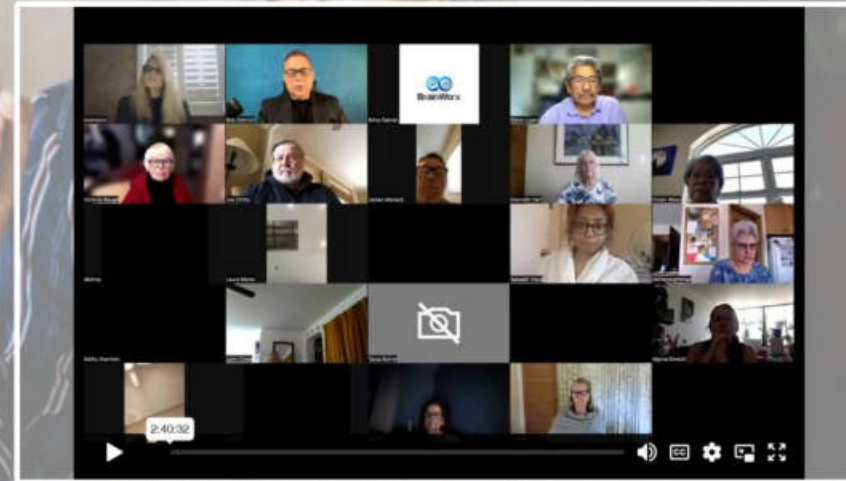
We deliver support to small, medium and large businesses; and target those with employees at risk of poor health and wellbeing, including low paid, sedentary, migrant and LGBTQ employees.

### What We Offer

- An opportunity to complete an employee workplace health and wellbeing survey to determine employee health priorities
- A comprehensive report outlining the health of employees to inform the health and wellbeing action plan
- Assistance with the development and implementation of a workplace health and wellbeing action plan
- Workplace Health Champions Training for employees in your workplace to drive forward an action plan
- Access to further workplace health training including Mental Health First Aid
- Access to two health promotion talks/campaigns for employees
- Celebration Event and Networking opportunities for Workplace Health Champions
- Support from an experienced Health@Work NI workplace health and wellbeing team

 [www.dhcni.com/forms/register](http://www.dhcni.com/forms/register)

## "How To Naturally Improve Trauma and PTSD Challenges Workshop"



**Once you have finished watching this workshop...** you are invited to schedule a free 20 Minute Coaching Session to apply what you just learned.

*Schedule Your Free 20 Minute Coaching Session Here*

[Schedule My Session](#)



[www.brainworxmembers.com/trauma-workshop-2023-03](http://www.brainworxmembers.com/trauma-workshop-2023-03)



## Connections 12 Week Programme

### So what is a 12-week connections programme?

This programme will equip you with the skills and knowledge to help you make meaningful connections with other Luv2MeetU club members.



#### Connection Events

3 online connection events where you will have the chance to meet other members from different areas looking to make meaningful connections.



#### Workshops

Online workshops held by our National Virtual Coordinator to give you all the skills you need to make new connections.



#### Support and guidance

Support and guidance from our helpful and friendly connections team



**Month 1**  
How to make friends workshop part 1  
How to make friends workshop part 2  
Connection's virtual social event

**Month 2**  
Keeping Safe workshop  
Consent workshop  
Virtual social event

**Month 3**  
Sexuality and Gender workshop  
Virtual social event  
1-2-1 30 minutes advice and feedback



Please email or phone the office to book:

01274 655956

Luv2meetU@hft.org.uk

Company Registered in England No:  
734984

Registered Charity No. 313069 | VAT No. 609 6687  
00



[Luv2meetU@hft.org.uk](mailto:Luv2meetU@hft.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](mailto: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

**Parent Line NI**  
0808 8020 400

## Can I ask?

Parenting is a minefield and at times you may find yourself with questions, big or small and wondering who can I ask?

