
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:-

This edition includes:

**PARENTS/CARERS**
- COVID-19 Support & Resources
- Youth Wellness Web
- Family Support NI/Flu vaccine
- Resource pack for C&Y People
- Homework Hacks
- Parent Support webpage
- Parenting NI Reconnecting/ Survey
- Can You Foster?/Play Matters
- Ascert Workforce Training
- NSPCC Letting the Future In
- Covid19 Information for Parents/ Carers
- Regional Nutrition Information Sessions
- Parental Controls for Apps
- Carers UK Looking after Someone
- Daily routines to build language skills
- Family Mediation NI/Twinkl NI
- Help Kids Talk

**EARLY YEARS**
- Tiny Life/Free Online Antenatal Classes
- Aware NI Parent and Baby Programme
- Childcare Partnership/ SureStarts
- Employers for Childcare
- Belfast SureStart Chat with Me
- Book Trust – Halloween books
- Playboard Halloween Activities

**CHILDREN/YOUNG PEOPLE**
- Big Deal – Gambling - Need Help?
- Breathing Exercises
- Regener8/Pathway/ YEP
- Bryson Skills for Life & Work
- Text A Nurse
- Youth Wellness Web
- Shout Crisis Textline/ Rights Responder

**KIDS ACTIVITIES**
- Bolster Community
- Deaf CAMHS/Family Fund
- Contact Helpful guide
- Family Voice Hub – Autonomie
- Rare Disease Living Well With...
- Autism – Guidance for Parents/ Carers
- Autism Awareness Card/Become a

**DISABLED CHILDREN/YOUNG PEOPLE WITH A**
- Enniskillen - Nurse Led Clinic
- CYPSP Translation Hub/Browsealoud
- Registration with a GP/Protect your Rights
- Barnardos ‘Bolo’ Helpline

**MENTAL HEALTH & WELLBEING**
- Aware Mindfulness Course/Your Mood is made in the Kitchen
- 8 Things to say to an Anxious Child
- Moving Forward/Extern Online Talks
- Action for Happiness – New Ways November
- Take 5 steps to wellbeing/ Drinking at home
- A-Z Mental Health guide/ Healthy Recipes
- Dealing with Worry and Self-care
- Aware NI Online Support Groups
- Self-help Toolkits/ Helplines NI

**BEREAVEMENT**
- CRUSE Helpline/Home Again
- Barnardos – 7 things you need to know
- Cruse Children’s Grief Awareness Week
- NINES – Nurse Led Clinic
- CYPSP Translation Hub/Browsealoud
- Registration with a GP/Protect your Rights
- Barnardos ‘Bolo’ Helpline

**DOMESTIC & SEXUAL ABUSE**
- Women’s Aid/ Helplines
- Victim Support NI

**DRUG & ALCOHOL SUPPORT/ADVICE**
- Daisy Helpline/ RAPID Bins
- PBNI/ Addiction NI

**COMMUNITY**
- PIPS Suicide Prevention Enniskillen & L/Derry/The Trussell Trust/ Foodbanks
- Community Helplines/ Phone First

**GOOD NEWS STORIES**
- Action for Children Northern FSH/
- Antrim/Ballymena LPG Getting Active Outdoors

**COVID ADVICE/GUIDANCE**
- Guidance for Parents/Carers
- Halloween Activities
- Halloween books
- Browsealoud
- ‘Bolo’ Helpline

**CHILDCARE**
- SureStarts Programme NI

**DRUGS & ALCOHOL SUPPORT/ADVICE**
- Need Help Toolkits/Helplines NI

**EDUCATION**
- Young Minds Crisis Messenger
- ‘Bolo’ Helpline
- PIPS Suicide Prevention Enniskillen & L/Derry/The Trussell Trust/ Foodbanks
- Community Helplines/ Phone First

**GOOD NEWS STORIES**
- Action for Children Northern FSH/
- Antrim/Ballymena LPG Getting Active Outdoors
COVID 19 Central Support & Resources

The COVID 19 Support & Resources webpage is a central repository for information and guidance across services, which is updated daily.

To find information on:

- Disability
- BAME / Translations
- Parenting Support
- Domestic Violence
- Education
- Food
- Fun & Games Activities for Children & Young People
- In Care
- Mental Health
- Drugs / Alcohol

Visit the COVID 19 Support & Resources webpage at http://www.cypsp.hscni.net/covid-19-daily-updates or scan the QR code for instant access and filter by theme for the latest up to date information.

WELCOME TO THE YOUTH WELLNESS WEB

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

If you are looking information and help with:

- Bereavement
- Bullying
- Your Wellbeing
- Mental Health
- Violence / Harassment
- School

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

www.cypsp.hscni.net/youth-wellness-web
If you need to find a local FAMILY 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.

CYPS’s Resource Pack for Children and Young People has been updated and refreshed to include more resources on disability, mental health, education plus much more. Also included are some activities to help keep the kids entertained over the Halloween holidays, including colouring and activity sheets and play, craft and snack ideas and can be downloaded HERE

We will continue to update the resources periodically, so keep an eye out on our website and social media platforms.

Homework woes getting you down? Don’t despair! #HomeworkHacks with Sophie a.k.a Tired ‘N’ Tested @tiredntested are here to help! Head to https://bbc.in/3ADsLb0
How has the COVID Pandemic affected your emotional & mental health? Fill out our quick survey and let us know! 
https://buff.ly/3FndQWd
Can You Foster?

