Welcome to Edition 1/2021 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 18th February 2021.

If you would like a service or information to be included in the next edition of the newsletter please send details to: cypsp@hscni.net

Hubs are continuing to work hard to provide vital support to children and families. We have 29 Family Support Hubs in operation covering all of Northern Ireland since 2013.

Hubs co-ordinate existing statutory/community and voluntary services:-
• To improve access to early intervention family Support services by matching the needs of referred families to family support providers.
• To improve coordination of early intervention family support services by creating a collaborative network of community, voluntary and statutory providers.
• To improve awareness of early intervention family support services.
• To assess the level of unmet need for early intervention family support services and inform the Trust’s CYPSP Outcomes Groups.

For More information or to make a referral visit http://www.cypsp.hscni.net/family-support-hubs

Where are the hubs?
Click on map:-
COVID-19 SEPARATED PARENTS MEDIATION AVAILABLE NOW VIA ONLINE PLATFORMS

"We at Family Mediation NI are mindful that just because social isolation is in place to stay safe and stay well mums and dads still need to work out arrangements for their children. Mediation is more vital now than ever... That's why our team has online mediation in place now to help separated parents. - Joan Davis, Director"

Contact us on 028 9024 3265 or enquiry@familymediationni.org.uk or administration@familymediationni.org.uk
www.familymediationni.org.uk

For lots of information and support to help you with parenting, visit the CYPSP Covid-19 Support and Resources webpage HERE and click on each filter button.

Tips on feeding your family and how to help them make healthily choices.

Upcoming Parenting Programmes

The SHSCT Short Breaks service is designed to provide short breaks, within a family setting, for children & young people with disabilities, where it has been assessed that their parents/carers require a break from their caring responsibilities. Short Breaks can be anything from a few hours a day once a month to overnight stays in the short break carers home. CLICK HERE for more info

Could you be a Short Breaks carer?

The Parenting NI Podcast

Episode 20: Parental Mental Health

Check out Children's Law Centre's new Child Law Hub for frequently asked questions about children and COVID-19, education, care and much more.

https://childrenslawcentre.org.uk/child-law-hub/

Parents and carers, show yourselves some love - you're doing an amazing job! Practical advice and support can always be found in our Parents' Toolkit if you need it.

http://bbc.in/2M0tPSK

Five Tips for Talking with your Child

It's vital that children know they can speak to you about any worries they might have. If something seems wrong, untrue or unsafe to them, they need support from the adults around them.

5 tips for talking to your child about their worries | Barnardo's

If you need to find a local support services or childcare, visit the Family Support NI Website which holds information on a wide range of family support services and registered childcare provision across NI.

https://www.familysupportni.org.uk
Parents’ Toolkit for Learning at Home

We might not know what day it is, but we do know what half-term calls for... ACTIVITIES!

If you’re on half-term this week (or even if you aren’t) check out these activity pages on the Parents’ Toolkit for some inspiration

[Link to the Parents' Toolkit](http://bbc.in/3ddgAKd)

Fun, educational and inspirational activities to keep kids, teens and even parents entertained while you're at home.

**Indoor activities**

- How to incorporate cooking and baking into your child’s homeschooling
- Seven skills a teenager can learn in one month
- More indoor activities

**Learning at home**

- Fun, easy ways to keep your child reading and learning
- Holly Smale – seven top tips for writing a novel
- More activities for learning at home

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**The NSPCC Helpline**

When you’re worried about a child, talk to us.

Whatever your concern, the NSPCC Helpline offers advice and support. You don’t have to say who you are. You could help us to protect a child.

Call 0808 800 5000, text 88858, email help@nspcc.org.uk or visit nspcc.org.uk/helpline

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Leaflet for parents/carers

[NSPCC LTFI Parents leaflet.pdf](#)
NO Wrong Way to Read a Book
Everyone can enjoy sharing stories together - because there is absolutely NO wrong way to read a book! But if you'd like some storytime tips to help you get started, head this way: https://booktrust.org.uk/books-and-reading/tips-and-advice/reading-tips/