- My child gets upset every morning at the school gates, what can I do?
- My child hits out, what do I do?
- My teen is getting bullied and I don't know what to do...
- How much sleep does my toddler need?
- I am due back to work and need childcare, where do I start?
- How can I talk to my teen about safe sex?
- How do I tell my children we are separating?
- IS it normal if....?
- How do I keep my child safe online?
- I am worried about managing our money over the school holidays, what can I do?
- Where do I ask for help?

**At Parentline there are NO silly questions**

Call us on 0808 8020 400  
Mon-Thurs 9am-9pm  
Fri 9am-5pm  
Sat 9am-1pm  
Webchat; [ci-ni.org.uk/parentline-ni](https://www.ci-ni.org.uk/parentline-ni)

**Parent Line NI**  
0808 8020 400

## Waiting...waiting...waiting

Are you or your child on a waiting list to access support? Perhaps this is for mental health support, ASD assessment, counselling, play therapy or a specialised health service like speech & language therapy or occupational therapy.

We at Parentline know that waiting is hard and it can be a really worrying time for parents. Don't wait alone, Parentline are here at the end of the phone to listen and support you whatever your circumstances.

You don't have to wait to talk to us, we are here:  
Monday-Thursday 9am-9pm  
Friday 9am-5pm  
Saturday 9am-1pm  
On 0808 8020 400

Or webchat: [ci-ni.org.uk/parentline-ni](https://www.ci-ni.org.uk/parentline-ni)

**0808 8020 400**

0808 8020 400

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

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

0808 8020 400



The CEA Card is a national card scheme developed for UK cinemas by the UK Cinema Association (UKCA)

The Card enables a disabled cinema guest to receive a complimentary ticket for someone to go with them when they visit a participating cinema

The Card is also one way for cinemas to make sure they look after their disabled guests. If you require an adjustment to visit a cinema because of your disability, cinema staff should make them for you whether you have a CEA Card or not

The Card is developed by UKCA's Disability Working Group, whose members include film exhibitors and distributors, and national disability charities such as RNID, RNIB, Dimensions and Whizz Kidz



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

## Carer's First Service

The Carer's First Service will provide support to adult carers living within the Southern Health & Social Care Trust Area



Here To Support You



**Our Carers Support staff can provide help and support with:**

- Education & Training
- Social Activities
- Health & Wellbeing
- Personal Development
- General Information
- Listening Ear Phone Support
- Referrals for Financial & Benefits Advice



If you wish to know more about this service contact Michelle Moulton on 07966 771654 or email [michelle.moulton@clanryegroup.com](mailto:michelle.moulton@clanryegroup.com).

### Our details...

**LOCATIONS**  
The Southern Trust Area

**MAIN OFFICE DETAILS**  
(028) 3005 0200 or [info@clanryegroup.com](mailto:info@clanryegroup.com)

FIND US ON



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

**HSC** Southern Health and Social Care Trust



[michelle.moulton@clanryegroup.com](mailto:michelle.moulton@clanryegroup.com)

## Information, Support, Guidance

**NIRDP OFFER A VIRTUAL SUPPORT HUB TO  
PROVIDE INFORMATION, SUPPORT &  
GUIDANCE TO PEOPLE LIVING WITH A  
RARE DISEASE IN NORTHERN IRELAND**



**Email**

**Info@nirdp.org.uk or  
Call 07704476929**

**Website**

**www.nirdp.co.uk**



[info@nirdp.org.uk](mailto:info@nirdp.org.uk)