We need more foster carers from all walks of life to ensure when a child needs a loving family the right one is there for them.

Find out more.
Tel: 028 9065 2288
FB: @BarnadosFosteringNI
W: barnardos.org.uk/foster

Incredible things happen when we believe in children.
ASCERT Workforce Development Training:
3 - 16 November 2021

3 November, 10 am - 1 pm
Substance Misuse Awareness

5 November, 10 am - 1 pm
Safeguarding Children Affected by Parental Substance Misuse

8 November, 10 am - 1 pm
Understanding Illicit Drugs

10 November, 10 am - 1 pm
Understanding Alcohol

16 November, 10 am - 1 pm
Understanding the Misuse of Prescribed and Over-the-Counter Drugs

These sessions will be delivered via Zoom.

NSPCC

Letting the Future In
Information for parents/carers

Leaflet for parents/carers
NSPCC LTFI Parents leaflet.pdf

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
Information for parents and carers

Everyone has a role to play in keeping our schools safe and helping to stop the spread of COVID-19. Please don’t send your child to school if they have COVID-19 symptoms such as:
- a high temperature
- a new continuous cough
- loss of or change to their sense of taste or smell

If your child does not have symptoms of COVID-19 but has other cold-like symptoms, such as a runny nose, they do not need to be tested and they or members of your household do not need to self-isolate. Your child can attend school if fit to do so.

Contact tracing and self-isolation procedures have recently changed, so here's what to do in particular cases.

My child has COVID-19 symptoms

- Book your child a PCR test as soon as possible.
- They should isolate until they get their result. If it is negative they can carry on as normal and return to school as long as they are well (no fever for 48 hours).
- If it is positive they should isolate for 10 days. You will receive further information by text message and a contact tracing call from the PHA.
- You should advise your child’s school or nursery that they have tested positive.

Someone in our household is positive

- Everyone in the household should book a PCR test as soon as possible and again for the 8th day after their exposure. Anyone who tests positive should isolate for 10 days.
- Adults who are fully vaccinated do not have to isolate while they’re waiting for the results. Adults who are not fully vaccinated should isolate for 10 days regardless of their test result.
- Children aged 5-17 who are not vaccinated should isolate until they get their results. If the result is negative they can come out of isolation and return to school.
- Children under the age of 5 are advised to take a PCR test but they do not have to isolate while waiting for results.

Contact tracing will be done by the Contact Tracing Service at the Public Health Agency (PHA). They will call from the number 028 9536 8888 – save the number in your phone so that you recognise it and please answer if they call.

You can book a PCR test online via www.gov.uk/get-coronavirus-test or by calling 119 if you can’t go online.

There has been a positive case in my child’s school

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- If the only contact has been in school it is unlikely that your child will be identified as a close contact.
- The school may send a general letter to parents advising them to be aware of symptoms.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in my child’s nursery school

- The PHA will work with the nursery to identify all close contacts and provide advice and guidance to parents on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in my childcare setting

- The PHA will work with your childcare provider to identify all close contacts and provide advice and guidance on what to do next.
- In the meantime if your child develops symptoms please book a PCR test.

There has been a positive case in a club my child attends

- The Contact Tracing Service will be in touch with you if your child has been identified as a close contact of a positive case.
- In the meantime if your child develops symptoms please book a PCR test.

For more information visit: pha.site/contacttracingschoolsFAQs
Regional Nutrition Information Sessions for the public - November

Simply click the link or type into a browser to register. Zoom details will be sent upon registration.

**How to Save Money on Your Food Shop**
- Wed 3rd Nov @ 12pm
- Most people would like to spend less on their food shop - find out how with some top tips during this session!
- [https://tinyurl.com/save-money-nov](https://tinyurl.com/save-money-nov)

**Mealtime Tips & Fussy Eating**
- Wed 10th Nov @ 4pm
- Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.
- [https://tinyurl.com/Mealtime-nov](https://tinyurl.com/Mealtime-nov)

**Introduction to Solids**
- Thur 11th Nov @ 10am
- Perfect for anyone thinking about or who has recently started introducing solids to their baby.
- [https://tinyurl.com/Intro-solid-nov](https://tinyurl.com/Intro-solid-nov)

**Healthy Diet, Healthier You**
- Tue 23rd Nov @ 1.30pm
- Find out more about healthy eating through the Eatwell Guide and top tips on how to make healthy changes to your diet.
- [https://tinyurl.com/Healthy-diet-nov](https://tinyurl.com/Healthy-diet-nov)

Pre-recorded sessions are available to access on demand at [https://tinyurl.com/NutritionWebinars](https://tinyurl.com/NutritionWebinars)
How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child’s device and which ones don’t. You can also manipulate the features in Game Centre to enhance your child’s safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.