Worry Tree
The worry tree helps children offload worries, instead of dwelling on them. If your child is feeling anxious or overwhelmed, why not try this activity with them? https://bit.ly/36Hq4sU
Wellness Project for Children
We're announcing a new Wellness Project for children!
We're creating a service in @WesternHSCTrust and @SouthernHSCT to support the mental health of 0-3 & 11-13 year-olds, and their parents/carers. Info on Family Wellness [http://ow.ly/Jdnu50DrCHi](http://ow.ly/Jdnu50DrCHi)

As of January 2021, NI has moved into its third surge of the pandemic with continuing and further restrictions being placed upon us all in order to get through this next stage. It is imperative that everyone follow government guidelines in order to keep ourselves and our loved ones safe. If you are struggling in your caring role, are new to caring or your circumstances have changed, please seek support and do not suffer in silence. [Click here to read Advice and guidance for Carers and Young Carers during the COVID-19 Pandemic](http://ow.ly/3mVp50gCZQD)
**PlayBoard Play Ideas**
Visit [www.playboard.org/play-ideas/](http://www.playboard.org/play-ideas/) for lots of fun play ideas and activities including:
- Make a bird feeder
- Listen to the rain with a rainstick
- Go cloud spotting
- Try kite making
- Blow bubbles using socks
- Do shadow drawings
- Build a den ... and lots more!

“Parents, why not win a £5 Amazon voucher and take a 30 minute break while your child takes part in this QUB study on children living in Northern Ireland. If your child is 7-11 click on the link and help your child become a #ChildScientist. Click this link to access the Online Parental Consent Form [https://gubpsych.eu.qualtrics.com/jfe/form/SV_ehrcWYM4xvdufHf](https://gubpsych.eu.qualtrics.com/jfe/form/SV_ehrcWYM4xvdufHf)

**WE'RE OPEN!**
Family Mediation NI continues to offer mediation sessions via online platforms to those separated parents who wish to engage in child focussed mediation

FMNI now provides online mediation*
Call us to avail of HSCB funded service for separated parents
Sessions offered to parents wishing to avail of mediation during COVID-19 and beyond*

*subject to suitability

For more information, please contact 02890 243265
or enquiry@familymediationni.org.uk
or administration@familymediationni.org.uk
visit [www.familymediationni.org.uk](http://www.familymediationni.org.uk)
Family Support Hubs Newsletter

Edition 1/2021

February 2021

"You can't put a price on how volunteering brings more happiness and hope to a home."
Home-Start Northern Ireland launches "Give the gift of time" urgent appeal for volunteers

To register your interest and to find out about various volunteer roles on offer in your area visit: www.home-start.org.uk/register-tovolunteer and give the gift of time this Christmas and beyond.

For more information and to arrange a further interview please call Jayne Murray, Home-Start Northern Ireland on DO: 07718 912772 or email: jmurray_assoc@home-start.org.uk

Support and information services for families of premature or sick babies on the neonatal unit from birth across Northern Ireland. Support available includes TinyTime Groups, Baby Massage, 1:1 and online support in the community. TinyLife also offers support to parents while their baby is still in the neonatal unit, including a Breast Pump Loan service. To find out more and make a referral visit our website www.tinylife.org.uk or call 02890 81 5050.

Childcare Voucher Allowance
Make the most of your Childcare Voucher allowance by backdating - but time is running out to ensure you can maximise your savings through Childcare Vouchers in 2020 – 21
For more info: https://bit.ly/3qcxoEK or call our Family Benefits Advice Service for advice 0800 028 3008

SureStart Glenbrook
Virtual Song & Rhyme Sessions
Our Early Years Development Team are restarting their Song and Rhyme sessions for families.
Day: Friday
Times: 10:00 session & 11:00 session
Method: Zoom

If you are interested in joining any of these groups and Elaine or Alison haven’t already contacted you please call us on 90712266 to book.

These groups are only open to registered families and places must be booked in advance as we are limited in the numbers we can provide.

For more information please contact us on 028 9071 2266 or Glenbrook.Family@willistownshc.nhs.uk
Employers for Childcare

We're here to help parents make sure they are receiving all the financial support they are entitled to with their childcare costs. Call us today on 0800 028 3008 or email hello@employersforchildcare.org for free & confidential advice. We may be able to help you save money!