**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 as normal and are open for referrals

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

Download the **February** 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 logo 'familysupport NI .gov.uk' with the tagline 'Helping You Find the Services You Need'. To the right, there are navigation tabs for 'Family Support', 'Childcare', and 'Childcare Partnerships'. Below this 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 visible. On the left side, there is a vertical menu titled 'Get Local Support' listing various services such as Adoption, Bereavement, Carers, Child Protection, and more. The main content area features a purple header for 'Family Support & Advice' and a featured article titled 'Worried About the Welfare of a Child?' with a photo of a child and a dog. Below the article is a grid of service tiles, each with a small image and a title, including 'Searching for Family Support Services', 'Lifeline - Crisis Response Helpline', 'Help you and your loved ones cope with Bereavement', 'Care Orders', 'About Health Visitors', 'Financial/Welfare Advice for Families', 'Information For Carers', 'Information About Eating Disorders', 'Health and Wellbeing Services', 'Support for Learning Disability, Autism and ADHD', 'Adoption & Fostering Support in Northern Ireland', and 'Free School Meals / Uniform Grants'.

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

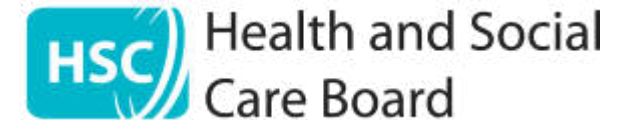
If you require any more information about the website or would like some leaflets / posters, call **0845 600 6483**

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)



**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 July 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

**APPLICATIONS ARE OPEN FROM 9.00AM ON  
MONDAY 3RD APRIL UNTIL 12 NOON  
ON FRIDAY 28TH APRIL 2023.**

To further assist groups a number of Virtual Information Sessions have been arranged as follows:-

Tuesday 4th April at 7pm  
Wednesday 5th April at 2pm

To register for these sessions please 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



Initial queries should be directed to  
Valerie Leatham on 07515607480



[fap@armaghbanbridgecraigavon.gov.uk](mailto:fap@armaghbanbridgecraigavon.gov.uk)

# DON'T BOX ME IN

**TMAC Centre**  
7 The Cow Fair, Keady, Armagh BT60 3TD

**Mondays**  
except for bank holidays

**5.30 - 7.30pm**  
8 - 25 years old

**£1 PER SESSION**



**COMMUNITY FUND**

An inclusive project where young people with and without disability come to connect through arts, drama and music to express creatively.

✉ [kathryndbmioc17@gmail.com](mailto:kathryndbmioc17@gmail.com)  
☎ 078 4954 9282

SCAN ME TO VISIT OUR FACEBOOK



**£1 PER SESSION**  
DRINKS & SNACKS PROVIDED



## DON'T BOX ME IN

### EASTER WORKSHOP

TMAC CENTRE, 7 THE COW FAIR, KEADY, ARMAGH BT60 3TD

**TUESDAY 11TH APRIL 2023**  
**(A1) 12 - 2PM (8-25 YRS)**

**COME ALONG FOR A 'JAM SESSION'**

- \* BUST SOME DANCE MOVES
- \* PLAY UKULELE
- \* SING YOUR HEART OUT



**COMMUNITY FUND**

✉ 📱 📺 📷 KATHRYNDBMIOCT17@GMAIL.COM | 07849549282 | DON'T BOX ME IN



[kathryndbmioc17@gmail.com](mailto:kathryndbmioc17@gmail.com)



**Feel Good  
ARMAGH**

**Community  
Networking  
Event**

**ARMAGH CITY HOTEL (FISHER SUITE)**

**10AM TO 1PM**

**FRIDAY 9TH JUNE 2023**

Everyone welcome to find out what is available for all ages in Armagh  
Refreshments provided!

If your service or organisation would like to host an information stall, register via e-mail, by Friday 26th May:  
[john.beattie@trianglehousing.org.uk](mailto:john.beattie@trianglehousing.org.uk) or [stephen.harland@arkhousing.co.uk](mailto:stephen.harland@arkhousing.co.uk)

**Local Services For All**  
**Community Activities**  
**Community Funding**  
**Health & Wellbeing**  
**Financial Support & Advice**  
**Cost Of Living Support**  
**Family Support**

Feel Good Armagh is hosted & supported by:

CYPSP Ark TRIANGLE Northern Ireland Executive Northern Health and Social Care Trust HSC Public Health Agency Northern Ireland Executive T:buc Housing for all Housing Executive



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

## Yoga & Mindfulness for Carers



**Clanrye Group**  
Here To Support You

These sessions will include mindfulness techniques, gentle yoga movements. Also offering a relaxation tools to develop resilience.

