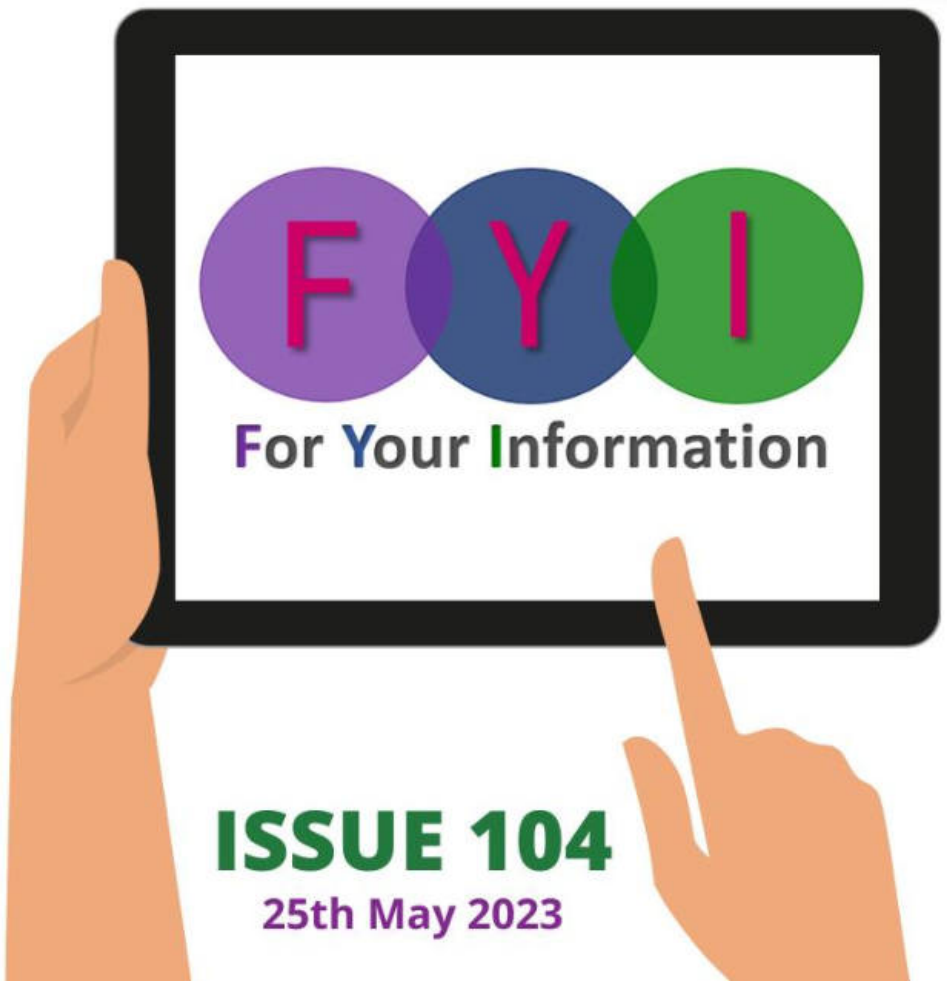


**SOUTHERN AREA
LOCALITY PLANNING GROUPS**



ISSUE 104
25th May 2023



WELCOME

Welcome to Issue 104 of our information bulletin, 'FYI' (For Your Information).

As promised, we are including summer activities for the Southern Area in this edition of the newsletter. We are aware that more activities are likely to be confirmed within the next couple of weeks, so please see [Page 3](#) for further details on how to send us your relevant summer activities information for the next issue of 'FYI'.

We are also delighted to let you know that we have recently released the "Your Journey Through Disability" Guide to help support families with a child with a disability. Access the download link on [Page 12](#) and please share this practical resource widely with families and colleagues accordingly.

Stay connected and keep updated!

Locality Development Team, Southern Area

IN THIS ISSUE

Pages 3 to 11

Pages 12 to 46

[Summer Is Coming](#)

[Southern Trust Area \(CYPSP Updates | Training | Events | Workshops | Webinars Panels | Parenting Programmes | Grants | Funding | Consultations | Jobs | Employability | Resources | Family Support | Health\)](#)

Page 47

Page 48

Pages 49 & 50

Page 51

Page 52

Page 53

Page 54

Page 55

[ABC Council Area](#)

[Armagh LPG Area](#)

[Newry & Mourne LPG Area](#)

[Dungannon LPG Area](#)

[Newsletter Submission Guidelines](#)

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

[Important LPG Member Information](#)

[Next Issue Key Dates](#)





Are you organising summer activities for children & young people?

Do you want to share this information with other services?

Do you want to find out what is happening in the summer for families, children or young people in your area so you can pass it on?

We are delighted to be in a position to promote your summer activities in the **Summer Is Coming** section of this edition of 'FYI' newsletter which starts on the [next page](#)

Please send any relevant information you may have regarding your group or organisation, or any summer schemes you may know of, for the next edition of 'FYI' (circulating on **Thursday 8th June**) so that we can continue to showcase the great range of opportunities available and being run across the Southern Trust Area

We ask that, where possible, artwork is submitted already set-up (in jpeg, png or pdf format)

Send your submissions to localityplanning@ci-ni.org.uk



Funded by
UK Government

Offering
Opportunities
for 16-25 year olds
not in education training
or employment

YouthAction
NORTHERN IRELAND

**IS YOUTH
START**
A BETTER START IN LIFE & WORK

- Gain Qualifications
- Group Activities
- Volunteer Opportunities
- One to One Support
- Employability Support

To find out more info about these amazing opportunities
with YouthAction NI contact

Email: deborah@youthaction.org Free Travel
Phone: 028 37511624
Web: www.youthaction.org Free Lunch

deborah@youthaction.org

COMMUNITY FUND

DON'T BOX ME IN

DRAMA SUMMER CAMP

WEEK ONE: 17/07 - 21/07 @10AM-3PM
WEEK TWO: 24/07 - 28/07 @3PM-6PM
SHOWCASE: 28/07 @6pm, all welcome.

Become part of a two-week program involving
drama, dance and music leading to a showcase
called 'Night at the Movies'.

For sign up and
more info, contact:
kathryndbmioc17@gmail.com
or 0784954928

TMAC Centre
7 The Cow Fair
Keady
BT60 3TD

kathryndbmioc17@gmail.com



Contact Ryan -
07902701111

ea Education Authority

MEET NEW PEOPLE
IMPROVE CV
GO ON TRIPS
GAIN QUALIFICATIONS
AND MUCH MORE

**BANBRIDGE
LOCAL YOUTH
VOICE**

14-18 YEAR
OLDS

GET INVOLVED IN PROJECTS
HAVE FUN
BE HEARD

VENUE- BANBRIDGE YOUTH CLUB
EVERY TUESDAY 7PM-9PM

Made with PosterMyWall.com

 07902701111

ea Education Authority

**FRIDAY
NIGHT
FOOTBALL
BOYS AND GIRLS
13-16**

Every Friday In
**August
7-10pm**

5-aside competition
6 teams
5 weeks
20 minute games

@ Banbridge Youth
Club
Registration
evening:
Friday 28th
July
4:30pm-6pm

Contact
Ryan:07902701111



Made with PosterMyWall.com

 07902701111



*The Thinking Cup
Flare wellbeing cafe*

**Good Coffee,
Good friends,
Good Conversation**



FREE COFFEE FREE SNACKS
BANBRIDGE YOUTH CLUB
3rd FRIDAY OF EACH MONTH
7pm-9pm



07902701111



Are you aged between 15-18 & want to learn new skills?
Work4UPlus are offering **FREE** short courses
In small groups with limited space

Life & Employability Skills Courses

Drugs & Alcohol Awareness – Tuesday 27th June 10am – 12noon
EPOS operation & Retail – Tuesday 27th June 1pm – 4pm
Food Hygiene (level 1) – Wednesday 28th June 10am -4pm
Table Management - Thursday 29th June 1pm – 4pm
CV Development – Tuesday 4th July 10am – 12.30pm
Table Management – Tuesday 4th July 1pm – 4pm
EPOS operation & Retail – Wednesday 5th July – 10am – 12.30pm
Drugs & Alcohol Awareness – Wednesday 5th July 1.30pm – 3.30pm
Introduction to Upholstery – Thursday 6th July 10am – 1pm
Introduction to Upholstery – Tuesday 18th July 10am – 1pm
Food Hygiene (level 1) – Wednesday 19th July 10am -4pm
CV Development – Thursday 20th July 12noon – 3pm

To book your place contact Pauline by email: Pcoghlan@nmea.net

www.Work4UPlus.com

www.facebook.com/work4uplus/

www.nmea.net

Follow us 



pcoghlan@nmea.net



CYPSP
Children & Young People's Strategic Partnership

Summer Is Coming!

Promote Your 2023 Summer Activities



**DUNGANNON
LPG AREA**

Coalisland Summer Bash

Sunday 28th May 2023
Shared Space,
Lineside, Coalisland
12 noon - 4pm

Free Admission
Family Fun Activities
& Live Music






www.midulstercouncil.org/summerbash



<https://www.midulstercouncil.org/summerbash>

SPEEDWELL TRUST

SUMMER SCHEME

WHEN: JULY 3rd-7th, 17th-21st,
24th-28th, 31st-4th AUGUST

TIMES: 10AM-3PM

AGES: 5-11

WHERE: 57A PARKANAUR RD
DUNGANNON BT70 3AA

PRICE PER CHILD - £65
ADDITIONAL SIBLINGS - £60 EACH

JOIN US FOR
A WEEK OF FUN-FILLED
ACTIVITIES!