How to Restrict Built-in Apps/Features
1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Allowed Apps (you may need to toggle this to ‘on’ at the top)
5. Enable or disable the apps you wish to appear (or disappear) on your child’s device

How to Restrict Game Centre
1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap Content Restrictions (you may need to switch the toggle at the top to the ‘on’ position)
5. Scroll down to Game Centre
6. Choose between Allow, Don’t Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases
1. Open Settings
2. Tap Screen Time
3. Tap Content & Privacy Restrictions
4. Tap iTunes & App Store Purchases
5. Select Allow or Don’t Allow for each feature (you can also lock these settings with a password)

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety
Our updated 2021-22 Looking after someone guide is now available to download on our website. The guide outlines your rights as a #carer & gives an overview of the practical & financial support available. Download the guide here: http://carersuk.org/LAS

Some lovely advice from a Speech and Language Therapist about how to use daily routines to build language skills.

Top tips from a speech and language therapist: 18-24 months
Easy ways to boost your child’s language skills through everyday activities.
bbc.co.uk
Welcome to Help Kids Talk

Vision:
Everyone in our community working together to help kids talk.

Help Kids Talk is a community-wide initiative based within Lisburn.
We are passionate about raising awareness of speech, language and communication development.

Click here for more information

Speech and language delay is the most common difficulty experienced by preschool children.
This impacts their:
- communication
- education
- relationships with peers
- emotional wellbeing and,
- life chances.

Follow us on social media for helpful tips and advice for supporting children’s speech, language and communication. Click on icons below to be re-directed to our Facebook, Instagram or Twitter sites.

Sign up below to our free Basic Awareness webinar!

As part of the Help Kids Talk project, we run free Basic Awareness training webinars which last approximately 1 hour.

These are available to anyone and everyone across Northern Ireland including; parents, grandparents, childminders or volunteers or staff working in an organisation that provides services for children.

In the webinar we discuss:

> infant mental health
> brain development
> top tips for supporting speech, language and communication development

We currently have no webinars running during July and August however we will be running them on a monthly-basis from September 2021.

Basic Awareness webinar dates and times.

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<th>Date</th>
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<tr>
<td>Monday 20th September</td>
<td>3.30pm-4.30pm</td>
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<td>Wednesday 13th October</td>
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<td>Monday 15th November</td>
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<td>Wednesday 8th December</td>
<td>7.30pm-8.30pm</td>
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Contact details: Sarah Ratcliffe (Help Kids Talk co-ordinator)
028 9267 5172 / helpkidstalk@resurgamtrust.co.uk

Turn to next page to register for free Basic Awareness training.
TinyLife Family Support Services have been specially developed to provide emotional and practical support to parents of premature babies or babies who have spent time on a Neonatal Unit from birth.

**30-Day Squat Challenge an Exercise for PREMvember Success!**

Northern Ireland's premature baby charity, TinyLife, is once again inviting everyone to celebrate signature event, PREMvember throughout November. The event not only marks World Prematurity Day on 17 November but also highlights the vital on-going services provided by the charity.

This year’s 30-day squat challenge adds fun and fitness to the annual event. Participants can download the squat calendar and get started on **Monday 1 November**, safe in the knowledge that not only will they look and feel better by day 30 but will also help to raise money for the six premature babies born every day in Northern Ireland.

Over 2000 babies are born too soon, too small or too sick in Northern Ireland. Some arrive as early as 24 weeks, weighing as little as 1lb/454 grams, the same weight as half a bag of sugar.

The PREMvember fundraising campaign is supported again this November, for the fourth year, by Elave Baby, the certified organic skincare range with ‘Approved By’ status from TinyLife.

Joanna Gardiner, CEO of Elave Skincare, said: “The last thing parents of premature babies need to worry about on top of everything else is what they are putting on their child’s skin - yet how we treat young skin can have health implications for the rest of our lives.

“The incidence of baby eczema in Northern Ireland and across the island has risen from 3% to 25% inside two generations, so it is clear we need to be more mindful about treating skin right. Using the purest products, from top to toe, is where you start.”

Fundraising packs are provided so whatever is raised - large or small will make a difference with every penny spent locally through TinyLife. Alternatively, if squat exercise is not your thing, other fundraising events are welcome throughout November. It’s all for a great cause!

If you would like to take part in this year’s PREMvember Squat Challenge campaign call 028 9081 5050 or visit www.tinylife.org.uk or download a fundraising pack at https://www.tinylife.org.uk/fundraising/premvember/

For further information on TinyLife please visit tinylife.org.uk or find TinyLife on Facebook and Twitter.

**PREMvember event** - Amy Pearce with baby Annie, join Karen Johnston from sponsor, Elave Skincare to launch the 30-Day Squat Challenge as part of PREMvember 2021.

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**Media enquiries - please contact:**

Gill McNeill 07850 657785
gill@mcneillmedia.com
FREE Online Antenatal Classes across NI
Following the success of the online antenatal classes the PHA are now offering parents the opportunity to take part in further online courses free of charge. Go to http://inourplace.co.uk to join.
#gettingreadyforbaby #pregnancy #newbaby #children #parents

Online courses available for parents
FREE (prepaid) for residents of Northern Ireland

1. Understanding pregnancy, labour, birth and your baby
Online course for everyone around the baby: Mums, Dads, Grandparents, friends and relations. Written by Registered Midwives and NHS Professionals.

2. Understanding your baby
Online course for everyone around the baby: supporting you and the new arrival. Written by Psychologists, Psychotherapists and Health Visitors.

3a. Understanding your child (0-19 yrs) (main course) or
3b. Understanding your child with additional needs
Popular online course about being the best parent, grandparent or carer you can be. Award winning with trusted content.