### Yoga with Sayon

📍 52 Bridge Street, Banbridge

#### Dates & Times:

Wednesday 19th & 26th April: 3PM - 4PM

Friday 28th April & 5th May: 10.45AM - 11.45AM

**Free for all unpaid carers**

No booking required. For more information contact Nicole on [nicole.dynes@clanryegroup.com](mailto:nicole.dynes@clanryegroup.com) or phone 028 3089 8119

NB: Mats are available or feel free to bring your own.



The *elle*  
Community  
Foundation

These classes has been supported by the Community Foundation for Northern Ireland through Carers Community Fund.



[nicole.dynes@clanryegroup.com](mailto:nicole.dynes@clanryegroup.com)

## REGENER8



**Clanrye Group**  
Here To Support You

For those aged 16 -25 living in Newry, Mourne, Down and Banbridge areas.

### RECRUITING FOR APRIL 2023

Focusing on re-engaging young people into the community

This is a 3-day a week programme. Choose from Newry or Downpatrick. Each programme includes:

- Fun Activities & Trips
- Gain Accredited Qualifications
- Employability Support
- Cross-Community Projects
- Work Experience
- Counselling
- Workshops
- Driving Lessons & Test
- Provisional Licence
- Travel & Lunch



Newry: Monday - Wednesday    Downpatrick: Wednesday - Friday    10AM - 4PM

#### Criteria:

- Age 16 - 25
- Not in Education, Employment or Training
- In need of 1:1 support or mentoring

To sign up or for more information contact Tony McAteer on (074) 8532 5930 or email [Maeve.Murphy@clanryegroup.com](mailto:Maeve.Murphy@clanryegroup.com)



INTERNATIONAL FUND FOR IRELAND



[Maeve.Murphy@clanryegroup.com](mailto:Maeve.Murphy@clanryegroup.com)

We are recruiting young women aged 14-18 to participate in our **BCCP 14-week Pharmacy Programme** starting end of March.

The Pharmacist will be available to give free advice throughout these sessions.



Some of the topics we will be covering in this 14 week programme will include:

- **Drugs and alcohol, including vaping.**
- **Sexual Health and Relationships**
- **Mental Health, including Self-Harm and Suicide.**

For more information or to register your interest contact Lucinda on: **07540049938** or [Lucinda@futureproofni.org](mailto:Lucinda@futureproofni.org)

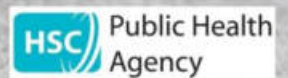


## Young Women's Nurture Group



A quiet safe space for young women to come along and meet new people. Focusing on mental health, social skills and everyday issues young women face.

Young people can self-refer by contacting Lucinda:  
Mobile: 07540049938  
[Lucinda@futureproofni.org](mailto:Lucinda@futureproofni.org)



[Lucinda@futureproofni.org](mailto:Lucinda@futureproofni.org)



Group

**LGBTQI+ Support Group**

Where: YES Drop In,  
3 Enville Court, Banbridge

When: Tuesday 4-6pm

[info@futureproofni.org](mailto:info@futureproofni.org)

075 400 49938

[@banbridge\\_yes](#)

**futureproof**  
engage | educate | empower

Supported by

**YOUTH ENGAGEMENT SERVICE**

**HSC** Public Health Agency

**WHERE? BANBRIDGE YES**  
**@UNIT 3 ENVILLE COURT**  
**CASTLEWELLAN ROAD**  
**BT32 4AX**

**WHEN? EVERY FRIDAY**  
**4:30PM TO 6PM**

**STARTS FRIDAY 28TH**  
**OCTOBER**

This is an informal drop in service for young people with ASD to socialise in a safe and informal environment and explore new interests