Booking essential. Please note spaces can only be secured for one of the weeks outlined above. To book your space, visit speedwelltrust.com



www.speedwelltrust.com/book



The Southern Drug and Alcohol Coordination Team is chaired by Lydia Scholes (Addictions Coordinator, Southern Health and Social Care Trust).

The PHA's local leads for drugs and alcohol in the Southern area are Stephanie Hanlon and Danny Sinclair.

The SDACT Connections Service is managed by Kathleen Grego in Start360 and there are three members of staff who support the work of SDACT and who can help local partners and communities to address drug and/or alcohol issues in the Southern Health and Social Care Trust area.



If groups want any sessions from Connections staff over the summer period, contact:
Lucinda McGinnis at Start360



lucinda.mcginis@start360.org



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.

- » Delivered in your venue
- » Local community trainers
- » Evening, weekend or daytime sessions
- » Free of charge to community, voluntary and youth groups in the Southern Trust area



“Trainer was experienced and confident”

“Straight to the point information”

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

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

Are you preparing for summer camps for children and young people?

If so, is your safeguarding training up to date?

Contact CST to enquire about safeguarding training [HERE](#)



HIGH RISE



Summer fun for everyone at High Rise Lisburn!

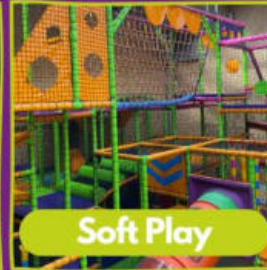
High Rise is an inclusive & accessible family
adventure centre with activities for all ages!



Clip 'n Climb



Sensory Rooms



Soft Play

Open Thursday - Sunday

24 thrilling climbing challenges for ages 4+

Autism friendly session one Sunday a month

Changing Places facilities

Book now at
www.highriseni.org

11 Altona Road, Lisburn, BT27 5QB



www.highriseni.org



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

CYPSP launched a new regional guide for parents on their journey through disability at the Long Gallery, Parliament Buildings on Monday 22 May 2023

This resource is a product from the recommendations of the **‘Our Journey Through Disability’ Report** and highlights the ongoing partnership work with parents, parent groups, children and young people and statutory, voluntary and community agencies

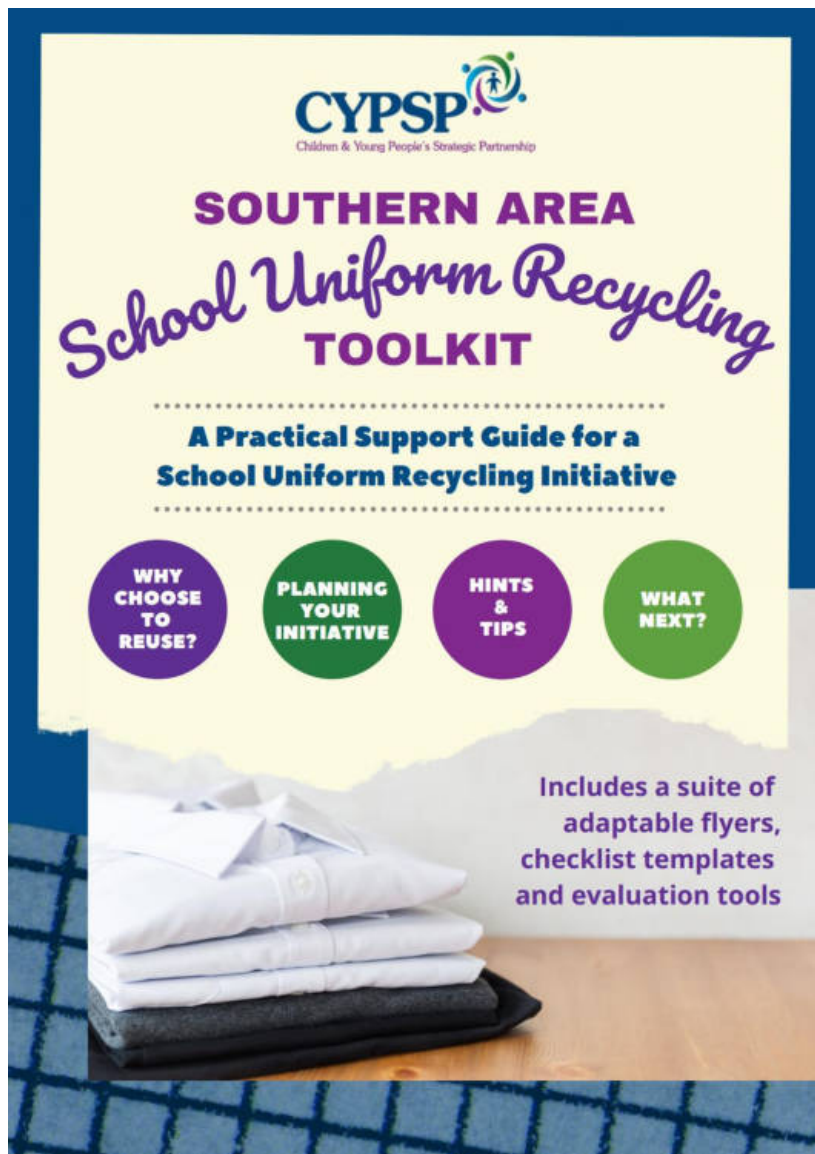
This resource is **by** parents **for** parents and its development has been parent led from the onset and addresses the whole life journey for parents of children with disability and additional needs

This is a live resource which will be updated as new resources emerge

Download a copy of the resource [HERE](#)

We encourage you to share this resource widely to enable us to reach as many parents as possible!





Calling All Schools in the Southern Area!!!

For any school interested in organising a **School Uniform Recycling Initiative**, we have produced a **Toolkit** to help as a practical resource. The toolkit includes suggestions for discussions, checklists, templates and evaluation tools.

The Toolkit is free of charge and all schools are welcome to use it! Schools can e-mail localityplanning@ci-ni.org.uk to request a copy of the School Uniform Recycling Toolkit and we would ask our members to spread the word within their respective areas, so that we can reach as many schools as possible.

Please contact us, if you wish to avail of a short online briefing on how to use the toolkit and the further support which we can offer.

Children in Northern Ireland 

June Training Courses

<p>Designated Officer (In-Person) Tue 6th June 10:00 - 16:30</p> <p>Life Story (In-Person) Wed 7th June 10:00 - 15:30</p> <p>Recording & Reporting (Zoom) Tue 13th June 9:30 - 12:30</p> <p>Supervision for Supervisors (In Person) Tue 20th & Wed 21st June 10:00 - 16:30</p>	<p>Child Protection Practice (Zoom) Wed 21st June 9:30 - 12:30</p> <p>Designated Officer (In Person) Tue 27th June 10:00 - 16:30</p> <p>Supporting Behaviours & Emotions in Early Years (In Person) Wed 28th June 10:00 - 15:30</p>
--	--

TO BOOK
ci-ni.org.uk/funded_courses




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

Children in Northern Ireland 

Zoom
Tue 13th June
9:30 - 12:30



Good Practice in Recording & Reporting

Credible & effective practice is underpinned by good communication and this includes good recording & reporting. This training will stimulate participant's awareness of recording in the delivery of quality care & robust Safeguarding. It will identify the principles of effective recording & reporting practice using practical guidance & examples relevant to our sector. This workshop will:

- Increase awareness of the ethical and technical complexity involved in information management
- Increase competence in data management.
- Improve skills and knowledge in recording and reporting.
- Develop understanding of how good written communication contributes to effective practice

To book: www.ci-ni.org.uk/funded_courses



**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 next training delivery is:

Tuesday 6th June 23 @ 11am via Zoom

If you are a staff / volunteer or provide services, 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 or call 028 3756 1441 for more information and / or to register your place at the training.



TRAFFIC LIGHT TRAINING

Sexual Behaviours in Children and Young People

WHERE Children In NI,
40 Montgomery Road

WHEN Monday 12th June
9:30am - 1:00pm

For professionals working with children and young people from age 0 to 18+.

A GUIDE TO IDENTIFY, UNDERSTAND AND RESPOND TO SEXUAL BEHAVIOURS!



FOR MORE INFORMATION CONTACT:
hello@commonyouth.com

COMMON YOUTH.



cst.training@southerntrust.hscni.net



hello@commonyouth.com

TRAFFIC LIGHT TRAINING

Sexual Behaviours in Children and Young People

WHERE Children In NI,
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WHEN Monday 12th June
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For professionals working with children and young people from age 0 to 18+ *

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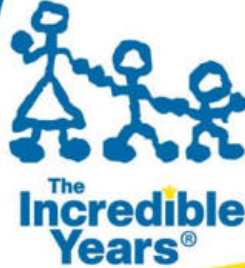
FOR MORE INFORMATION CONTACT:
hello@commonyouth.com

COMMON YOUTH.



hello@commonyouth.com

Basic Parent Group Leader Training



Accredited and Evidence Based


Facilitators will be trained to deliver on the Basic Parent programme (for parents of children aged 2-8); the School Readiness programme; and the Toddler Programme.