We can help your family identify support you are entitled to

For free, impartial and confidential advice:
Freephone 0800 028 3008
hello@employersforchildcare.org

Education Minister, Peter Weir has announced an extension to the Covid-19 Childcare Temporary Closure fund for the period January to March 2021 https://bit.ly/2NyzeBg Please note this fund does not open for application until 24th February. You need to inform your Early Years Team of any temporary closures since 1 Jan 21 to facilitate payment from this fund.

We at Abbey SureStart have being working hard to remain connected to families that access our services. We have done this by coming up with innovative ways, thinking about how we can do things differently. The programme I am going to share with you is called Strength and Nourish. This programme is looking at how we can look after our overall wellbeing by adjusting our eating habits and building in exercise. We know that the climate we are currently living in has taken its toll on us all so the positive feedback that I am going to share with you was just too good to keep to ourselves. This is just one of the activities that shows us the importance and value of what we do.

Strength and Nourish Programme
Love the Daily Mile
Fall in love again with The Daily Mile - it's one year since we encouraged schools to sign up. Many children are now learning remotely but you can still love The Daily Mile at home. There are huge benefits for physical & mental health. [https://bit.ly/2YKI5SU](https://bit.ly/2YKI5SU)

Stick Towers
Have fun creating some stick towers, turn it into a competition and see who can build the biggest tower. Leave them for other people to see. #nifsa #forestschool #learningwithoutwalls #learningoutdoors #KeepPlaying

FREE Creative Kids Activity Pack now available to download

Get Creative at home and let your imagination loose with our Creative Kids Activity Pack! The pack has been created by different local artists with fun art activities they think you'll enjoy: [https://roevalleyarts.com/events/creative-kids-activity-pack](https://roevalleyarts.com/events/creative-kids-activity-pack)
**Make a Glitter Bottle**
A glitter bottle can help calm your child when they feel stressed or overwhelmed, and you can make one at home! Here’s how to make it:

Activity: make a glitter bottle to help calm your child - Support for Parents from Action For Children

**Keep Entertained at home**
Don't forget #BookTrustHomeTime is packed with fun stuff - activities to print, drawalongs with top illustrators, online storybooks and author readings, quizzes, competitions and heaps more!

https://booktrust.org.uk/hometime

**Kindness Week**
Did you know it's #KindnessWeek? It's so important that we look out for each other, especially during times like these. To inspire you, check out our list of gorgeous books with themes of compassion and empathy:
https://booktrust.org.uk/booklists/k/kindness/

**Wee Critters**
Planning home learning resources for your classes? We are currently offering online interactive animal education sessions (via Google Meets, Microsoft Teams or Zoom). For more information call 079 1278 5047 or email hello@weecritters.org!
Exciting Explorers
Do you have kids aged 5-7?
Check out Exciting Explorers! Take a trip back in time with the people who travelled the world... and beyond. World map
Play now! http://bbc.in/ExcitingExplorers

Stair Maths
We’re sharing a variety of tips and tricks to approach maths learning with your children. Have a look at what we recommend below!
https://www.playboard.org/play-ideas

Time to Read Campaign
This initiative supports transition to primary school for 740,000 children in England and Northern Ireland.
FIND OUT MORE
Online resources available from Common Youth during this lockdown period:
Free RSE sessions for young people online.
A series of factsheets available at www.commonyouth.com which can be accessed by both young people and professionals.
RSE Information Leaflet

https://www.youtube.com/watch?v=hiduiTq1ei8&fbclid=IwAR18ev9N4ZMPRTVRiGGyYXlxW6-YtKV50aVI_VGdGbp58xdQbdT0pOjmKE


Family Support Service for Families of Children with a Disability

SERVICES:
- Navigation & Signposting
- Time limited practical support
- Social Activities

Covid-19 and the ensuing lockdown has been an extraordinarily difficult time for families. We are proud to introduce a new pilot service to better support and connect families with a disabled child to access community and voluntary supports in the Armagh and Dungannon area.

Call us for more info 028 3083 5764 bolstercommunity.org

In partnership with:

Bolster Community
Southern Health and Social Care Trust
Southern Trust Short Breaks Service

Could you be a Short Breaks carer?