**ASD TEENS**

**FOR 11-17 YEAR OLDS**

For referral information please contact via email below

**TALK TO US**  
phone: 07483396345  
email: [info@futureproofni.org](mailto:info@futureproofni.org)

**HELP** **SUPPORT** **GUIDANCE**

**YOUTH ENGAGEMENT SERVICE**

**HSC** Public Health Agency

**futureproof**  
engage | educate | empower



[info@futureproofni.org](mailto:info@futureproofni.org)

# REGENER8

For those aged 16 -25 living in Newry, Mourne, Down and Banbridge areas.



## RECRUITING FOR APRIL 2023

Focusing on re-engaging young people into the community

This is a 3-day a week programme. Choose from Newry or Downpatrick. Each programme includes:

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- Travel & Lunch



**Newry: Monday - Wednesday**      **Downpatrick: Wednesday - Friday**      **10AM - 4PM**

### Criteria:

- Age 16 - 25
- Not in Education, Employment or Training
- In need of 1:1 support or mentoring

To sign up or for more information contact Tony McAteer on (074) 8532 5930 or email [Maeve.Murphy@clanryegroup.com](mailto:Maeve.Murphy@clanryegroup.com)



[Maeve.Murphy@clanryegroup.com](mailto:Maeve.Murphy@clanryegroup.com)



**Understanding Refugee Resettlement & Asylum Northern Ireland**  
3 Interactive Workshops for People Working in the Community

Delivered by Dr. Edie Shillue

**20th and 26th April & 4th May**  
**10am - 1230 pm with lunch @**  
**The Mourne Country Hotel**  
to include a discussion on Newry's special border location

**To book call Blanaid on**  
**07483 168400 or**  
**m:blanaid.bruce@radiushousing.org**



[blanaid.bruce@radiushousing.org](mailto:blanaid.bruce@radiushousing.org)



**BE ACTIVE EASTER CAMP**

£2 PER SESSION

<b>KILKEEL</b> LEISURE CENTRE Wednesday 12th April	<b>NEWRY</b> LEISURE CENTRE Thursday 13th April	<b>DOWN</b> LEISURE CENTRE Friday 14th April
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**KIDS MULTI-SPORTS**  
Primary 1-P3: 10AM - 12PM  
Primary 4-P7: 1PM - 3PM

**TEEN 5-A-SIDE**  
Age 12-15  
3.30PM - 4.30PM

Bookable online 1 week in advance by downloading the NMD BE ACTIVE APP or call into your Leisure Centre to register.  
\*\* LIMITED SPACES \*\*

Clanrye Group Here To Support You  
Comhairle Ceantair an Iúir, Mhúrn agus an Dúin Newry, Mourne and Down District Council  
Be Active

**Open House Programme**

Our weekly sessions will provide people with a warm and welcoming space to spend time with friends and family and meet new people whilst enjoying a free cup of tea or coffee. Anyone wishing to come along can find out where their weekly Open House session is below:

**Newry Leisure Centre**

Every Monday from 9.30am-2pm

**Downpatrick Arts Centre**

Every Monday from 9.30am-12.30pm

**Kilkeel Leisure Centre**

Every Monday from 10am-1pm

**Market House, Ballynahinch**

Every Thursday from 9am-1pm

**Warrenpoint Town Hall**

Every Wednesday from 10am-1pm

**Crossmaglen Library – STARTING WEDNESDAY 11 JANUARY**

Every Wednesday from 11am-2pm

**Dan Rice Hall, Drumaness - STARTING FRIDAY 13 JANUARY**

Every Friday from 10am-1pm

**Supporting You  
with the  
Cost of Living**



[www.newrymouredown.org/be-active-app](http://www.newrymouredown.org/be-active-app)