Workshop learning includes child-directed play and coaching skills; using positive reinforcement; establishing effective limits, rules and routines; how to ignore inappropriate behaviour; reducing aggression; problem solving; and promoting effective communication skills. Group therapy process skills such as empowering parents, collaborating, dealing with resistance, confronting and teaching, supporting and advocating for parents will all be included.

HSC Health and Social Care

Dates: 14, 21 and 28 September 2023
Times: 9.30am – 3.30pm
Venue: Ramada By Wyndham, Talbot Street, Belfast City Centre
Cost: £395 per person (includes workshop notes, resources and all hospitality)
Led by: Maria McAleese, Incredible Years® (IY) Mentor NI
Contact: mariamcaleese2@gmail.com Tel: 079 2002 2782

If you would like more information on funded training places with a commitment to deliver, please contact your local Child Development Interventions Coordinator
Email: martina.mccooley@southerntrust.hscni.net Tel: 028 37564462



Parents, Teachers and Children Training Series



Martina.McCooley@southerntrust.hscni.net

Perinatal, child, adolescent and family work: a psychoanalytic observational approach (M7N)
Discover our flagship observation course in Belfast

University of Essex

Learn through rich experience

Drawing on over 100 years of expertise, this newly enhanced, part-time course offers theoretical and experiential training to professionals working with children, young people and families.

Under the guidance of our expert clinician-tutors, you will:

- Explore the earliest stages of life via an infant observation, honing your skills in the clinic where the method was first pioneered
- Expand your knowledge base with the latest child development research and a range of key psychoanalytic concepts and texts
- Critically examine the unconscious dynamics that can impact on your work through participating in regular group discussions
- Gain a postgraduate certificate after one year of study, or a postgraduate diploma after two years of study

You will gain deep insights into human development and emotional dynamics – immediately enhancing your current role, and preparing you to undertake further, clinical training.

“ Closely observing infants with their carers is a unique learning experience and highly relevant across childhood and adolescent development in every work setting. ”



Course Lead: Dr Deirdre Meehan,
Child and Adolescent Psychotherapist

Learn more, join an open event and start your application ▶



🌐 tavistockandportman.ac.uk

✉ training@tavi-port.ac.uk

☎ 020 8938 2213/2214

📍 Tavistock Centre, 120 Belsize Lane, London NW3 5BA

 <https://tavistockandportman.ac.uk/courses/perinatal-child-adolescent-and-family-work>

MEN'S HEALTH WEEK
Monday 12th - Sunday 18th June 2023

What's your
**picture of
health?**

Find out more at:
www.mhfi.org
[#MensHealthWeek](https://twitter.com/MensHealthWeek)

Logos at the bottom: Men's Health Week, HE, FORUM, hi, HSC Public Health Agency, and a QR code.

International Men's Health Week (MHW) always begins on the Monday before Father's Day and ends on Father's Day itself

During 2023, it will run from Monday 12th until Sunday 18th June. It is celebrated in many European countries, as well as in the USA, Australia, New Zealand, Canada and a number of other places worldwide.

During 2023, the MHW theme for Ireland will be **'The Picture of Health'** and the call to men (and those who support the health of men) will be what does that look like to you?

All too often we set ourselves unrealistic or impractical targets... However, this year, everyone is being asked to set themselves a simple goal(s) to improve the health of men, and to go for it!

The celebration of Men's Health Week on the island of Ireland during 2023 is being funded by the Health Service Executive Health and Wellbeing and the Public Health Agency.

Visit the main information hub [HERE](#) (All of the graphics are stored [HERE](#))
For further information please contact Frances Haughey, Health Inequalities Officer by emailing Frances.Haughey@armaghbanbridgecraigavon.gov.uk or telephone **075 0077 2905**



MOOD MATTERS
PARENT & BABY WORKSHOP

A free online mental health awareness workshop for expectant parents and parents of young children (under 3 years of age) delivered by AWARE, the depression charity for Northern Ireland.

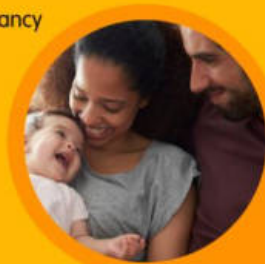
The workshop teaches you skills to:

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

Course delivery:

Delivered online via Zoom
Thursday 15th June 7-9pm
Sign up online on our website:

www.aware-ni.org/MMPB



Registered with the Charity Commission for Northern Ireland with NIC100561
Company No. NI. 30447



www.aware-ni.org/MMPB



Relateable.

Free Relationships Education for 15-16 Year Olds

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

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

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

For more information please contact office@relateni.org.



office@relateni.org

HSC Public Health Agency
Project supported by the PHA

FREE RSE PROGRAMME
for 12-14 year olds in youth and community groups

WITH: COMMON YOUTH.

- Interactive, engaging and structured
- Build emotional resilience, communication & assertiveness skills
- Empowering young people to make informed choices

TOPICS

- Periods
 - Puberty and body changes
- Staying safe online
- Healthy relationships
 - Consent
 - LGBTQ+
 - Body Image
 - Resilience
 - Friendships

For full programme content, email:
Hello@commonyouth.com

SUPPORTING RESOURCES

Our Education Workers have created supporting information leaflets, online quizzes, infographics and fact sheets to accompany their sessions.

These resources allow for continued support and information even after completing our programme.

We also have a clinic service open 7 days a week with medical and counselling staff

FEEDBACK?

- "EACH WEEK WAS ENJOYABLE AND NEW"
- "VERY INTERESTING AND INFORMATIVE"
- "A THOUGHT PROVOKING SESSION ON ISSUES USUALLY AVOIDED, SUCH AS REJECTION"
- "I LOOKED FORWARD TO EACH SESSION"
- "MADE LEARNING ABOUT EMBARRASSING TOPICS COMFORTABLE"

COMMON_YOUTH @COMMONYOUTH_

HSC Public Health Agency
Project supported by the PHA






Tax-Free Childcare information session for front facing professionals in Northern Ireland

7.00pm – 8.00pm, 31 May 2023

This 60-minute online ZOOM information session will be useful for local authorities/councils and family-facing professionals across Northern Ireland.

You should attend if you come into contact with families through your work. For example, you could be a health visitor, social worker, housing officer, early years or childcare provider, holiday activity provider, schoolteacher, or work in children's centres, early help, job centres. If you work with families across the public, private and/or voluntary sectors and want to find out more about increasing the take up of Tax-Free Childcare – it would be great to see you.

The information session aims to:

- Raise awareness and understanding of TFC.
- Provide a useful overview of Tax-Free Childcare (TFC).
- Show how TFC could better benefit children and families at a time when cost pressures of household budgets are a priority.
- Help and equip everyone with ideas and tools that motivate parents to sign up, reduce their childcare costs, and use TFC to pay for childcare in pre-school, out of school and holiday activities.

Information session outline

- Welcome, Housekeeping and introduction.
- Three things all stakeholders need.
- Tax-Free Childcare (TFC) – What is it?
- How TFC works with other government offers.
- Why should families apply for TFC?
- TFC – the process. What professionals, parents and families need to know.
- Tools and assets for professionals to promote TFC to families.
- Summary, evaluation and close.




Tax-Free Childcare information session for childcare providers in Northern Ireland

7.00pm – 8.30pm, 5 June 2023

This 90-minute information session will be useful for all types of childcare providers across Northern Ireland. If you offer services to families across the public, private and/or voluntary sectors and want to find out more about increasing the take up of Tax-Free Childcare and how it can help your business in 2023 – it would be great to see you.

The information session aims to:

- Raise awareness and understanding of TFC.
- Provide a useful overview of Tax-Free Childcare (TFC).
- Show how TFC could better benefit children and families as well as support childcare providers at a time when cost pressures are a priority.
- Help and equip everyone with ideas, tools, and a marketing strategy to motivate parents to sign up, reduce their childcare costs, and use TFC to pay for childcare in pre-school, out of school and holiday activities.

Information session outline

- Welcome, Housekeeping and introduction.
- Tax-Free Childcare – What is it?
- Why should providers sign up and offer TFC?
- Who can sign up for TFC?
- Promoting Tax-Free Childcare to parents and carers
- Marketing and the customer journey
- Questions and Answers
- Summary and action
- Evaluation and close



www.eventbrite.co.uk/e/front-facing-professionals



www.eventbrite.co.uk/e/childcare-providers

Youth Led Mental Health Panel

Want to take Action on Mental Health?

- Are you aged 13-15 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.
Contact youthpanel@amh.org.uk for more information.



YOUTH MENTAL HEALTH PANEL

action mental health

   @amhNI

 youthpanel@amh.org.uk

Parent Support

The Parent Support webpage is designed for Parents and Organisations working to support families using group work approaches.

If you are looking for:

- The latest evidence based parenting programmes & workshops by Trust area
- Information / leaflets
- Training / development opportunities for professionals / staff

Visit the Parent Support webpage at
<http://www.cypsp.hscni.net/ebpp>
or scan the QR code for instant access



SCAN ME



Planning is underway for **Parenting Programmes** due to commence in the autumn time

This information will be made available on the parenting page within the next couple of weeks

In the meantime, please visit the **CYPSP Parent Support Page** [HERE](#)



The Irish Youth Foundation (UK) is inviting community and voluntary groups in Northern Ireland working with children and young people who are marginalised or at risk to apply for grants of up to £10,000, however grants awarded are usually in the region of £5,000.

These grants will be once only awards and they should be expended within a twelve-month period.