The Short Breaks service is designed to provide short breaks, within a family setting, for children & young people with disabilities, where it has been assessed that their parents/carers require a break from their caring responsibilities. Short Breaks can be anything from a few hours a day once a month to overnight stays in the short break carers home. Our current Short Break carers are people from a variety of backgrounds who are compassionate, caring & willing to open their homes to provide short breaks to children and young people with a disability. Carers may own or rent their home, work or receive benefits and may or may not have children of their own, carers may be married, cohabiting or single. Our current waiting list consists of children who urgently require short breaks but we do not have enough carers to meet this need. To become a Short Breaks carer you do not need any specific skills or qualifications just the willingness to make a positive difference to a child’s life. We offer allowances, training, dedicated support and flexibility around your schedule. Due to the current COVID-19 pandemic we URGENTLY require more carers than ever before given the pressures that parents are currently facing. We welcome all enquiries. If you would like further information please contact a member of the Short Breaks team today! We would love to hear from you!

Short Breaks Team:
T: 028 37 564350
E: shortbreaks.team@southerntrust.hscni.net
W: https://southerntrust.hscni.net/service/children-with-disabilities/short-breaks-team/
Autism NI Helpline
Margaret and our Helpline team are available to call for information, advice, support and resources. Our Helpline is available on 028 9040 1729 option 1 from Monday-Friday 9am-5pm.

SENSORY ACTIVITIES RESOURCE!
Most people with autism have some sensory differences. People with autism can be hypersensitive, hyposensitive or both. We have created a Sensory Activity Resource Pack with a number of different sensory activities for you to do at home with your family to help build on your child’s sensory experiences. You can download this on our website 🥚
https://www.autismni.org/sensory-activities

Research, led by Dr Bronagh Byrne and Dr Gillian O’Hagan, and funded by the School of Social Sciences, Education and Social Work, engages the participatory arts based research method of Photo voice whereby autistic young people aged between 11-15 years of age used photography to document their lives in Northern Ireland during the period of lockdown March - June 2020.

To access a copy of the report please see here.
Dear works everywhere toolkit
Are you an #education professional who works with deaf young people?
We've created our Deaf Works Everywhere toolkit to help you support and empower #deaf young people as they plan for a bright future. Tailored for use in NI. Download for free - https://bit.ly/3be3oCf

NDCS Mentorship Programme
We're delighted to launch our new text based mentorship programme. Deaf young people (aged 15-18) will be matched with a positive #deaf model to receive personalised support and guidance on a range of topics like wellbeing and future careers. https://bit.ly/2LdgdU7

Disabled Young People Staying Safe Online
Disabled young people share their tips on how other young people can stay safe online
Clapping hands sign #CyberBullyingAwareness #Bullying https://youtu.be/gfa52a2ppHs

Family Fund – Apply for a Grant
If you are living in England, Scotland or Northern Ireland and raising a disabled or seriously ill child and have not had a grant yet in 2021, you can apply again today. Find out more: https://bit.ly/3rqwftu

Family Fund
Helping disabled children
**Mental Health and Young People Books**

Books can be so helpful when it comes to discussing mental health with young people - from exploring difficult feelings to helping them feel less alone! You can find great reading recommendations and advice here: [https://booktrust.org.uk/books-and-reading/bookmark-disability-and-books/mental-health/](https://booktrust.org.uk/books-and-reading/bookmark-disability-and-books/mental-health/)

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**Top Internet Tips for 11-19s**

Some top tips for young people to help have An internet we trust - 'Exploring reliability in the online world'.

1. Protect your online reputation: use the services provided to manage your digital footprints and ‘think before you post.’ Content posted online can last forever and could be shared publicly by anyone.

2. Know where to find help: understand how to report to service providers and use blocking and deleting tools. If something happens that upsets you online, it’s never too late to tell someone.

3. Don’t give in to pressure: if you lose your inhibitions you’ve lost control; once you’ve pressed send you can’t take it back.

4. Respect the law: use reliable services and know how to legally access the music, film and TV you want.

5. Acknowledge your sources: use trustworthy content and remember to give credit when using others’ work/ideas.

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**Young Hearts and Minds Conference**

22 June 2021 – ICC Belfast

Further details on the programme for the day and tickets can be found at [https://www.youngheartsminds.com/](https://www.youngheartsminds.com/)
How to Practice Mindfulness at Home with Children
With the air of uncertainty we’ve become all too familiar with this year, it’s important to practice mindfulness with your little ones. These family-friendly activities help children feel calm and be kind to themselves – [view here](#).