[www.newrymouredown.org/cost-of-living](http://www.newrymouredown.org/cost-of-living)



**Speedwell Family Support Newsletter**  
March 2023

Registered charity NI 108645 Company Number NI682767

**School Mental Health Programmes**

**WOODLAND WELLBEING:**  
Woodland wellbeing was delivered in partnership with Speedwell Programmes Team to support children in p1-2. Many of these children had missed out on social opportunities during their early years due to the pandemic and as such were finding the transition to primary school very challenging. This programme utilised outdoor learning to introduce the concept of mental health in an age appropriate way. Every child received a take home resource to share with their parent/carer on how to support their family's mental health at home.

**251 CHILDREN SUPPORTED**

**THINK PROGRAMME**  
Targeting p3-5 children THINK is a 4 week in school programme supporting resilience, confidence and independence skills.

**405 CHILDREN SUPPORTED**

**STRONGER ME & WILD WEE'ANS:**  
These two mental health programmes were designed to support children p3-p7 to learn about what good mental health looks like, learn practical ways to support themselves and spend time outdoors to improve their wellbeing. Stranger Me: P3-PS and Wild Wee 'Ans: P6-7 also provided every child with a take home resource to share with their parent/carer on how to enhance their family's mental health at home.

**223 CHILDREN SUPPORTED**

**Department of Health & Arts Council Family Mental Health support:**

**FAMILY WELLBEING RETREATS:**

February self-love retreat 39 children, 15 parents	March Showcase 30 children, 15 parents
ASD Partnership retreat 21 children, 20 parents	Parents wellbeing retreat morning 20 parents
Winter Retreat 31 children, 20 parents	

**\*\*DEPARTMENT OF HEALTH FAMILY SUPPORT UPDATE\*\***

The 31st March 2023 will see the completion of this Department of Health funded element of our Family Support provided by Tara and Kim for Speedwell Trust. Both members of the team have supported families with children aged 4-12 years old living in Mid-Ulster since 2016. We wish Tara & Kim all the very best in their next endeavours

**Counselling support:**  
In addition to one to one support planning by our family workers, counselling was provided to families or individuals via external counsellors employed by speedwell & funded by the Department of Health for up to 6 weeks to support the mental wellbeing of families as highlighted by our family stakeholders.

**30 CHILDREN & PARENTS - 21 SESSIONS DELIVERED**

Registered charity NI 108645 Company Number NI682767

**Comic Relief Funded Family Support**

Maryam will continue to offer dates for behaviour support contact: maryam@speedwelltrust.com

**Behaviour Support**  
Parents, Speedwell Trust are offering behaviour support sessions to help you when behaviours are challenging at home- you are not alone. Come along for a cup of tea and a chat about how we can help you.

**PLENTY of Times and Dates to suit everyone!**  
One-Off parenting support sessions:  
Dates available:  
All 2 hour sessions will start at 6.30 pm and last for approx. 40 minutes.  
You only need to attend one session.  
Venue: Zoon  
Time: 6.30 p.m.  
Dates: Tues March 21st / Tues April 11th/18th/25th Wed March 22nd /Wed April 12th/19th & 26th.

If you would like more in-depth parenting support, we can also offer 4-week programmes where we meet in person.

**4-week Parenting Support Programme (Mondays)**  
Venue: COOKSTOWN COMMUNITY CENTRE  
Dates: Mon April 20th/27th/24th & 29th May  
Thurs 12th/20th/26th & 4th May  
Times: 10-12.30

**6-week Parenting Support Programme (Evenings)**  
Venue: COOKSTOWN COMMUNITY CENTRE  
Dates: Tues April 11th/18th/25th Thurs 4th May  
Times: 6-7.15 p.m.

For the 4-week programme, you should aim to attend on all 4 dates.