Completed applications should be received no later than **Friday 16 June 2023**. Late applications will not be considered. We expect to notify successful applicants in **September 2023**.



<https://www.iyf.org.uk/grant-applications>

The Henry Smith Charity
founded in 1628

Holiday grants for recreational trips or holidays for groups of disadvantaged or disabled children



www.henrysmithcharity.org.uk/holiday-grants

**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

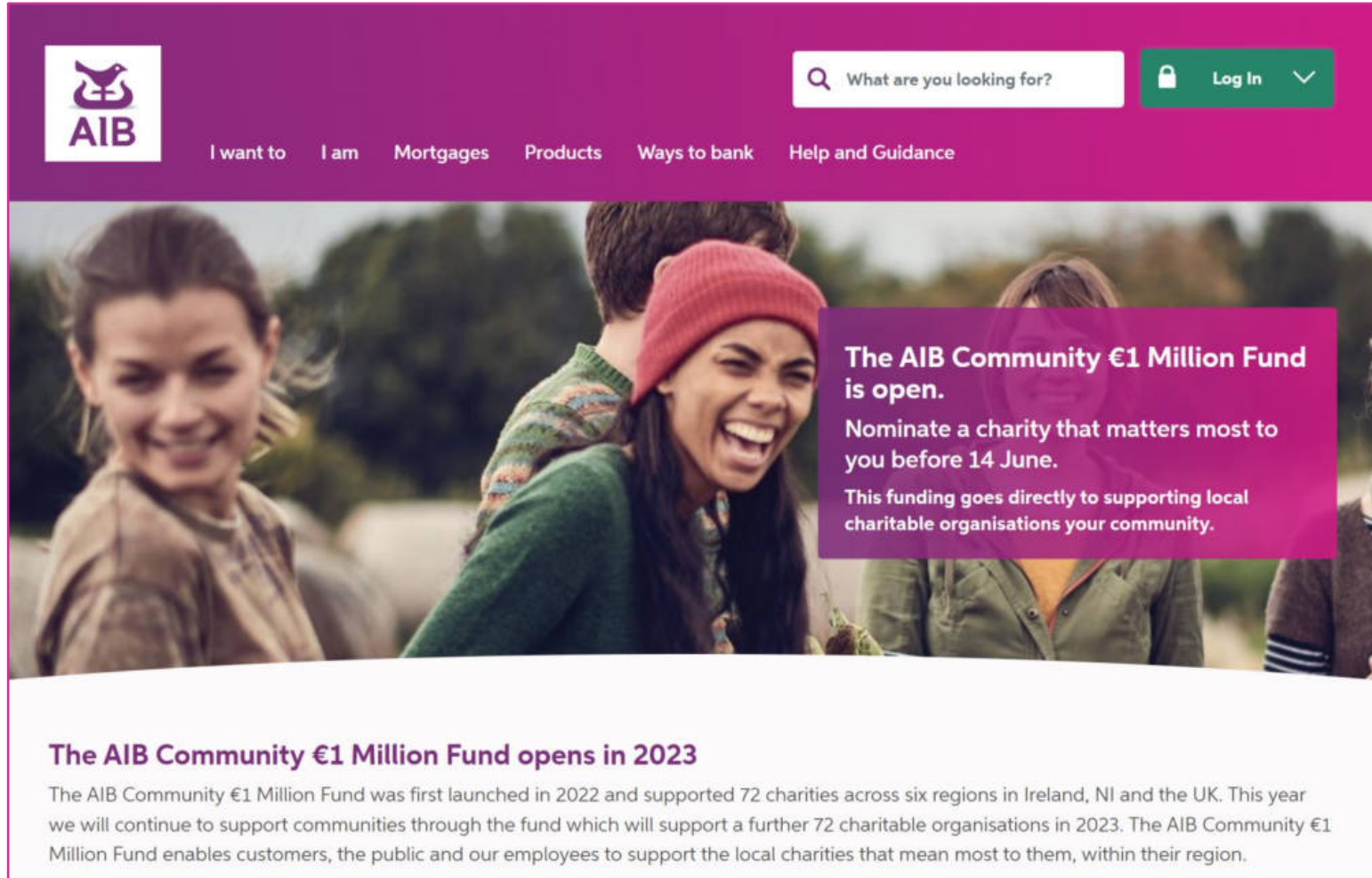
The Trust rarely makes grants of more than £1,000.00, a grant is unlikely to be made where the grant would be less than 10% of the total cost of the project

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



trusts@cfrlaw.co.uk



The screenshot shows the AIB website interface. At the top left is the AIB logo. To its right is a search bar with the placeholder text "What are you looking for?". Further right is a "Log In" button with a dropdown arrow. Below these are navigation links: "I want to", "I am", "Mortgages", "Products", "Ways to bank", and "Help and Guidance". The main content area features a large image of a group of young people smiling. Overlaid on this image is a purple text box with the following text:

The AIB Community €1 Million Fund is open.
Nominate a charity that matters most to you before 14 June.
This funding goes directly to supporting local charitable organisations your community.

Below the image, there is a section titled "The AIB Community €1 Million Fund opens in 2023" followed by a paragraph of text:

The AIB Community €1 Million Fund was first launched in 2022 and supported 72 charities across six regions in Ireland, NI and the UK. This year we will continue to support communities through the fund which will support a further 72 charitable organisations in 2023. The AIB Community €1 Million Fund enables customers, the public and our employees to support the local charities that mean most to them, within their region.



<https://aibni.co.uk/community>

Budget 2023-24 Equality Impact Assessment



Consultation opened on **10 May 2023**. Closing date **02 August 2023** at **17:00**.

Summary

The Secretary of States Budget 2023-24 sets out the spending plans for the period from April 2023 to March 2024. This document details the Department for Communities proposed Budget 2023-24 allocations and how they will impact on the Department's ability to deliver public services, in the midst of the current cost of living crisis.



[www.communities-ni.gov.uk/consultations/ budget](https://www.communities-ni.gov.uk/consultations/budget)

Latest jobs from First Steps Women's Centre

Administrative Assistant – REAP Project

FIRST STEPS WOMEN'S CENTRE

📍 Dungannon, Co. Tyrone

Salary: Added: Closing:

See Job Description 12/05/2023 08/06/2023



☆ Save

FEATURED

Project Coordinator – REAP Project

FIRST STEPS WOMEN'S CENTRE

📍 Dungannon, Co. Tyrone

Salary: Added: Closing:

See Job Description 12/05/2023 08/06/2023



☆ Save



<https://www.nijobfinder.co.uk/jobs/fswc>



Youth Bank Support Worker

Job ref: 23-125-YBS-ECI-WEB | **Job type:** Permanent

Location: Portadown | **Salary:** £10.42 per hour

Quantity of Posts Available: 1

Closing date: Monday 29 May 2023 09:00

Job summary

The Cedar Foundation is seeking to recruit the following staff member:

Bank Youth Support Worker 23-125-YBS-ECI-WEB

Job Role Youth Support Worker – BANK

Location Portadown

Salary £10.42 per hour

Hours Bank As required

The Service

The Youth Matters Service is a dynamic youth work service supporting children and young people with physical disabilities, acquired brain injury and those who have a diagnosis of autism through personal and social development opportunities, social activities and inclusive partnerships.

The Role

Bank Support Worker is part of a team whose function is to facilitate the inclusion and participation of young disabled people in a broad range of group based activities within Cedar's Community Inclusion Services.



<https://cedar-foundation.getgotjobs.co.uk>



START SOMETHING

**Free Courses
May & June 2023**

May	June
<p>Explore Ages: 16-24 Drop-in: 3rd May Dates: 15th - 23rd May Location: PT centre, Belfast city centre</p> <p>Personal development programme. Improve your social skills, take part in group activities, as well as employability & goal setting sessions.</p> <p>Art & Dec's Make It In Media Ages: 16-25 Taster: 24th May Dates: 30th May - 9th June Location: PT centre, Belfast city centre</p> <p>Explore the world of media, television and entertainment. Learn about script writing, camera work, lighting and editing. Get hands-on experience, create your own work and showcase it.</p> <p>Explore Enterprise (Online) Ages: 18-30 Info session: 11th May Dates: 16th - 19th May</p> <p>Get support for your business ideas. Tackle marketing, sales, budgeting and tax through a series of workshops. You'll also be paired with a business mentor to help you after the course.</p> <p>Unlock Skills For Work (Face to face) Age: 16-30 Dates: 31st May & 1st June Location: PT centre, Belfast city centre</p> <p>Two-day employability programme to help you gain the skills to find a job. Learn interview techniques, write a CV and build your confidence.</p>	<p>Explore Enterprise (Online) Ages: 18-30 Info session: 9th June Dates: 13th - 16th June</p> <p>Get support for your business ideas. Tackle marketing, sales, budgeting and tax through a series of workshops. You'll also be paired with a business mentor to help you after the course.</p> <p>Explore Enterprise (Online) Ages: 18-30 Info session: 22nd June Dates: 27th - 30th June</p> <p>Get support for your business ideas. Tackle marketing, sales, budgeting and tax through a series of workshops. You'll also be paired with a business mentor to help you after the course.</p> <p>Get into Retail with Marks & Spencer Age: 16-30 Taster: 21st June Dates: 3rd - 28th July Locations: Lisburn, Abbey Centre, Carrickfergus, Malone Road, Ballymena, Newtownbreda</p> <p>Complete work experience with M&S. Learn about stock rotation/control, good customer service and sales skills. Opportunity to gain employment (12-week contract) with M&S after of the programme.</p> <p>Get into Security with Eventsec Age: 18-30 Taster: 6th June Dates: 12th - 30th June Locations: Online & PT centre, Belfast city centre</p> <p>Get the experience you need to work in the security industry. Get your SIA License, complete a Level 2 Award in Door Supervision, achieve a first aid qualification and get an interview with Eventsec.</p>

For more info, call 0800 842 842 or email outreachni@princes-trust.org.uk




www.princes-trust.org.uk



START SOMETHING **UNLOCK SKILLS FOR WORK**



Aged 16-30 and want to develop your employability skills?