4. Understanding your teenager’s brain (short course)
Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.

For technical support contact:
solihull.approach@heartofengland.nhs.uk
or 0121 296 4448 Mon-Fri 9am-5pm
www.inourplace.co.uk
www.solihullapproachparenting.com

Go to:
www.inourplace.co.uk
and enter the ‘access code’
NIBABIES
To return to the course(s) go to inourplace.co.uk and sign in!
FREE COURSES AVAILABLE

LOOKING AFTER YOUR MENTAL HEALTH DURING PREGNANCY AND PARENTHOOD

AWARE’S Mood Matters Parent and Baby Programme
- A 2-hour mental health awareness session for expectant parents and parents of young babies (0-3 years old).
- Learn skills and techniques to look after your mental health, manage your feelings when you are stressed, anxious or depressed and help you cope with challenges during and after pregnancy.
  Tuesday 7th September, 7-9pm
  Wednesday 27th October, 7-9pm
  Thursday 9th December, 7-9pm

AWARE’S Living Life to the Full Programme
- A programme for expectant parents and parents of young babies (0-3 years old).
- The programme consists of six 2-hour weekly sessions and uses Cognitive Behavioural Therapy (CBT) concepts.
- Exploring with participants how we think, how we feel, how we behave and how it affects us physically.

6 weekly sessions, starting Thursday 23rd September until Thursday 28th October

To register, scan this QR code to be brought to AWARE’s website.

aware-ni.org

Registered charity NIC100561
Partnership working is at the root of what makes Sure Start work

#SureStartWorks
Supporting parents of twins

Our Family Benefits Advice Service recently helped a married mum of three, returning to work from maternity leave after having twins. Due to the family having savings set aside to build a new home, they weren’t eligible for support through Universal Credit but were entitled to over £3,500 per year through Tax-Free Childcare. This will rise to Universal Credit of over £10,000 per year once they have used up their savings over £6,000.

Freephone 0800 028 3008 for your free personalised 'better off' calculation.

Employers For Childcare

www.employersforchildcare.org

Belfast Sure Start Chat with Me
You might have picked out your Halloween outfit and got your treats ready... but have you found a cute read to match?

We've put together a list of picture books perfect for Halloween: https://booktrust.org.uk/booklists/h/halloween-picture-books/

Pic: Rebecca Green

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**Haunted House**

You will need:
- cardboard box or shoeboxes
- paint, markers, crayons
- glue
- scissors
- toy figures
- scraps of paper, fabric, wallpaper, carpet
- old magazines
- spooky accessories

Create a mini haunted house using clean cardboard boxes which can be combined to create a bigger mansion with lots of different rooms.

Decorate your box using colouring materials and old scraps of wallpaper, carpet, and fabric for curtains.

Flick through old magazines and cut out photos for furniture such as a fireplace, a kitchen, and a bathroom.

Add your spooky final touches - is there a ghost hiding in the attic, a witch brewing potions in the kitchen, a monster under the bed or creepy crawlies in your living room? Make it as scary as you dare!
With Halloween fast approaching, we couldn't resist making our latest #WhatToReadAfter edition all about the brilliant Meg and Mog! Check out our suggestions here - and let us know which books YOU would suggest to Meg and Mog fans: https://booktrust.org.uk/what-to-read-after-meg-and-mog Pic: Jan Pieńkowski

**KIDS ACTIVITIES**

**Stick sparklers into a carrot so the kids can hold them safely**

It's great for little hands that need something chunky to hold & easier for them to grip.

**Family Days Tried & Tested**

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**Play Matters**

**AUTUMN & HALLOWEEN ACTIVITIES**

Halloween may look a little different this year but there are still lots of ways to have fun at home. As the months turn colder it is important to still enjoy time playing outside - dress for the weather and embrace the play opportunities and health benefits of spending time outdoors.

**HALLOWEEN GAMES**

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

**OUTDOOR FUN**

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

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Autumn wreath

You will need:
- leaves
- pine cones
- conkers
- flowers
- tissue or coloured paper
- paint, markers, crayons
- paper plate or cereal box
- string or ribbon
- glue
- scissors

Cut out the centre of a paper plate or cut a circle shape out of a cereal box.

Next, cover the base of your wreath by painting, colouring, or covering in tissue paper.

When your base is ready, decorate your wreath using the materials you have gathered.

Make a nature wreath by adding different leaves you find in your garden or on a walk, as well as conkers and pine cones. Create a Halloween wreath by cutting out spooky shapes from your coloured paper such as ghosts and spiders and attach. Once you are done, add some string or ribbon to the top and display.

Pumpkin ideas

There’s much more to pumpkins than just carving scary faces. Here are some ideas for this Halloween favourite!

- bowling
- cover with paint or stickers
- decorate with leaves and display
- flower planter
- mini pumpkin hunt
- cover in paint and roll on a large piece of paper
- bake treats
- wrap it up to make a mummy
NEED HELP?
GET IN TOUCH

If you’re worried about gambling – your own or someone else’s – the first step is to ask for help. We’re here to support you, so whatever you’re dealing with, you won’t be alone.

What to expect when you contact us

BACK TO BACK BREATHING

Find a partner and sit on the floor back to back. Sit tall and close your eyes if you want to. Decide who will start - that person begins by inhaling deeply and then exhaling slowly, and then continues to breathe slowly and deeply. Their partner should feel the expansion in their partner’s back each time they breathe in and then try to sync their own breathing so that both partners are breathing in time together.

