Welcome to Edition 6/2021 of the CYPSP Family Support Hub Newsletter providing advice, support, resources and updates as at 10th December 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 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
- Mental Health
- BAME / Translations
- Drugs / Alcohol
- Parenting Support
- Domestic Violence
- Food
- In Care
- Education
- Activities for Children & Young People
- Homelessness / Housing

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.

The Children & Young People’s Resource Pack has been updated to include more resources on disability, mental health bereavement, education plus much more. Also included are some Christmas activities and resources to help keep the kids entertained, including colouring and activity sheets and play, craft and snack ideas. We will continue to update the resources periodically, so keep an eye out on our website and social media platforms.
Ideas for Christmas on a Budget

Looking for ideas to keep the costs down this Christmas?
With the festive season upon us, you may be worried about buying presents, entertaining kids and socialising with loved ones. Here’s some tips to help keep Christmas on budget:
https://parents.actionforchildren.org.uk/parenting-relationships/christmas-on-a-budget/…
Workshop on Brain Development

Who is it for?
**Parents/Carers of Babies & Toddlers** living in the Southern Trust Area (This is not a practitioner’s workshop)

What does it cover?
- How the baby’s brain develops in the context of a relationship with parent/carer
- Early Social and Emotional Development
- Language Skills
- Turn Taking
- Tantrums
- Building Early Resilience

When is it on?
- January 4\(^{th}\) or 11\(^{th}\) or 18\(^{th}\) or 25\(^{th}\)
- 10am-12pm via zoom

How do I apply?
For further information or to book a place please contact
[mona.hanna@southerntrust.hscni.net](mailto:mona.hanna@southerntrust.hscni.net)
[lia.tenaghian@southerntrust.hscni.net](mailto:lia.tenaghian@southerntrust.hscni.net)
Please provide your name, contact number and the age of your child
Thinking about fostering?
Our Foster Carers receive full training, ongoing support and financial allowances. Find out more [https://adoptionandfostercare.hscni.net/](https://adoptionandfostercare.hscni.net/)

Leaflet for parents/carers
[NSPCC LTFI Parents leaflet.pdf](https://adoptionandfostercare.hscni.net/)
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 3-17 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.ie/contacttracingschoolsFAQs

Public Health Agency, 12–22 Linenhall Street, Belfast BT2 8BS. Tel: 0300 555 0114. www.publichealthhscni.net
Jigsaw Community Counselling Centre is based in North Belfast but open to referrals from across the city. We offer free counselling for adults, children and young people.

Our aim is to make a difference by providing a caring, professional and confidential counselling service that will help people to be the best they can be. We provide counselling in a safe place for you to talk through your issues. This can help you feel more in control and better able to cope with your situation. We are here to listen and support you, not to give advice or tell you how you should feel and what you should do.

Jigsaw offers:

- Counselling for all ages
- Counselling which values the importance of the individual journey
- One to one counselling for a wide range of issues including abuse, domestic violence, anger, family breakdown, bereavement, addiction, depression, anxiety
- Weekly 50 minute sessions
- Accessible and inclusive counselling with free spaces and a sliding payment scale available.
- Counsellors who work within the ethical framework and complaints procedure of the British Association of Counsellors and Psychotherapists

In addition to counselling, we offer Art Therapy for all ages. It can be helpful for those who find it difficult to express thoughts and feelings verbally through traditional talking therapies. Art making encourages the expression of thoughts and feelings without having to use words. Art Therapy is not about ‘being good at art’. You need no previous skill or special ability in art making.

If you are interested in referring for any of our services, please contact the office on 07539250941 or email info@jigsawccc.co.uk
Early Intervention Support Service (EISS)

The Early Intervention Support Service (EISS) Belfast is currently OPEN to new referrals!

EISS is a home-visiting service offering up to 12 weeks’ support for families with children aged 0-18 years.

The aim of EISS is to support families when difficulties arise before they need involvement with statutory services. We provide person-centred, evidence-based, early intervention, and can deliver sessions in the home, school, or community.

Examples of challenges families may experience include:

- Difficulties with developmental or health related issues
- Issues at school
- Difficult behaviour
- Emotional wellbeing (e.g. anxiety, gender identity)
- Family difficulties
- Domestic violence
- Coping with illness, bereavement, or parental separation
- Social & emotional effects of the COVID-19 pandemic

We accept referrals from all sources, including self-referrals.