Dates: Wednesday 31st May & Thursday 1st June

Location: Prince's Trust NI, Weaver's Court, Belfast, BT12 5GH

An in-person, two-day employability event, developed to help you gain the skills needed to find a job. After the programme, you will receive ongoing support to help you look for work.

You will take part in a wide range of interactive workshops including: how to apply for jobs, how to write a CV, identifying your core skills, wellbeing during job search and interview preparation.

Search 'Prince's Trust Northern Ireland' on Facebook
 Call free on 0800 842 842
 Email outreachni@princes-trust.org.uk

UK SHARED PROSPERITY FUND



START SOMETHING



outreachni@princes-trust.org.uk



Child Safety Week is the Child Accident Prevention Trust's annual community education campaign, acting as a catalyst for thousands of safety conversations and activities UK-wide

We help families build confidence and skills in managing the real risks to children's safety

We want all children to have the freedom to grow and learn, safe from serious harm

This year's theme: Safety Made Simple

Accidents often happen when there's a lot going on, so accident prevention needs to be simple

- **Simple** changes for parents to stop the scariest accidents
- **Simple** ways for practitioners to get involved even when under pressure

For families, [Child Safety Week](#) offers simple changes that can fit into busy routines

And, for practitioners, our new Resource Centre (Click [HERE](#)) brings together all our free safety resources

FREE Child Safety Training - To give you a better understanding of what causes injuries at home:

21st September, 10am - 12 noon (Online)

Email to register: pwb.online@southerntrust.hscni.net

For more information/resources/talks for your groups locally, contact

Sean.collins@southerntrust.hscni.net or call **02837563947**



Sean.collins@southerntrust.hscni.net

Child Accident Prevention Trust

Child Safety Week 2023



Safety made simple

#safetymadesimple

What free resources can I get?



Whatever you're doing, we've got you covered (did we say they're all free?)

Stuff to give to parents...

-  Fact Sheets
-  Translated Fact Sheets
-  Free Printed Resources

Stuff to help your activity...

-  Session Plans
-  Activity Sheets
-  Social Media Pack

The little book of Exam Stress Self-care
For Young People
Self-care is about you looking after you!
It's important to take care of yourself, the following information will support you to do just that!

YOUNG MINDS
Fighting for young people's mental health
Some great information when it comes to results day and definitely worth exploring!

Youth Wellness Web
CYPSP
5 Ways to Wellbeing
Lots of scientific research shows that our mind health will improve if we do these 5 things.

1. Connect
2. Be active
3. Keep learning
4. Help others
5. Taking notice

Family, School, Friends, You
It's good to have a support network - who do you talk with when you need help?

Smile List
Write things that are fun or make you feel better when you are doing them!

Childline
PREPARING FOR EXAMS
check out!
Childline have other great resources to

Box Breathing
Inhale
Exhale
P I O H
P I O H
If you are feeling anxious or overwhelmed this breathing exercise could be really helpful!

- [The Little Book of Exam Stress Help for Young People \(English\)](#)
- [The Little Book of Exam Stress Help for Young People \(Irish\)](#)

Daily Planner - Activity
Write using a pencil - erase and use again
Remember to add a self-care activity each day
You could use a notebook to create variations
You could also download a playlist of songs to listen to when studying

Time
Be realistic about what you can achieve in a day
Try not to compare yourself with others
Find the best way to study that works for you
Take regular breaks during study to give your brain a rest
Try to eat, sleep well and drink lots of water to stay hydrated
Create a daily planner to manage study and self-care

Revision Tips
When you work towards exams you may feel stressed and worry a lot.
This is a normal reaction, but sometimes exam stress can make us feel very uncomfortable and even affect sleeping and eating. This booklet will help you to find things you can do to support you with these feelings and reactions.

Exam Essentials
Bitesize
Visit BBC Bitesize for advice and tips on handling exam day

The little book of Exam Stress Help
For Young People

Priorities
Make a list of the tasks you need to do to prepare for your exams?

Keep it in Perspective
Exams are important, but they are not the only measure of success
Your unique skills and qualities cannot be measured by exam results
Employers look at your personal skills and attributes - not just your grades
Exams are time limited, there is an end in sight!
for more ideas

SCAN QR CODES WITH YOUR PHONE CAMERA TO OPEN THE LINK
Or click the QR box if online

- [The Little Book of Exam Stress Help - Video - How to cut & fold](#)
- [The Little Book of Exam Stress Help for Young People \(Text version\)](#)

SO YOUR MUM OR DAD HAS A MENTAL ILLNESS...

WHAT IS MENTAL ILLNESS?

It can be very scary to hear that your mum or dad has a mental illness. What does it mean?

You know that people can have all kind of illnesses. They might be sick because they have the 'flu, or a tummy upset. They might be sick because they've had an accident or hurt their back. It's easy to tell when somebody is sick like that - mental illness is also a way of being sick - but it is much harder to see.

A mental illness can change the way a person acts, thinks or feels. Your mum or dad might seem really sad a lot of the time. Or they might get angry more easily. Or they may shut themselves away in a room. Or they might drink a lot of alcohol or take drugs that don't come from the doctor. Or they may get very worried about small things. Or they may see or hear things that aren't real.

WHAT CAUSES MENTAL ILLNESS?

No-one can be really sure but it is probably a mix of things:

- Something going wrong with the way the brain works
- Being worried and stressed out
- Something bad happening
- Taking drugs that don't come from the doctor

WHAT WILL HAPPEN TO MY MUM OR DAD?

Most people with a mental illness get better or learn to cope with their feelings, emotions and mental health.

- Your mum or dad might see a special doctor who can give them medicines that will help.
- They can talk to someone and that can help them sort things out.
- Sometimes they might have to go to hospital for a rest and

see people who can help every day until they are feeling better and can go back home again.

WHAT CAN I DO?

It's really important for you to understand what's happening to your mum and dad. They are not sick because of you, or anything you did, it's not your fault. Try to talk to someone you trust about what is happening... that might be

- Your mum or dad
- Your brother or sister
- Someone else in your family
- A teacher
- A youth worker
- The people who are looking after your mum or dad

ChildLine
0800 1111

You can ring ChildLine anytime you feel like talking to someone 08001111

Lifeline
0808 808 8000

Or you can contact LifeLine to talk about what is happening 0808 808 8000

To find out about local organisations that can support you check out this website:

<http://www.familysupportni.gov.uk/>

CYPSP
Children & Young People's Strategic Partnership

Participation Network

A big THANK YOU to the children, young people and staff at Action for Children who helped design this leaflet.



SO YOUR MUM OR DAD HAS A MENTAL ILLNESS...

Mental illness isn't talked about much but it is quite common. One in six people in Northern Ireland has a mental illness at any one time. Around the world one in four families has a family member with a mental illness. It can affect anyone, at any age, from any walk of life.

WHAT IS MENTAL ILLNESS?

It is usually fairly easy to tell if someone has a health problem - a bad cold, a broken leg or toothache. It's much harder to tell with a mental health problem. Basically it affects the way a person thinks, feels or acts.

You may have noticed a change in your mum or dad.

- They may have lost interest in things they used to enjoy and seem to be sad a lot of the time.
- Or they may seem to be very anxious and worried about small things.
- Or they may be afraid to leave the house or their room.
- Or they may drink a lot of alcohol and take drugs that don't come from the doctor
- Or they may do the same things over and over again, much more than is normal.
- Or they may have noticeable mood swings - on top of the world for a while, then sinking into feeling sad.
- Or they may get angry more easily.
- Or they may have problems knowing what is real - seeing things that aren't there or believing that they are magical or that people are out to harm them.

Your parent's behaviour may seem weird and may be scary at times - it's important to know that their illness is making them act that way - and the illness can be treated.

WHAT CAUSES MENTAL ILLNESS?

No one knows for certain, it can happen for lots of reasons, but it is likely to be a mixture of different things.

- Sometimes it can be because the chemicals in the brain that control our emotions have got out of balance.
- It can be a result of serious worry and stress.
- It may be that something bad has happened - someone close dies, the person loses his or her job.
- It can happen because the person has been using dangerous drugs or drinking large amounts of alcohol.

The main thing to know is that you cannot cause another person's mental illness and you can't "catch" it.

WHAT WILL HAPPEN TO MY MUM OR DAD?

Most people recover from mental illness or find new ways to cope with the periods when they feel unwell. Sometimes it takes the people who help a while to come up with the exact treatment that can help your mum and dad.

- It may be that medication can help. This can be in the form of tablets or injections. Your mum or dad may be on the medication for a few weeks or months - sometimes they have to take medication for a long time.
- Your mum or dad may go to see a counsellor - this is someone who they can talk to about their problems. The counsellor can help them find ways of dealing with problems and worries.

WHAT CAN I DO?