TUMMY BREATHING

Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply though your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

ELEPHANT BREATHING

Stand with your feet wide apart and your arms dangling in front of your body like an elephant’s trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.
REGENER8

PERSONAL YOUTH DEVELOPMENT PROGRAMME
Focusing on re-engaging young people into the community

Running May 2021 - March 2022 providing:
- Fun Activities & Trips
- Employability Support
- Level 1 & 2 Qualifications (GCSE Equivalent)
- Diversity Level 1
- Cross-Community Projects
- Work Experience
- Workshops (including Mental Health & Addiction)
Free Driving Lessons, Provisional Licence and Driving Test

ESSENTIAL CRITERIA
- Age 16 - 25
- Not in Education, Employment or Training
- Involved in anti-social behaviour
- At risk of Criminal/Paramilitary Involvement

To apply or for more information contact Leah King
on 028 3089 8119 or email leah.king@clanryegroup.com

Visit us at www.clanryegroup.com
Bryson is a leading provider of a range of employment and training initiatives, designed for school leavers, young adults and those living with long term unemployment. Based in Belfast City Centre.

Our vocational training is focused on providing relevant qualifications and personal development to enable learners to progress along the chosen path of their future career.

Vocational Qualifications are available in:

- Business Administration
- Childcare
- Health and Social Care
- IT
- Retail

The benefits of vocational training include: no exam requirements to enrol, £40.00 weekly Educational Maintenance allowance (non-means tested), travel allowance, bonuses, vocational qualifications, Pastoral Care Programme and Careers Advice and Guidance.

To find out more information, to register interest or to enrol, please contact Chelsea on 07803 833372
YOUTH WELLNESS WEB

“Young people being the solution... Not just changing lives, but also saving lives.”
Robbie Butler, MLA.

A much needed Resource

“a fantastic hub of videos, resources, helplines and other information”
Dr Chris Moore

Accessibility options are excellent

“Fantastic resource that has been co-created with young people”
Army Cadets
Healthy Minds NI

5,000+ VIEWS IN 2 MONTHS

“An exciting new service”
The Bytes Project

Thanks to:-

www.cypsp.hscni.net/youth-wellness-web

Shout Crisis Textline

If you need immediate support, you can text SHOUT to 85258 and chat by text. The service is free on most networks and available 24/7, and trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.

TEXT SHOUT TO 85258

Free legal information, advice and live chat for young people.

whatever your question about your rights, ask ree.
Always there, always safe, always right, always anonymous, always confidential, never judgemental.
WELCOME TO THE YOUTH WELLNESS WEB

Videos / Podcasts:

Anxiety

Bereavement

Bullying

Mental Health
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
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

#NIDeafCAMHS service is now open to #deaf children and young people anywhere in NI. Supports children with all levels of hearing loss/deafness and all communication methods including BSL. Further info: https://bit.ly/3ENZwpl

Get our free Helpful Guide in the post for all the information you need to navigate life with a disabled child. Our 92-page book is packed with advice to support families from the early years right through to the adulthood transition. Order your copy http://contact.org.uk/helpful-guide

Do you know any families who have a baby or toddler with special needs? We offer lots of free support for new parents. From online workshops, information across a range of areas and advice on keeping babies well this winter, we can help.
Family Voice Hub

Practical and emotional support for families in Northern Ireland raising a child or young person with additional needs

- Workshops
- Local Outreach
- Signposting/Referrals
- Parent Wellbeing and Support
- Siblings Wellbeing and Support
- Support with practical issues (Benefits, housing, accessibility)
- Educational Advice (including pre and post school age)
- Support Hub (Both Face to Face and Virtual)
- Advice and Guidance
- Drop in Centre
- Emotional Support
- Legal Advice
- Counselling

www.autonomie.org.uk
Autonomie, Lila House, 4 Sandhurst St, Belfast BT7 1PW
Registered Charity No. 100421
Find out more!
Email: sharon.autonomie@gmail.com  Tel: 078 7251 9900

Rare Disease 'Living Well With ...' Programme

November 12th @11am via ZOOM
Topic: Healthy Eating

Guest speaker: SHSCT community nutrition & dietetic service offering practical advice on maintaining a healthy diet.

Zoom Meeting ID: 852 7711 7910
Passcode: 838410

Email to sign up: info@nirdp.org.uk

AutismNI

Guidance for Parents/Carers with a Recent Diagnosis

AutismNI

Some Hints/Tips for managing behaviours

What should I do if I think my child has Autism?

If you think your child is displaying signs of autism, there is a process you can follow to get a diagnosis. A diagnosis means you can access more specialised support for you and your child. 

https://tinyurl.com/37ac8cbc

Our Autism Awareness Card is a tool to support autistic individuals to communicate their needs in a wide variety of situations.

To find out more information visit https://www.autismni.org/autism-awareness-card or email info@autismni.org

Become a member of Autism NI and receive the latest news, events and training opportunities. You will also receive a Membership Card which can help with priority queuing at certain attractions across NI.

To join our membership, visit https://autismni.org/become-a-member-1
Youth Mental Health Podcast

New Youth Mental Health podcast series launched, covering: Trauma, Substance misuse, Distress, Suicidal thoughts and much more...