For further information, visit www.niacro.co.uk, email eissbelfast@niacro.co.uk, or call 07483065735.
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

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

Northern Ireland

Parents Hub

Parents Guide: Gift Giving - Parenting NI
Our latest article gives tips on how to avoid conflict and how to react if your chil...

Avian Influenza Advice

Human infections with avian influenza are rare. However you should follow the advice to prevent any other risks to your health.

- Do not pick up or touch sick, dying or dead poultry or wild birds, and keep pets away from them.
- Avoid contact with wild birds including their feathers and waste.
- Maintain good personal hygiene with regular hand washing with soap and use of alcohol-based hand rubs.
MEDICAL ESSENTIALS FOR KIDS

WHAT TO BUY

- Pain relief for teething, flu, colds, sore throat, earache etc - oral suspension paracetamol eg. Calpol - available at pharmacies and supermarkets
- Nappy rash - antiseptic healing cream eg. Sudocrem, Metanium, calamine lotion - available at pharmacies
- Head Lice - pharmacy own brands available, ask your pharmacist for advice - available at pharmacies
- Bruises, cuts and scrapes - plasters and antiseptic cream or a first aid kit - available at pharmacies
- Allergies, insect bites and itches - plasters and antiseptic cream or a first aid kit - available at pharmacies

AIMH NI welcome new members! Why not join us?

The Northern Ireland Association for Infant Mental Health (AIMH NI) is welcoming new members, both individual and organisational. The Association is a registered charity and a membership organisation and for over a decade has been championing infant mental health and parent-infant relationships in Northern Ireland. We also act as the host agency for the newly established Stronger From The Start IMH Alliance of community & voluntary organisations.

Our aims and activities include:

- Advocacy on behalf of families with infants, in particular to promote the provision of high quality, evidence-based supportive health and social care services
- Promotion of equal access to health services for families with infants.
- Promotion of awareness of the importance of early childhood development among health professionals and other practitioners involved with early childhood by disseminating clinical and scientific knowledge, information and examples of best practice among these groups
- Enhancement of public education of the public by raising awareness and understanding of mental health issues affecting infants.

Members receive:

- E-updates on events, research and practice developments including access to journal articles
- Free or reduced rate access to AIMH(NI) events and conferences.
- Networking, learning and discussion opportunities

To find out more & to download a membership form, please visit the AIMH NI website.
Stronger From The Start Infant Mental Health Alliance
December 2021 Update

Who are We?
The Stronger from the Start Alliance is a collaboration between members of the Association for Infant Mental Health NI (AIMH NI) and colleagues from across the community & voluntary sector in Northern Ireland. We’re committed to working together to promote and improve infant mental health.

We successfully campaigned for and welcome the explicit inclusion of infants within the Mental Health Strategy for Northern Ireland, 2021-2031, particularly those actions specific to infant mental health.

Our collective efforts are now focused on:
- Raising political awareness of infant mental health;
- Monitoring implementation of the commitments made within the Mental Health Strategy; and
- Lobbying for additional commitments from NI government departments.

What We’re Planning Next
- We aim to finalise the Manifesto in the coming weeks and we welcome input from everyone, particularly those with lived experience. To get involved or to find out more, contact us at eilish.robinson@barnardos.org.uk

- The Stronger from the Start Alliance is open to all community and voluntary groups based/working in Northern Ireland. Interested groups can contact eilish.robinson@barnardos.org.uk using ‘Stronger From The Start Alliance’ in the subject of their email.
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
Baby and U – Your Pregnancy Journey

A new Northern Trust webpage, ‘Baby and U’ has been produced to allow newly expectant mums to access up-to-date health advice and pregnancy information easily.

As soon as you have a Positive Pregnancy Test you can refer yourself directly for Maternity Care in the Northern Health and Social Care Trust using the electronic Self-Referral form – https://crowd.in/NZ7U0R

Browse ‘Baby and U’ on our website – https://crowd.in/bXBqju

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.
Partnership working is at the root of what makes Sure Start work

#SureStartWorks
Consultation on Flexible School Starting

What’s Happening?

School starting age in Northern Ireland currently depends on when a child’s 4th birthday falls. Children who turn 4 on or before 1st July start school at the beginning of September that same year. Children turning 4 on or after 2nd July start school the following year when they are 5 years old.

The Department of Education is now considering a change in the law which would mean ‘young for year’ children (born between 1st April and 1st July) could wait another year before starting primary school, if their parents/carers think that is best for them. This is called “deferring school starting age”.