Wellbeing for Students
With lockdown disrupting educational & social lives, this week, @InspireWBProf are sharing info on the topic of wellbeing for students. You can read all their helpful tips this week on their social or on the #CovidWellbeingNI website>> [http://covidwellbeingni.info/wellbeing](http://covidwellbeingni.info/wellbeing)

Book Trust – Book of the Day
With exquisite descriptions of the natural world and touching relationships to be captivated by, our #BookOfTheDay is another wonderful story from @gill_lewis - it's the magnificent #SwanSong: [https://booktrust.org.uk/book/s/swan-song/](https://booktrust.org.uk/book/s/swan-song/)

‘this moving novel sensitively explores some of the pressures faced by teenagers’

Mindset Session for Students
@amhNI Menssana team are providing a programme via Zoom specifically for students in further and higher education on Thursday 25th February at 2pm - 4.30pm To find out more and to register visit: [https://mindset-students-in-f-h-education.eventbrite.co.uk](https://mindset-students-in-f-h-education.eventbrite.co.uk)
### ACTION CALENDAR: FRIENDLY FEBRUARY 2021

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tr>
<td>1 Send someone a message to say how much they mean to you</td>
<td>2 Ask a friend how they have been feeling recently</td>
<td>3 Do an act of kindness to make life easier for someone else</td>
<td>4 Organise a virtual ‘tea break’ with colleagues or friends</td>
<td>5 Show an active interest by asking questions when talking to others</td>
<td>6 Get back in touch with an old friend you’ve not seen for a while</td>
<td>7 Make an effort to have a friendly chat with a neighbour</td>
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<td>8 Share what you’re feeling with someone you really trust</td>
<td>9 Thank someone and tell them how they made a difference for you</td>
<td>10 Look for the good in people, even when they frustrate you</td>
<td>11 Send an encouraging note to someone who needs a boost</td>
<td>12 Focus on being kind rather than being right</td>
<td>13 Send a friendly message of support to a local business</td>
<td>14 Tell your loved ones why they are special to you</td>
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<tr>
<td>15 Smile at the people you see and brighten their day</td>
<td>16 Check in on someone who may be struggling and offer to help</td>
<td>17 Respond kindly to everyone you talk to today, including yourself</td>
<td>18 Appreciate the good qualities of someone in your life</td>
<td>19 Share a video or message you find inspiring or helpful</td>
<td>20 Make a plan to connect with others and do something fun</td>
<td>21 Actively listen to what people say, without judging them</td>
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<td>22 Give sincere compliments to people you talk to today</td>
<td>23 Be gentle with someone who you feel inclined to criticise</td>
<td>24 Tell a loved one about their strengths that you value most</td>
<td>25 Thank three people you feel grateful to and tell them why</td>
<td>26 Give positive comments to as many people as possible today</td>
<td>27 Call a friend to catch up and really listen to them</td>
<td>28 Make uninterrupted time for your loved ones</td>
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"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

Learn more about this month’s theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

[www.actionforhappiness.org](http://www.actionforhappiness.org) - Happier · Kinder · Together
Information, self-help guides and ways to find support on a range of mental health and wellbeing issues, available at: www.mindingyourhead.info

COVID Wellbeing NI is an online hub to support the mental and emotional wellbeing of people across Northern Ireland during and after the coronavirus (COVID-19) pandemic.

It includes information, self-help guides and support and aims to help people take steps to look after their mental health and reach out for help and support when needed.