It can be worrying to learn that your parent has a mental illness - even though it may be a relief to know that there is an explanation for what has been happening to your mum or dad.

Sometimes children and young people feel mixed up, angry, guilty, embarrassed and scared about what is going on.

- If your mum or dad just isn't able to cope any more or gets very upset by hearing or seeing things that aren't there - they may have to go to hospital for a while. The specialist people there can look after your mum and dad round the clock, learn more about their illness and find a treatment that will help them feel better.

It can really help to find someone you trust to talk to about how you are feeling. That might be:

- Your mum or dad
- Your grandparent, aunt or uncle
- Your friends
- Your school counsellor
- Your teacher
- Your youth worker
- The people who are looking after your mum and dad

ChildLine
0800 1111

You can ring ChildLine anytime you feel like talking to someone 0800 1111

Lifeline
0808 808 8000

Or you can contact Lifeline to talk about what is happening 0808 808 8000

To find out about local organisations that can support you check out this website:
<http://www.familysupportni.gov.uk/>

A big THANK YOU to the children, young people and staff at Action for Children who helped design this leaflet.

CYPSP
Children & Young People's Strategic Partnership

Participation Network
Partnership for Children & Young People



SUICIDE

the biggest killer of young people in the UK

HUNANLADDIAD

prif achos marwolaeth pobl ifanc yn y DU



Helping children and young people to stay safe from suicide

Helpu plant a phobl ifanc i gadw'n ddiogel rhag hunanladdiad

HOPELINEUK

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Os ydych chi'n cael meddyliau am hunanladdiad neu'n bryderus am berson ifanc a allai fod gallwch gysylltu â HOPELINEUK am gymorth cyfrinachol a chynghor ymarferol.

HOPELINEUK

Call: 0800 068 4141
Text: 07860 039 967
Email: pat@papyrus-uk.org

Opening hours:
9am - 10pm weekdays
2pm - 10pm weekends
2pm - 10pm bank holidays

Our Suicide Prevention Advisers are ready to support you.

HOPELINEUK

Ffoniwch: 0800 068 4141
Neges Destun: 07860 039 967
E-bost: pat@papyrus-uk.org

Oriau agor:
9am - 10pm dyddiau'r wythnos
2pm - 10pm penwythnosau
2pm - 10pm gwyliau banc

Mae ein cynghorwyr atal hunanladdiad yn barod i'ch cynorthwyo.



0800 068 4141 /



pat@papyrus-uk.org

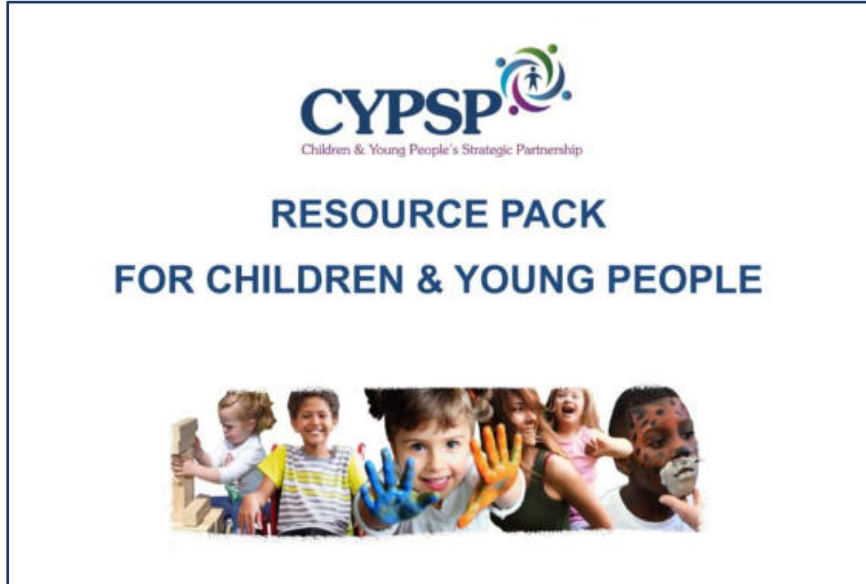


If you work with children and families who are struggling with the current cost of living crisis, make sure to check out CYPSP's **Cost of Living Crisis Resource** which provides details of targeted resources and support across the region [HERE](#)

This resource was last updated this week and is continuing to be downloaded and used by a range of organisations in the Southern Trust Area, as well as NI-wide

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



SECTION	PAGE
DISABILITY RESOURCES & ACTIVITIES	3
MENTAL HEALTH RESOURCES & ACTIVITIES	12
BEREAVEMENT RESOURCES	28
EDUCATIONAL RESOURCES & ACTIVITIES	34
PLAY ACTIVITIES & RESOURCES	40
<ul style="list-style-type: none"> • INDOOR ACTIVITIES 43 • OUTDOOR ACTIVITIES 48 	
OTHER RESOURCES & ACTIVITIES	52

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)

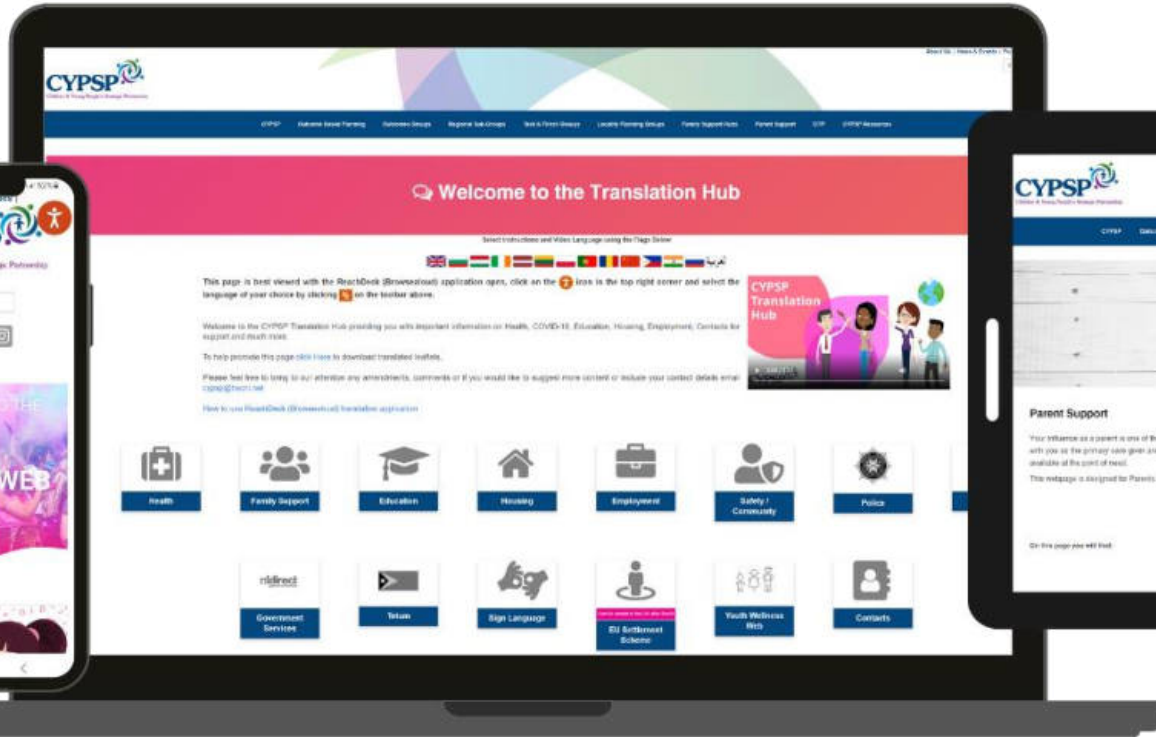
Resources and activities are free and in the public domain


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](#))

Scan the below QR codes, or click on the links, to access the following CYPSP online resources:

Youth Wellness Web * Translation Hub * Parent Support Page



 [CYPSP Youth Wellness Web](#)



 [CYPSP Translation Hub](#)

 [CYPSP Parent Support Page](#)

Need someone to listen
without judgement?



Call us: 0808 8020 400
Email us: parentline@ci-ni.org.uk
Webchat: ci-ni.org.uk/parentline
Request a call back: ci-ni.org.uk/parentline

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



0808 8020 400



parentline@ci-ni.org.uk



www.ci-ni.org.uk/parentline

EVENING WORKSHOP
delivered together with Rebecca
from Eden Consultancy



ADHD- What your child needs you to know!

Helping children with ADHD to thrive by improving
our understanding and changing our approach.

Wednesday 7th June 2023
7-8.30pm
Delivered on Zoom

For more
information or to
book a place call
0808 8020 400

 0808 8020 400

EVENING WORKSHOP
delivered together with Rebecca
from Eden Consultancy



Autism Workshop for Parents and Carers

This workshop will equip you with approaches that can
support autistic children and young people to thrive!

Exploring:

- sensory processing
 - communication
 - behaviour
 - anxiety
- and much more.

Wednesday 14th June 2023
7-8.30 pm
Delivered on Zoom

For more information or to book a place call
0808 8020 400

 0808 8020 400

Services Available Through The Hub May Include...