This selection of podcasts for parents, carers and young people deals with a range of issues facing young people and provides helpful insights into things like OCD, behaviour and how to respond to self-harm.

Available now on your usual podcast service. #MyJourney NHS Charities Together
CHILDREN/YOUNG PEOPLE’S MENTAL HEALTH

FRIENDSHIP CAFE NEWRY
AGED 14-18?
COME ALONG AND CONNECT WITH OTHER YOUNG PEOPLE.

CRISIS DROP IN CAFE NEWRY
AGED 12-18?
IF YOU NEED SUPPORT WITH YOUR MENTAL HEALTH OR FIND THAT YOU ARE IN CRISIS WE ARE HERE TO LISTEN AND SUPPORT YOU. CALL IN FOR A CHAT.

THE Good-Night GUIDE
practical steps to a good night’s sleep

Don't compare
It is normal for young people to compare results but try to help them understand everyone is different and making comparisons with friends and peers may not help them.

A new resource has been issued by the Public Health Agency for young people, their parents and carers to support mental wellbeing. Contents include healthy lifestyle tips to support your wellbeing, practical ways to manage your thoughts and emotions and useful websites and apps.

Download Young Persons Mental Health Guide

**Give**

Top tips to help you manage your feelings when trying something new.

If you are finding something difficult try using this star to help...

- **S** is for Stop...
  When you are faced with a difficulty, stop

- **T** is for Take a Breath...
  Usually taking a few slow deep breaths relaxes your body and mind

- **A** is for Accept...
  Accept that you are finding something difficult or need some help

- **R** is for Restart...
  When you are ready you can try again or move on to something else

Talking to someone about how you are feeling can help you problem solve and come up with other ways to find a solution. Talking about our feelings can also help to reduce any stress and worries you may have. You can ask for help from the adults in school or the people at home.
The Dry Arch Children’s Centre has launched a number of new programmes to positively support the emotional wellbeing of children and young people we are working with through the Family Support Hub.

**Contact details for the Dry Arch FS Hub**

T: 028777 42904
E: Jill.Graham@dryarchcentre.co.uk
W: www.dryarchcentre.org
FAMILY WELLNESS PROJECT

WHAT IS MENTAL HEALTH?
AN INFO SHEET FOR KIDS!

Did you know that you can get illnesses in your mind as well as your body? Just like a cold or a sore head, sometimes we can develop a problem with our mental health! You may feel sad or worried a lot of the time, or have trouble managing your feelings. We all feel sad or feel out of sorts sometimes. This is a normal part of growing up & talking can help! Some people will need extra help with their mental health & this is ok too.

Here are some ideas for people to talk to if you’re not feeling like yourself!

- A family member you trust
- An adult at school like your teacher
- A friend you trust
- You can call Childline for free: 0800 1111
- A youthworker (maybe you know one from your local youth centre!)
- A counsellor (perhaps there is one at your school!)

Find out more about the Family Wellness Project at: parentingnow/family-wellness-project

COMMUNITY FUND

YoungMinds Crisis Messenger

The Crisis Messenger provides free, 24/7 crisis support across the UK. If you’re a young person and need urgent support with your mental health, please text YM to 85258. https://youngminds.org.uk/find-help/get-urgent-help/youngminds-crisis-messenger/
FREE ONLINE MINDFULNESS COURSE

Open to anyone over 18 years old!

Course delivered via Zoom by certified trainers

A six-week course exploring what mindfulness is and how it can support and help you in everyday life.

Each session will introduce a different practice and touch on various aspects of mindfulness, such as the body scan and mindful eating.

Tuesdays 2nd November – 7th December 2021 at 10am-12pm

First Steps Women’s Centre
To book a place please contact Amanda at fswc.amandab@gmail.com or phone 028 8772 7648

Supported by the Public Health Agency through the Clear Project
8 THINGS TO SAY TO AN ANXIOUS CHILD

@teenhealthdoc x @mamapsychologists

- You are safe with me
- It's ok to feel nervous, I do too sometimes
- Let's go for a walk
- Let's draw the worry, how big is it?
- Let's talk back to this worry
- I am here for you
- Let's sit together until the thought passes
- Let's take a few deep breaths together
MOVING FORWARD - POST PANDEMIC -

Our partners are teaming up to bring you a 6 session online programme, to explore personal and physical development in a post pandemic world.

Using the ‘CHIME’ framework for personal recovery and introducing Health & Wellbeing activities, we will help create a positive and nurturing mindset to support you through this transitional period.

Sessions will explore:
- Anxiety
- Coping Strategies
- Resilience
- Self Care
- Gentle movement

Sessions are delivered via Zoom: (11AM - 12:15PM)
November - 4th 11th 18th 25th
December - 2nd 9th

Book your space on: www.clanryegroup.com/book-now
or for more info contact leanne.taylor@clanryegroup.com

We believe that there has never been a more important time to look after our mental health and wellbeing, which is why we are running free webinars offering information and advice on mental health and wellbeing, problem gambling and loss or bereavement.

These online sessions will offer a relaxed, non-judgmental forum for people to learn how to cope with whatever may be challenging their mental health or general wellbeing.