Click here for more information

http://CovidwellbeingNI.info
AwareNI Online Support Groups
Talking to others who know how you feel can really help you deal with whatever you’re going through. The online support groups are open to anyone over 18 struggling with depression, anxiety or bipolar disorder.
Email info@aware-ni.org for more information
CRUSE Bereavement Helpline
When you call our free Helpline, we’ll give you space to talk about your #bereavement and how you’re coping. Our #volunteers offer support to anyone affected by the death of a loved one, and will be there for you – whatever you’re feeling. Call us now on 0808 808 1677

Coping with Death of a Parent
The death of a parent is something that can be incredibly painful and difficult to cope with. There is no ‘right’ way to grieve, and everyone experiences #bereavement differently. Read our guide to coping with the death of a parent here http://ow.ly/MhJp50C7irw

Grief and Young People
Many people think grief doesn’t affect young people that much because they’re too young to understand. This is not only untrue but also unhelpful. Here is the most common understandings of death by children at certain stages of their development http://ow.ly/dZEc50BWone

Understand Physical Grief
When someone dies it is very common for our bodies to react in a way we don’t expect. It can be really worrying and confusing. Read our guide to the physical effects of #grief and #bereavement http://ow.ly/gnX550CSXrx

“ I often reflect when volunteering for the Cruse Helpline how challenging it is for callers to pick up the phone. I always thank them.

“ I’m so anxious
“ I’m having nightmares
“ I’m not hungry

I often reflect when volunteering for the Cruse Helpline how challenging it is for callers to pick up the phone. I always thank them.

“ I’m so anxious
“ I’m having nightmares
“ I’m not hungry
The National Lottery Community Fund – BAME

The National Lottery Community Fund want to involve people from Black, Asian and Minority Ethnic communities in grant making. They are developing a pilot programme with Black, Asian and Minority Ethnic (BAME) communities in Northern Ireland.

Interested?
If you are interested, please send an email to sara.houston@tnlcommunityfund.org.uk. The email should include:
- Your name
- Contact details including email address and phone number
- A bit about yourself and why you are interested in taking part
  This can include who you are, your experience, knowledge of the community and voluntary sector and/or any experience with funders
- We understand that your lived experience provides valuable insights and knowledge for positive change. But you don’t need to tell us the details of your own personal history or story.

If you have any questions or would like to discuss any of this, you can email the above address or call on 079 7033 3667. https://www.tnlcommunityfund.org.uk/funding/northern-ireland

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Entitlement to NHS services and first time registration

In order to register with a doctor and obtain a medical card you need to fill in an application form. This form is called an HSCR-1. It is available in a range of other languages. Please click on the respective links below to download the form in translation. The form should be presented to a doctor of your choice in the area in which you reside. This form is also available in any doctors' surgery.

Provision of Health Services to Persons Not Ordinarily Resident Regulations (Northern Ireland) 2015

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Translatable Covid 19 Information
http://www.cypsp.hscni.net/translation-covid19/
A new central Translations Hub providing regional multi-agency translated information, advice and relevant links, has just been launched and is available at [http://www.cypsp.hscni.net/translation-hub/](http://www.cypsp.hscni.net/translation-hub/)


Bolo is a word used in many languages including Hindi, Urdu & Gujarati, meaning ‘speak’.

Webchat at [https://helpline.barnardos.org.uk/](https://helpline.barnardos.org.uk/) or call 0800 1512605

Helping everyone to feel included

Every person deserves an online experience that’s welcoming, we have therefore added Browsealoud to the CYPSP website which adds text-to-speech, reading and translation support, helping to make our content easily accessible to those who have hidden disabilities, such as dyslexia or other reading difficulties; visual impairments; and translations for English Language Learners. - [Further Information](#)
Did you know that free public transport is accessible to those fleeing domestic abuse? You can avail of this if refuge/emergency accommodation has been arranged for you through the NI Housing Executive, the 24hr Domestic & Sexual Abuse Helpline or Women’s Aid Federation NI. Further information at: https://bit.ly/2CfhHIX
are you 11-25 and worried about your own substance misuse?

Contact the DAISY service for free and confidential support over the phone or by video call:
0800 2545 123 daisy@ascert.biz

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

There are over 50 RAPID bins installed in Northern Ireland.

www.drugsandalcoholni.info/RAPID

Are you living with a parent/carer who is misusing drugs or alcohol or dealing with mental health difficulties?

Visit stepstocope.co.uk for tools that can help you cope during this time.

PBNi continue to work with people who have addictions.

We work with partners to tackle substance misuse and provide support and interventions to those under probation supervision.

PBNi Probation Board for Northern Ireland

Having a chat over the phone was all I needed.

Our communication might be different but we are still here to support you.