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

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

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

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

There Are 3 Family Support Hubs In the Southern Trust Area

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

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

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

Southern Area FAMILY SUPPORT HUB

Many families need a little extra help sometimes

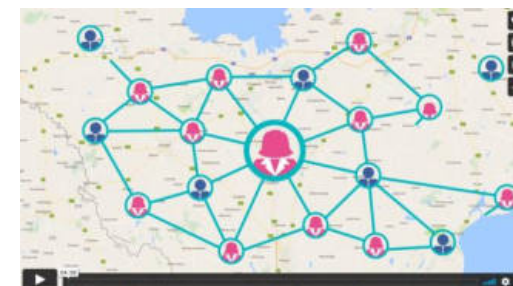
Information for Families

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

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

Download the **April** 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 Family Support NI website interface. At the top left is the logo 'familysupport NI .gov.uk' with the tagline 'Helping You Find the Services You Need'. To the right are three navigation buttons: 'Family Support', 'Childcare', and 'Childcare Partnerships'. Below these is a main heading: 'Information on a wide range of family support services and registered childcare provision in Northern Ireland'. The background features a photograph of two young children, a baby and a toddler, smiling. Overlaid on the image are three search filters:

- Family Support**: Find local services and information to support you and your family
- Childcare**: Find registered childcare in N Ireland and useful information including financial support
- Childcare Partnerships**: Training and support for childcare providers

A downward arrow icon is visible at the bottom center of the page.

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

Alcoholism can tear a family apart



Al-Anon Family Groups

HOPE FOR FAMILIES & FRIENDS OF PROBLEM DRINKERS

Al-Anon Information Centre
Peace House, 224 Lisburn Road, Belfast BT9 6GE

028 90 68 23 68

www.al-anonuk.org.uk

Al-Anon Family Groups UK & Eire
61 Great Dover Street
London SE1 4YF



For further info., e-mail [HERE](#)

Employers For Childcare

Family Benefits Advice Service

Freephone helpline: 0800 028 3008

Lines open Monday-Friday 9am-5pm

Email hello@employersforchildcare.org

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

Last year we helped almost 10,000 people directly and carried out more than 4,500 personalised benefits checks – working parents who received one of these checks identified average savings of almost £5,000.



www.employersforchildcare.org



hello@employersforchildcare.org



YOU BE YOU
& we'll be here.

FREE, CONFIDENTIAL SEXUAL HEALTH ADVICE FOR UNDER 25'S

WE OFFER:

- CONTRACEPTION
- EMERGENCY CONTRACEPTION
- PREGNANCY TESTING
- TESTING FOR INFECTIONS
- COUNSELLING

HELPFEST	PILGRIMAGE
MONDAY 14.00 - 17.00	MONDAY 14.00 - 17.00
TUESDAY 14.00 - 17.00	TUESDAY CLOSED
WEDNESDAY 14.00 - 17.00	WEDNESDAY CLOSED
THURSDAY 17.00 - 20.00	THURSDAY 14.00 - 17.00
FRIDAY 14.00 - 18.00	FRIDAY CLOSED
SATURDAY 12.00 - 18.00	SATURDAY CLOSED
SUNDAY 12.00 - 15.00	SUNDAY CLOSED

CALL US ON: 028 9032 8866

Common YOUTH.

FREE CONFIDENTIAL SEXUAL HEALTH AND WELLBEING SERVICES FOR ALL UNDER 25

SEXUAL HEALTH FOR ALL.

Common Youth are keen to provide additional support for people with a learning disability. We are piloting a clinic every last Thursday of each month.

For more information:
028 9032 8866
www.commonyouth.com
hello@commonyouth.com

Common YOUTH.

FREE CONFIDENTIAL SEXUAL HEALTH AND WELLBEING SERVICES FOR ALL UNDER 25

NEW CLINIC FOR PEOPLE WITH A LEARNING DISABILITY

Common Youth are keen to provide additional support for people with a learning disability. We are piloting a clinic every last Thursday of each month.

For more information:
028 9032 8866
www.commonyouth.com
hello@commonyouth.com

Common YOUTH.

 **Subscribe on YouTube**

Public Health Dietitians



Healthy Recipe Videos

Free Nutrition Webinars

<p>Introduction to Solids</p> <p>A complete guide to weaning and starting solids with your baby. Packed by a dietitian.</p> <p></p>	<p>Healthy Eating during the Primary School Years</p> <p>Find out about balanced lunches for your 5-11 year olds.</p> <p></p>	<p>Fact or Fiction? Nutrition Myths & Fad Diets.</p> <p>There are so many nutrition myths and fads in the world - it can be hard to know where to believe. Our registered dietitian will 'bust' some of the most common myths about food.</p> <p></p>	<p>Top Tips for a Healthier You</p> <p>Learn about healthy eating and lifestyle improvements if you are overweight.</p> <p></p>
<p>Fussy Eating</p> <p>Are mealtimes a challenge? Discover the reasons and how to help fussy eaters.</p> <p></p>	<p>Nutrition for Teenagers</p> <p>Whether you're a teen or a parent, this webinar will help you understand the unique nutritional requirements for growth and development.</p> <p></p>	<p>Gut Health</p> <p>Perfect for anyone wanting to find out nutrition and lifestyle tips for a healthy, happy gut.</p> <p></p>	<p>Nutrition for Sport</p> <p>Whether a weekend warrior or a committed athlete, learn the key fundamentals of sports nutrition to help you get the most from your athletic performance.</p> <p></p>
<p>Lunchbox & Snack Ideas</p> <p>Inspiration for healthy packed lunches & snacks for school aged children.</p> <p></p>	<p>Sustainable Diets</p> <p>Find out how to eat more sustainably to benefit your health and the environment.</p> <p></p>	<p>How to Save Money on Your Food Shop</p> <p>Top tips for meal planning, cooking & savvy shopping.</p> <p></p>	<p>Eating Well as You Age</p> <p>Find out about good nutrition for the later years from a Registered Dietitian.</p> <p></p>
<p>Feeding the Under 5s</p> <p>Advice on to healthy well balanced diet, portion sizes and snacks for kids under 5.</p> <p></p>	<p>Food & Mood</p> <p>Explore the links between what we eat & how we feel - with tips to improve both your nutrition and mood.</p> <p></p>	<p>Healthy Diet, Healthier You</p> <p>Find out about healthy eating and how to make positive changes to improve your health & wellbeing.</p> <p></p>	<p>Eating Well During Menopause</p> <p>Healthy eating advice for during the perimenopause and menopause.</p> <p>MENOPAUSE</p>

 <http://pha.site/public-health-dietitians-youtube>



Armagh City, Banbridge & Craigavon Borough Council
Financial & Debt Management Programme
Information sessions



www.adviceni.net/financial-and-debt-management-programme

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 or 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:




localityplanning@ci-ni.org.uk

TRAVELLER ROMA & ALLIES INVITES YOU TO A DAY OF HISTORY & CULTURE

PLEASE MEET AT THE MALL, ARMAGH, BT61 9AJ

SATURDAY 10TH JUNE 2023
TIME: 1:00PM - 4:30PM

RSPV: manager@armaghrtts.com






manager@armaghrtts.com

WOMEN'S TEC **BOLSTER COMMUNITY** **W Women in Business**

YOU ARE INVITED TO THE LAUNCH OF

 **BUILDING FUTURES**

The Building Futures programme supports economically inactive women to gain skills, develop confidence and explore opportunities in their area, for life and work. This programme offers a wide range of courses in DIY and construction skills, numeracy and digital literacy, entrepreneurship and personal development, as well as mentoring and access to training vouchers. Come along to find out more about how you can get involved!



 8/6/23 12:30PM TO 2PM  MOURNE COUNTRY HOTEL, NEWRY

PLEASE R.S.V.P TO
JOANNE@BOLSTERCOMMUNITY.ORG
WITH DIETARY REQUIREMENTS AND A CONTACT NUMBER.

 Funded by UK Government 



joanne@bolstercommunity.org



WE NEED YOUR VOTE

For our new Social Bytes Project
Help us win £70k of National Lottery funding.

TO VOTE 1: SCAN THE QR CODE BELOW OR CLICK THE LINK
2: SELECT SOCIAL BYTES

<https://www.thepeoplesprojects.org.uk/projects/view/social-bytes>

Social Bytes provides:
-Drop in access to digital technology
-Quiet space for homework
-Complimentary food and drink.