Places for each sessions are limited, so we would encourage anyone interested to sign up as soon as possible to secure their place.

www.extern.org/sign-up-to-our-free-online-talks
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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</thead>
<tbody>
<tr>
<td>1 Make a list of new things you want to do this month</td>
<td>2 Respond to a difficult situation in a different way</td>
<td>3 Get outside and observe the changes in nature around you</td>
<td>4 Sign up to join a new course, activity or online community</td>
<td>5 Change your normal routine today and notice how you feel</td>
<td>6 Try out a new way of being physically active</td>
<td>7 Be creative. Cook, draw, write, paint, make or inspire</td>
</tr>
<tr>
<td>8 Plan a new activity or idea you want to try out this week</td>
<td>9 When you feel you can’t do something, add the word “yet”</td>
<td>10 Be curious. Learn about a new topic or an inspiring idea</td>
<td>11 Choose a different route and see what you notice on the way</td>
<td>12 Find out something new about someone you care about</td>
<td>13 Do something playful outdoors - walk, run, explore, relax</td>
<td>14 Find a new way to help or support a cause you care about</td>
</tr>
<tr>
<td>15 Build on new ideas by thinking “Yes, and what if…”</td>
<td>16 Look at life through someone else’s eyes and see their perspective</td>
<td>17 Try a new way to practice self-care and be kind to yourself</td>
<td>18 Connect with someone from a different generation</td>
<td>19 Broaden your perspective: read a different paper, magazine or site</td>
<td>20 Make a meal using a recipe or ingredient you’ve not tried before</td>
<td>21 Learn a new skill from a friend or share one of yours with them</td>
</tr>
<tr>
<td>22 Find a new way to tell someone you appreciate them</td>
<td>23 Set aside a regular time to pursue an activity you love</td>
<td>24 Share with a friend something helpful you learned recently</td>
<td>25 Use one of your strengths in a new or creative way</td>
<td>26 Try out a different radio station or new TV show</td>
<td>27 Join a friend doing their hobby and find out why they love it</td>
<td>28 Discover your artistic side. Design a friendly greeting card</td>
</tr>
<tr>
<td>29 Enjoy new music today. Play, sing, dance or listen</td>
<td>30 Look for new reasons to be hopeful, even in tough times</td>
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**ACTION FOR HAPPINESS**

*Happier · Kinder · Together*
Dealing with Worry and Self-Care

Ed Sipler, from the South Eastern Trust has created several videos on You Tube to support us at this very unpredictable and stressful time: *Dealing with Worry* and *Self Care, Now When We Need It Most*

Ed guides us through ways we can support ourselves to deal with stress, grounding, relaxed breathing, self-compassion, and building resilience. Both clips have booklets that can be downloaded from the You Tube site.

- Tap into the Videos and revisit at your leisure. Small Steps make Big Changes.
- Use these as part of your wellbeing tool, not to be watched once but saved to your favorites.
- Share with your loved ones, those whom you may be caring for.

Link to *Self-Care Now When we Need it Most* [https://youtu.be/rfHLHwhD1Pw](https://youtu.be/rfHLHwhD1Pw)

Dealing with worry in difficult times - [Dealing with worry by Ed Sipler – YouTube](https://youtu.be/rfHLHwhD1Pw)

Or... Search Ed Sipler on the You Tube site. We hope you find these useful.
**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.

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**Self-Harm and Mental Health – Guide for Parents**
“Having found out my child was self-harming, I was so devastated and confused as to why. My emotions were all over the place, not knowing how to help her, where to go for professional help – it was so stressful.”
Our advice can help: [A guide for parents](#)
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
Grief can be overwhelming after experiencing the loss of someone you know. But with the right support, recovery can begin. Here’s seven things our experts say you need to know about grief and loss. 

7 things you need to know about grief | Barnardo’s

It's completely normal to feel anxious or worried after a death. Here's what anxiety could feel like, especially whilst grieving. Take a look at our helpful article on techniques to help restore calm when you're feeling anxious.

**SAVE THE DATE – 23 NOVEMBER 2021 – 10am – 11am**

Children’s Grief Awareness Week UK is 18-25 November 2021. Cruse Bereavement Support will be holding an event to highlight this on Tuesday, 23 November at 10 am - 11 am. The event will be held online. We would love you to join us for this event to hear how Cruse support children and young people who have been bereaved in Northern Ireland. Information will also be given on the “Somewhere For Us” project which is funded by the National Lottery Community Fund under its Empowering Young People’s funding stream.

Why support is important for bereaved children and young people.

1 child, under the age of 16, in every UK classroom has been bereaved of a parent or sibling. In Northern Ireland every year there are around 15,000 deaths with approximately 30,000 children and young people being bereaved. In 2020, due to the Covid-19 pandemic, the yearly death total rose to 17,613. Currently 2521 people have died in Northern Ireland from Covid. The number of children and young people impacted by the Covid-19 pandemic is vast. Even if the death of a loved one was not from Covid, funerals and wakes were unable to take place. Children and young people who have been bereaved have been isolated and left feeling alone in their grief. The ‘Somewhere For Us’ project is needed now more than ever.

What will the project do?

The ‘Somewhere For Us’ project will bring together children and young people who have lost someone special, helping them create connections and communities which will last long after the project has ended. Support will be offered in the form of peer support groups, activity days and the chance to be part of the Youth Advisory Group who will be at the forefront of developing the project.