You can contact our team via email or phone to refer to our services.

www.addictionni.com or
call 028 9066 4434
@addictionni

Focus on alcohol
A guide to drinking and health

Reducing the risk
Know your limits
Good night out
Get home safely
Social drinking
What's a hangover?
Heart health
Safe drinking
Witchers guidelines
Don't drink and drive
Cut down
Drink friends
Care of yourself

Alcohol & you
Is it time for a change?
We’re all in this together
Even in a global pandemic no one should face food poverty
If you find yourself struggling to make ends meet, please do not hesitate to contact us:

Get in touch:
info@foyle.foodbank.org.uk
Facebook.com/foylefoodbank
02871263699

Opening Hours:
Mon: 11am-3pm
Wed: 11am-3pm, 6-8pm
Fri: 11am-3pm

Unit 15, Springtown Industrial Estate

Find a Food Bank Near You

Current Grant Opportunities
There is going to be a feature in the next WHSCT Staff Newsletter for the Staff Awards that did not go ahead last March due to the pandemic.

Congratulations to us all, we were “Highly Commended” under “Great Place to Live Well” Category. A certificate has been sent to my office so I will scan and share with you once I receive it.

Well done everyone, really nice to get this kind of acknowledgement of all the hard work we do!

Keeping Safe Online- Western Digital Safeguarding Steering Group Page Tiger and Webpage
The ‘Phone First’ number to ring is 0300 123 1 123

The ‘Phone First’ text relay number is 18001 0300 123 1 123

Interpreter Now – Visit site

If you are struggling after experiencing a crime, whether it happened recently or some time ago, Victim Support NI are here to help.

We can provide support and information tailored to your needs, to help you recover and move on from crime.

Contact us via live chat at www.victimsupportni.com
Email info@victimsupportni.org.uk, or phone us:
Belfast 028 9024 3133
Foyle 028 7137 0086
Update on the NHSCT General Practice Social Work

The Social Work (SW) contribution to Multi-Disciplinary Teams currently remains populating 6 of our 18 surgeries but please be assured, Alex is extremely proactive, in partnership with Dr Johnny Burns and Dr Peter Reid, in canvassing and arguing the urgent need to place Social Workers and Social Work assistants in the remaining practices.

The current Social Work members, 8 Senior Social Workers and 5 Social Work assistants, continue to offer a direct service to patients presenting with social difficulties related to or a cause of the presenting health concern. We have seen a welcome and steady increase in referrals being received by the practitioners.


Good News Stories from Antrim Foodbank

There is one lady on her own that has told me that when she has received the packs and vouchers from the foodbank it means she can afford to put the heating on for an extra hour every day and that makes all the difference to her.

Some of the other families have told me the same story lately, that since the children have been home from school they are bored and are always hungry. The parents receiving the foodbank packs have all said they couldn’t have managed to feed their children without the packs. They look forward to their packs on a Thursday or Friday because they know they’ll not have to worry about food for a few days.

The families are always commenting on the packs when I see them and how grateful they are.

Foodbank Mobile: 07515813374 Monday - Thursday 09:30am - 13:30pm
or Oasis Mobile: 07902895525 or Oasis Landline: 02894469020
Building our Children’s Developing Brain: a resource for parents and carers
Challenging behaviour from children creates pressure on parents. It is often a sign that children cannot handle their big emotions (e.g., mad, sad, sacred). When children feel overwhelmed, they cannot self-regulate. Self-regulation is the ability to monitor and manage emotions, thoughts, and behaviours in ways that are acceptable and produce positive results.
Research shows that when children learn and practice self-regulation skills, they are forming pathways in their brains that increase their ability to manage stress in the future. Building our Children’s Developing Brain helps increase that emotional regulation by exploring with parents how the brain works from The Whole-Brain Child’ by Dan Siegel & Tina Bryson with practical strategies to help the different parts of our children’s brains work together. Read more: http://www.cypsp.hscni.net/building-our-childrens-developing-brain/

For more information contact Ed Sipler at ed.sipler@setrust.hscni.net

Believe in children
Barnardo’s
Northern Ireland

South and East Belfast Family Connections have been supporting families throughout the pandemic through a range of programmes and individual support. We have tailored our service delivery to respond to the expressed needs of families and have used creative and accessible methods to engage with parents.