To book your space please contact  
maryam@speedwelltrust.com  
Mob: 07359472246

Registered charity NI 108645 Company Number NI682767



## PROVISIONAL TIMETABLE – SPRING 2023



Course Title	Start Date	Day	Time	Duration
<b>WELLBEING</b>				
Meditation & Journaling	18.04.2023	Tuesday	10.00am – 11.00am	6 Weeks
Creative Writing	18.04.2023	Tuesday	12.30pm – 2.30pm	6 Weeks
Pilates	18.04.2023	Tuesday	1.30pm – 2.30pm	6 Weeks
Spring Clean Your Life	19.04.2023	Wednesday	9.45am – 11.45am	6 Weeks
Tai Chi - Mindful Movement for Relaxation	20.04.2023	Thursday	10.00am – 11.00am	6 Weeks
Yoga with Laura	20.04.2023	Thursday	12.30pm – 1.45pm	6 Weeks
Breast Bowel Cervical Awareness	26.04.2023	Wednesday	1.00pm – 3.00pm	3 Weeks
<b>ESOL</b>				
ESOL Entry 1 Reading & Writing	05.09.2022	Monday & Tuesday	9.45am - 11.45am	Ongoing
ESOL Entry 2 Reading & Writing	05.09.2022	Monday & Wednesday	9.45am - 12.45pm	Ongoing
ESOL Entry 2 Reading & Writing	06.09.2022	Tuesday & Thursday	1.00pm - 3.00pm	Ongoing
ESOL Entry 3 Reading & Writing	06.09.2022	Tuesday & Thursday	9.45am - 12.45pm	Ongoing

**Courses/Dates/Times Subject to Change**



[fswc.enquiries@gmail.com](mailto:fswc.enquiries@gmail.com)

## 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

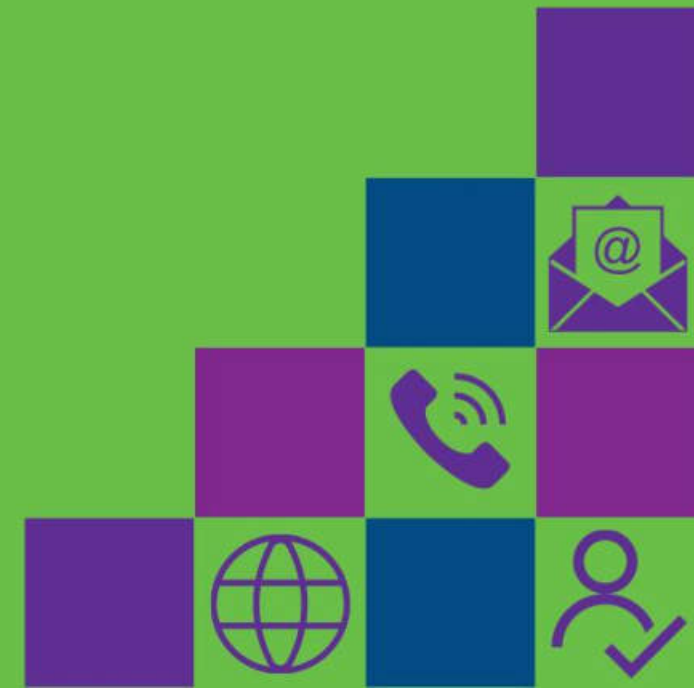
- ✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (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 100](#)  
23<sup>rd</sup> March 2023