What does this mean for me and my child?

This is really welcome news for all parents. Northern Ireland already has one of the earliest school starting ages in Europe. A change in the law would mean that parents of ‘young for year’ children (born between 1st April and 1st July) would have a say in whether or not you feel your child is ready for school at age 4.

We know school starting age is also a major issue for parents and carers of premature babies, multiple birth siblings, looked after children (foster/adoptive) and children with special educational needs (statemented or not). Whatever your perspective, it’s important that you share it with the Department to inform their thinking on the changes they are planning to make.

How and when can I have my say?

Your consultation response needs to be received by the Department of Education before 5pm on 4th January 2022 but we’re encouraging parents to respond early, before things get busy over the Christmas and holiday period!

The consultation guidance and questionnaire booklet are available online. You can post or email your response or choose to complete an online questionnaire.

Who can support me to make my voice heard?

We can: Tiny Life are helping parents to respond to the Department’s consultation.

- Our Guidance document explains what you’re being asked in the consultation and the key points we think are important to make in your response.
- Our sample response can be tailored to your individual circumstances or perspective then just posted or emailed as your reply.
- The Dept have pulled together an Easy Read document that can be downloaded.

Please visit our website for links, https://www.facebook.com/TinyLifecharity
KIDS ACTIVITIES

Family Support Hubs Newsletter
Edition 6/2021
December 2021

New Issue Out Now!
This week our focus is to Be Aware of Others

These top new books by British authors and illustrators of colour are perfect Christmas gifts for young readers!

Nursery rhymes= New words!
Nursery rhymes are an easy way to teach lots of new words to little ones.

When they get moving and involved they learn what words mean and if they hear a song enough times they will start to join in and say some words. By doing actions along with singing children’s understanding increases!

The Wheels on the bus is a great song for learning words and actions...
@helpkidstalk

Fun Irish Language and Pronunciations

Winter
An Geimhreadh
ann gave-rue

Careful, the fire is hot!
Gúramach, tá an tine te!
Faigh blaincéad

Get a blanket
Kuromah, to an chinya chay
Fai blackedghe

Would you like hot chocolate?
Ar mhaith leat seanlaidh te?
Táimid ag dul leabhar a léamh

We are going to read a book
Goitse agus suigh in aice liom

Come and sit beside me
Air why lat shackleage chay?
Ta-mwidge og gull lower a layoo

Gutsha ugus see in eka lum
Kids go free in December

KIDS ACTIVITIES

SUPER EASY ELF ON THE SHELF IDEAS
FOR WHEN YOU'VE FORGOTTEN!

LAST MINUTE IDEAS

☐ elf unravels too roll
☐ elf eats crisps
☐ elf brushes teeth
☐ elf takes a selfie
☐ elf makes snow angel in flour
☐ elf wraps xmas tree in clingfilm
☐ elf drives toy car
☐ elf taps on window
☐ elf sits in car
☐ elf has a bath
☐ drinks honey through a straw
☐ eats chocolate
☐ turns milk green
☐ draws specs on photos
☐ draws faces on bananas
☐ packs a horrid packed lunch

☐ elf stuck in glass jar
☐ elf rides stuffed toy
☐ elf builds lego
☐ elf colours in
☐ elf drinks coke
☐ elf makes breakfast
☐ hides in book bag
☐ wears socks as a hat
☐ wears dolls clothes

CHRISTMAS Crafts for Kids

Santa's beard is very bare.
On his chin there is no hair.
So each day add a puff
of white.
When it's full he will come
that night!!!
Join the MyVOYPIC Family! Do you have lived experience of care? Are you 25 years old or younger? Do you live in (or come from) Northern Ireland? If so, MyVOYPIC is for YOU! For all the info and to sign up visit http://myvoypic.org

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
DAISY supports young people & adults aged 11-25, experiencing problems from their alcohol or substance use. It also supports parents or other family members. Further info / make a referral: https://ascert.biz/project/daisy-belfast/

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

Services for young people:
Information for Young People

There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

- Northern Trust Text-A-Nurse 07480 655982
- Belfast Trust Text-A-Nurse 07507 328290
- South Eastern Trust Text-A-Nurse 07507 327263
- Western Trust Text-A-Nurse 07480 655984
- Southern Trust Text-A-Nurse 07507 328057

Or visit www.chathealth.nhs.uk to start a chat.
YOUTH WELLNESS WEB

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

A much needed Resource
“Fantastic resource to benefit children & young people & their families across NI”
Ass. Director of Probation Board NI

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:-

include YOUTH

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.