41, The Mall, Newry

The Crisis Café, based in Newry, have been shortlisted in the National Lottery's People Project and their Social Bytes project is one of 5 projects with a chance of winning £70,000

They are the only project in the Newry area to be shortlisted and are hoping that everyone can get behind them and give them their vote
The Social Bytes project tackles digital and food poverty whilst offering mental health support

It is a cafe style environment which offers young people access to digital technology, multimedia, literacy and numeracy support, Wi-Fi and printing facilities and a warm snack and drink

Voting opened on Monday 15th and closes on **Friday 26th May at 12 noon**



www.thepeoplesprojects.org.uk/vote/submit



**COSTA is a Rural Warm & Chatty Place on
Fridays between 10:00am to 4:00pm
Book & call into President Grants Homestead
if you are in the area**

**Thank you to Mid Ulster Loneliness Network (MULN)
for funding this initiative**



info.costa@btconnect.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

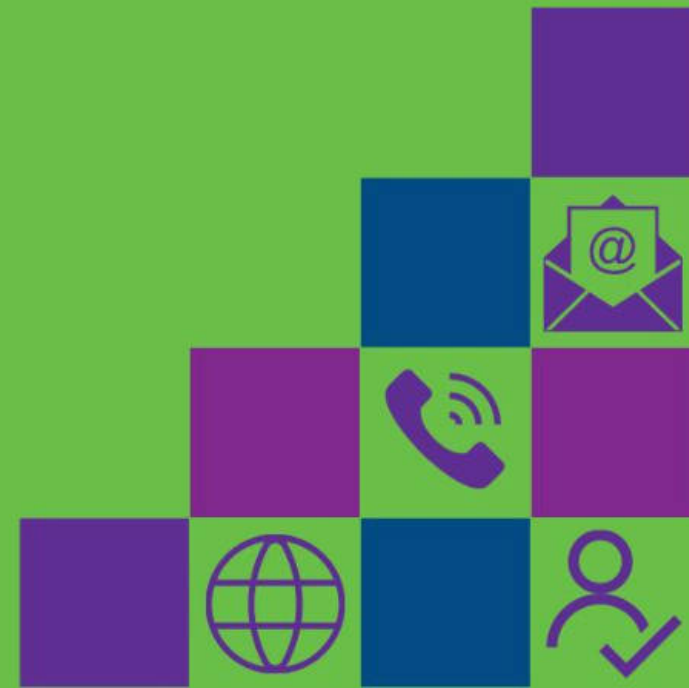
- ✓ 'FYI' will usually be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
- ✓ We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- ✓ Your feedback is welcome. (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 103](#)
4th May 2023

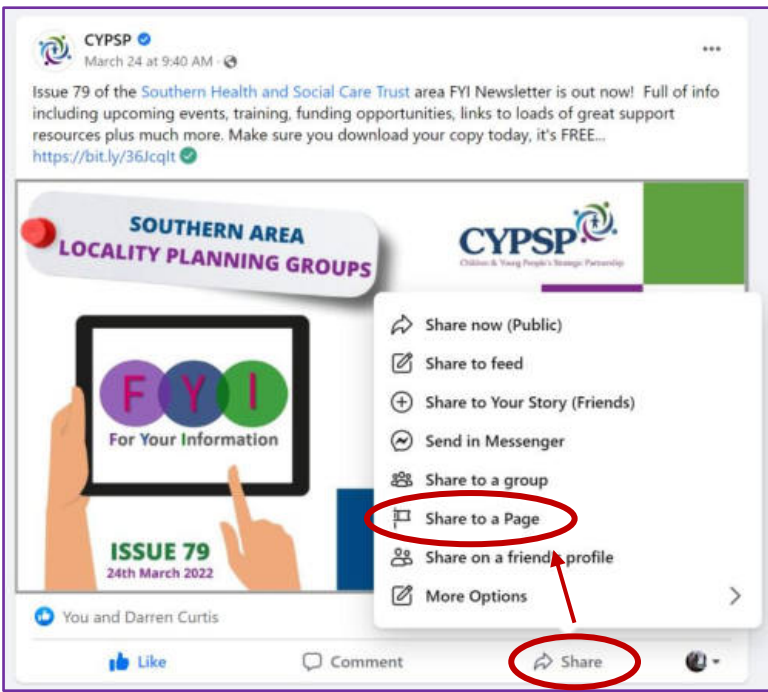
[Issue 102](#)
27th April 2023





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

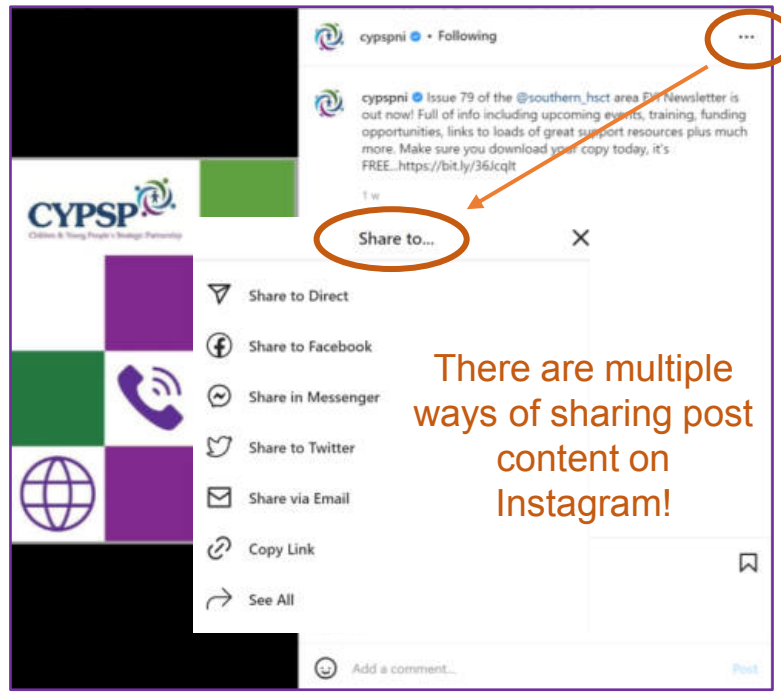
SHARING 'FYI' – SOCIAL MEDIA "HOW TO"



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



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

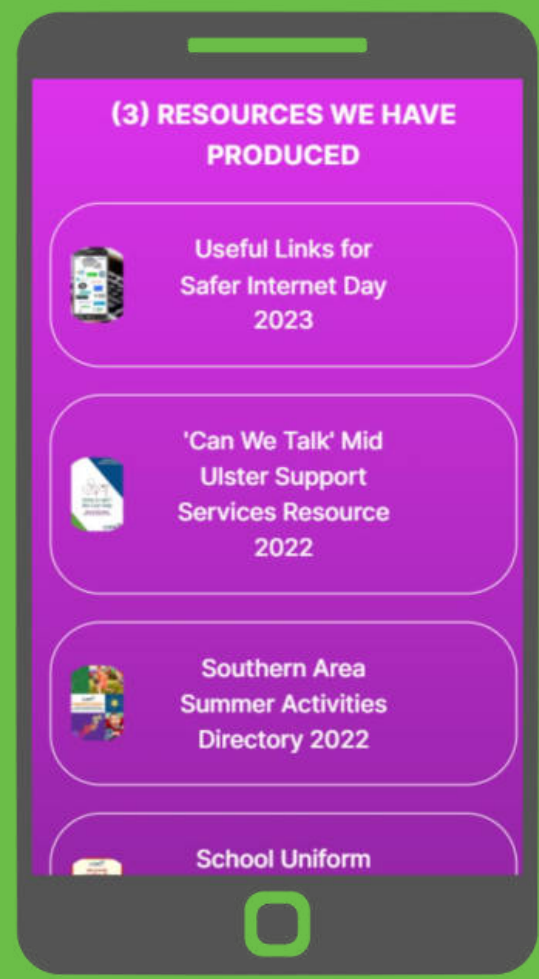
There are multiple ways of sharing post content on Instagram!



UPCOMING 2023 LPG MEETINGS

South Armagh	Tues. 6 th June
Dungannon	Tues. 13 th June
Newry & Mourne	Wed. 21 st June
Armagh	Thur. 7 th Sep.
Craigavon	Tues. 12 th Sep.
Banbridge	Wed. 20 th Sep.

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](#))



(3) RESOURCES WE HAVE PRODUCED

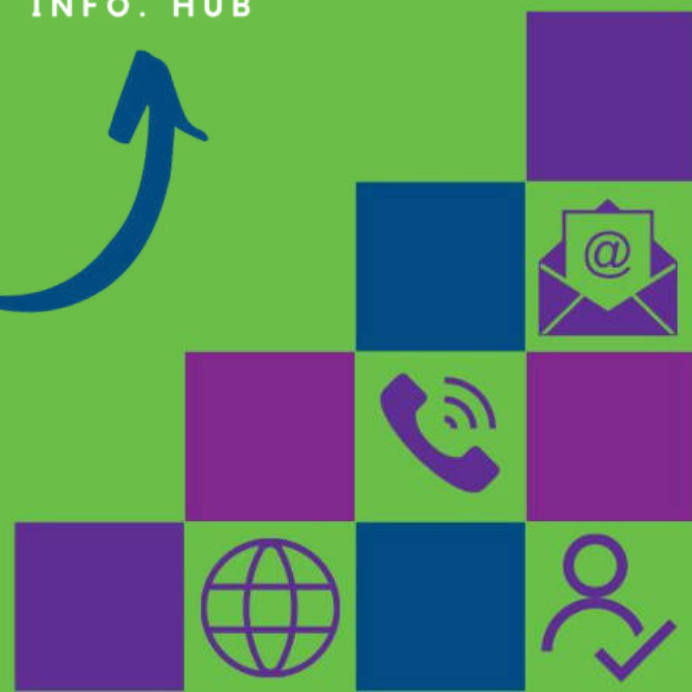
- Useful Links for Safer Internet Day 2023
- 'Can We Talk' Mid Ulster Support Services Resource 2022
- Southern Area Summer Activities Directory 2022
- School Uniform

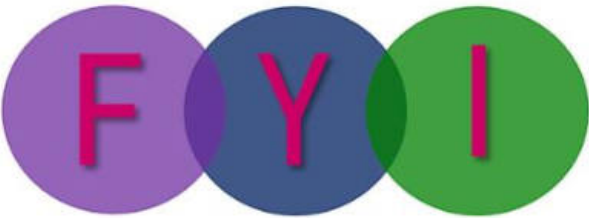


SCAN QR CODE FOR INSTANT ACCESS TO OUR INFO. HUB



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

**8th June
2023**

**Submission
Deadline:**

**6th June
2023**



localityplanning@ci-ni.org.uk