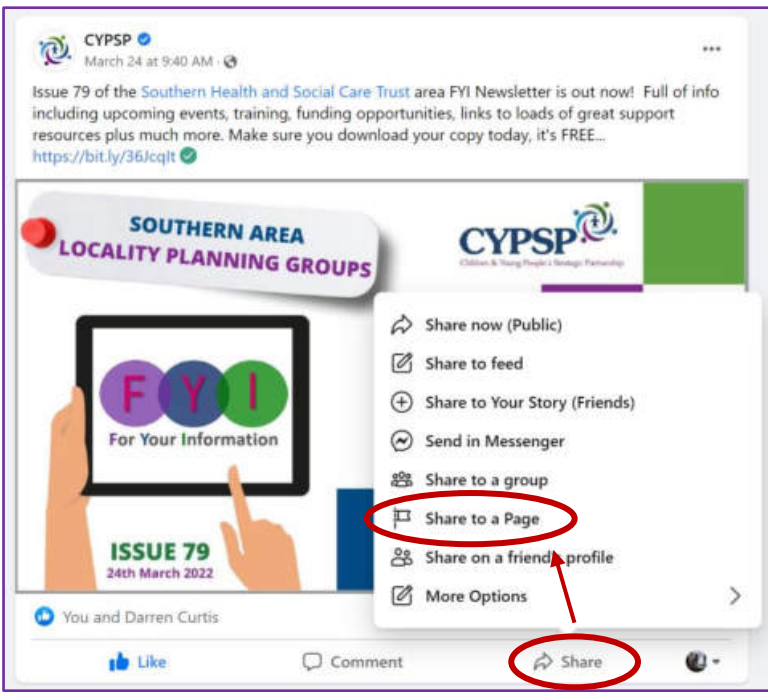
[Issue 99](#)  
9<sup>th</sup> March 2023





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

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

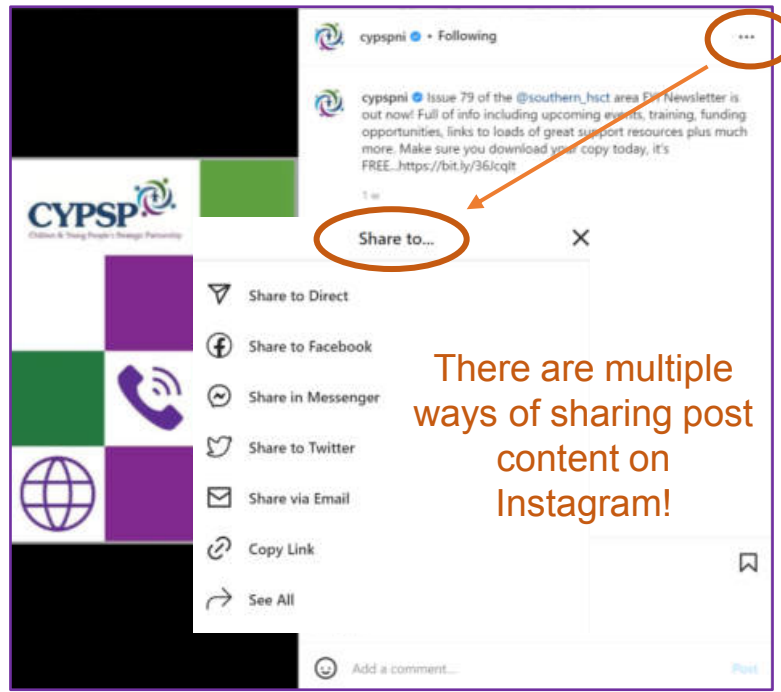


If sharing to your organisation's page, use 'Share to a Page'  
 (You need to have Admin permissions to do this)  
 Otherwise, you can share to your own personal page, as well as into Facebook Groups which you are a member of



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 2023 LPG MEETINGS

Newry & Mourne	Wed. 19 <sup>th</sup> Apr.
Armagh	Thur. 11 <sup>th</sup> May
Craigavon	Tues. 16 <sup>th</sup> May
Banbridge	Wed. 24 <sup>th</sup> May
South Armagh	Tues. 6 <sup>th</sup> June
Dungannon	Tues. 13 <sup>th</sup> June

Meetings are usually scheduled to begin at 10am  
Formats will alternate between face-to-face & Zoom  
(Refer to the 2023 Meetings Calendar on our [Linktree](#))



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

**27th April  
2023**

**Submission  
Deadline:  
25th April  
2023**



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