Parents Wellbeing Group
As we went into Lockdown 3 we noticed that many parents were really struggling with their own stress levels and wellbeing. We responded by developing a Parent Wellbeing Group which was delivered online. 20 parents from across South & East Belfast registered for the programme.

Awesome At Home
Parent of children with additional needs reported that they were finding lockdown particularly challenging. In response to this we developed the Awesome at Home programme which aimed to provide much needed support to these families. We used the Five to Thrive Autism approach (KCA) as our evidence base for developing the programme. This approach provides five building blocks (RESPOND, CUDDLE, RELAX, PLAY, TALK) for promoting healthy brain development and positive relationships. It is particularly suitable for use with children with ASD and speech and language delay. We also incorporated resources from Oakwood and Middletown Autism support services. To read the feedback http://www.cypsp.hscni.net/family-connections-good-news-stories/
Partnership working brings Christmas cheer to 3,500 Belfast families

The ten Family Support Hubs that make up the Belfast Family Support Hub Network were delighted to take up an offer from North Belfast Advice Partnership (NBAP) to work in partnership to deliver practical support to families in Belfast over the Christmas and New Year period.

This major Christmas Appeal initiative, co-ordinated by Sinead McKinley from NBAP, secured the SSE Arena as a base, which was transformed in early December to a drop off point for donations of Christmas goods and toys from businesses and organisations from across the city.

The Christmas Appeal was an excellent way to promote the work of Family Support Hubs to other organisations and to highlight the reach Family Support Hubs have across Belfast. It was also a great way to build new partnerships, with an extensive range of organisations assisting with the appeal, including, TESCO, TAMHI, NI Fire and Rescue Service, Jobs and Benefits staff, Belfast Giants, PSNI, Newington Housing Association, Prince’s Trust and many private businesses.

To read the full article click on the link below: - http://www.cypsp.hscni.net/partnership-working-brings-christmas-cheer-to-3500-belfast-families/
The PHA has published a simple guide to the COVID-19 vaccine and it is available to download here.
http://pha.site/covid19simpleguide

A new text alert service for close contacts of positive COVID-19 cases has been introduced. It will strengthen the speed of the Contact Tracing Service ad enable contacts to take action quickly to reduce the risk of further spread. Read more at www.pha.site/TextService

If you receive a positive COVID-19 test result, or you are a close contact of someone who has tested positive, the PHA’s Contact Tracing Service will ring you from (028) 95368888. It is essential that you answer this call. Please add this number to your phone’s contacts now so it’ll recognise who’s calling if we need to get in touch.

People in NI who received a shielding letter because they are Clinically Extremely Vulnerable (CEV) to COVID19 will be able to book a vaccination appointment
https://health-ni.gov.uk/news/vaccination-booking-extension-announced

Symptoms of COVID-19
New continuous cough
High temperature
Loss of, or change in, sense of taste or smell

If you have any of these symptoms, get tested

COVID-19 vaccine
A simple guide
pha.site/covid19simpleguide

StopCOVID NI
DOWNLOAD THE APP NOW
The app will tell you automatically if you’ve been near another app user who tests positive. Download the App now.
Apple App Store: https://buff.ly/2P9vzHN
Google Play: https://buff.ly/3hTFfST
COVID-19 Myth Buster
Read the Department of Health’s latest #mythbuster on #COVID19 vaccines and fertility.

COVID ADVICE/GUIDANCE
COVID-19 Myth Buster
COVID-19 VACCINES AND FERTILITY

Coronavirus
Advice on car sharing
At this time please avoid car sharing, but if you have to, please follow these simple steps:

- Wash hands or use sanitiser before and after journey
- Wear face coverings
- Share with the same small group only
- Keep windows open
- Clean car surfaces after every journey (including exteriors and internal handles)
- Sit as far away as possible

Got coronavirus symptoms?
New continuous cough, high temperature, loss of taste and/or smell

Self-isolate
Stay at home for 10 days. Anyone in your household should isolate for 14 days.

Get tested
Visit www.pha.site/cvtesting to book a test at your nearest centre or order a home test kit. Call 119 if you cannot book online.

For further information on Family Support Hubs in your area?
Email: cypsp@hscni.net or Visit http://www.cypsp.hscni.net/family-support-hubs/