The name of the project ‘Somewhere For Us’, came from the idea of creating a space exclusively for children and young people affected by grief. A place created to break the isolation which grief can bring and a place where children and young people feel like their grief truly matters. We all experience grief at some stage in our lives. Unfortunately, bereaved children and young people have had to experience this much earlier than most. It is therefore important that they are nurtured and given the time and space to grow through their grief. Children and young people are at the heart of this project.

How can we work together to support children and young people?

We are excited that the peer support groups will be developed not only through Cruse branches, but also in partnership with schools, sports clubs, youth centres, organisations or communities who have identified a need to support children and young people who have been bereaved.

Please contact us if you would be interested in finding out more about partnering with us to provide this support.

*** Do you know a young person aged 12-24 who could join our YAG and help us develop this project?

More details, including link to the YAG application form, can be found at https://www.hopeagain.org.uk/somewhere-for-us-project
Visit our central Translation hub which provides quick links to our partner agencies' information including the latest information on Covid19/vaccination http://www.cypsp.hscni.net/translation-hub/ also view featured videos in Português, Polski, Български, Română, Lietuvis and العربية
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/).

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
PIPS Suicide Prevention Ireland reaches out to Enniskillen and L/Derry providing a new mental health counselling service

PIPS Suicide Prevention Ireland (PIPS Charity) has launched a brand new face to face mental health service for people experiencing mental health or emotional wellbeing difficulties. People of all ages will be able to access support, free of charge, from the PIPS Counselling team at ASDA Enniskillen Community rooms and at the Playhouse in Derry City centre.

As the demand for our services continues to grow, the community support and belief in our services has never waned and it is only through the generosity of members of the public and sponsors that we are able to continue our services and now expand our services into the Enniskillen and Derry City areas.

Here at PIPS, we can guarantee that families who have lost loved ones and people in crisis will always be at the heart of our work and their needs will always remain paramount in our service delivery. PIPS Charity believes that the people of Enniskillen and Derry should receive mental health support at the time that they need it and PIPS works hard to remove the barriers to people receiving the support they need – like long waiting times or lack of information and guidance.
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

DEPARTMENTS AND MINOR INJURIES UNITS
Action for Children’s Northern Family Support Hubs have been very busy attending local events across the Northern Trust to publicise the work of the Hubs. You may have seen us at Ballyclare Football Club helping raise awareness of Mental Health, had fun with us at the Jet Centre, maybe you got involved in Action for Children’s ‘Star Jump Challenge’ at Balmoral Show or just stopped for a chat at one of our many other events.

All these events were really well attended, and it was brilliant to have the opportunity to chat with so many parents, grandparents, children and young people about our Family Support Hubs!

CYPSP Antrim Ballymena LPG Getting Active in the Great Outdoors Photo Competition

Regular physical activity is important to keep body and mind healthy. Physical activity habits are laid down as children and young people so it is vital children and young people are given every opportunity and encouragement to engage in regular physical activity and lead a less sedentary lifestyle. However, many children and young people do not meet the recommended levels of physical activity. Achieving higher levels of physical activity in the early years helps maintain higher levels later in childhood, adolescence and into adulthood. Doing physical activity outside has additional advantages. The freedom and space of being outdoors can encourage more expansive movement, increased Vitamin D uptake and connection with the natural environment.

Northern Area Children and Young People’s Strategic Partnership (CYPSP) Locality Planning Groups (LPGs) carried out a needs survey with children/young people and parents (CYP) in 2020. Physical activity was identified as a top need by children/young people (CYP) and parents.

During action planning the group decided to focus on encouraging children and young people to get physically active outside to better children additional benefits of being active outside. The sub group decided to run a “Getting Active in the Great Outdoors” photograph competition where children and young people would send in photographs of them being physically active outside.

96 photos were entered into the competition from 33 children and young people aged 8 months to 15 years. 55% girls and 45% boys entered which is significant as boys are more physically active than girls at all ages.

There were three age categories: pre-school, primary school, post-primary, with prizes to support them to continue to be physically active outside including a trike, a Fitbit for kids and a Fitbit. Everyone who entered received a Getting Active in the Great Outdoors goodie bag filled with things to help them continue to be active outdoors, e.g. sun cream, UV bracelets, water bottle, pedometer and frisbee.
If you receive a **positive COVID-19 test result** you will be contacted by the PHA’s Contact Tracing Service on (028) 9536 8888.

It is really important that you answer this call to help us identify close contacts and reduce further spread.
Safe Shopping
There are simple steps you can take while shopping to help control the spread of #COVID19.

- Wear a face covering
- Be #DistanceAware
- Use contactless payment where possible

Please also be kind to staff as they continue to operate within the guidance.

For more information on safe shopping bit.ly/3nYuAdO

You should continue to work from home where you can. Rapid Lateral Flow tests are now available to a range of workforces and sectors of the economy. Play your part in stopping the spread of #COVID19. Find out more: Coronavirus (COVID-19): staying safe at work | nidirect
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 seatbelts and interior handles)
- Sit as far away as possible

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

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

If you have been in close contact with someone who has tested positive, you must self-isolate for 14 days even if you have followed the advice in this leaflet.

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

COVID ADVICE/GUIDANCE

COVID ADVICE/GUIDANCE

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