Rights Responder

Whatever your question about your rights, ask REE.
Always there, always safe, always right, always anonymous, always confidential, never judgemental.
The Prince's Trust supports young people to transform their lives by developing their skills to live, learn and earn. The Prince's Trust works with partners and volunteers to offer a variety of programmes to help young people build their confidence, get a job or start a business.

Download - [December 2021 Course Flyer](#)

Download - [How We Help Young People Quick Guide](#)
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
#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

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

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.

contact.org.uk
Do you care for a baby or toddler? We’re here to help you | Contact Information, advice and support for parents of younger children whether you have a diagnosis for your child or you are waiting for one.
How to cope with Christmas

Guidance for Parents/Carers with a Recent Diagnosis

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

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
Clear Advice

www.autonomie.org.uk
Registered Charity No: 109421
Find out more!
Email: sharon.autonomie@gmail.com
Tel: 078 7251 9900

Family Voice Hub

Community Fund
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
Need to Talk

Through the Need to Talk (NTT) project, sight loss charities RNIB and Fighting Blindness are working together to support people of all ages, as well as family and friends, to access the emotional and practical support they need to adapt to life with sight loss.

We currently have very short waiting times for our free counselling service, and have introduced a new ‘Focus on Coronavirus’ telephone and online course helping people through this still very challenging time.

Read on in our newsletter attached to hear more from our beneficiaries, and please do circulate with anyone you think would be interested in this service helping people work towards ‘Living Well with Sight Loss’.

Need to Talk Newsletter – Issue 6 Nov 2021 [rnib.org.uk]

Contact The Need to Talk team at needtotalk@rnib.org.uk or RNIB Helpline on 0303 123 9999 [https://www.rnib.org.uk/needtotalk]

Saving money for families

Last year, we helped identify an average of £559 per month in increased income for families who have a child with a disability. That was additional financial support of £6,708 per year.

What difference could this support make to your family?

Call the Family Benefits Advice Service for a free 'better off' calculation - we can help you work out what financial support you are entitled to, including for families where one or both parents are in work.

Employers For Childcare
Freephone 0800 028 3008
Email: hello@employersforchildcare.org

ANGEL EYES NI

View this email in your browser

WINTER NEWSLETTER
FRIENDSHIP CAFE NEWRY

AGED 14-18?

COME ALONG AND CONNECT WITH OTHER YOUNG PEOPLE.

Thursday’s 4-8pm

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.

Sunday’s 12-4pm

THE Good-Night GUIDE

practical steps to a good night’s sleep

YOU CAN DO A LOT BUT YOU DON’T HAVE TO DO IT ALL.
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

1. It's ok to be sad
2. This is really hard for you
3. I'm here with you
4. Tell me about it
5. I hear you
6. That was really scary, sad, etc.
7. I will help you work it out
8. I'm listening
9. I hear that you need space. I want to be here for you. I'll stay close so you can find me when you're ready.
10. It doesn't feel fair
Get in touch with our wellbeing advisors today

Whether you’re seeking mental health advice or looking information for you or someone you know... we’re here to help.

Call TODAY to speak to one of our advisors who can signpost you to support.

Available: Monday to Friday 10am to 1pm

0808 189 0036
Build Your Self-Care Snowman

Have a happy, healthy holiday season with these quick self-care tips.

**Don't freeze people out**
Spend time with people who love and support you.

**Break out the ice skates.**
Take time to exercise, even if it's just taking a spin around the rink!

**Chill out.**
Avoid overbooking yourself and don't feel guilty about making time for self-care.

**Get cozy.**
Sleep is important -- make sure you're getting enough of it. (But don't hibernate!)

**Moderate the merriment.**
At all those holiday parties, eat and drink in moderation. Don't drink alcohol if you are feeling down.
FREE ONLINE
MINDFULNESS COURSE

Four-week introductory 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.

Open to parents of 5-12 year olds in the Fermanagh, Omagh and Southern Health Trust areas

This course is delivered via Zoom. Places are limited so book now!

Thursday 13th January 2022
7pm-9pm for 4 weeks

To register, please visit
www.aware-ni.org/upcoming-mindfulness-courses

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 session 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
Teachers, your wellbeing advent calendar has arrived! Filled with quick daily activities you can do throughout December to boost pupils' wellbeing.

**The YoungMinds Wellbeing Advent Calendar 2021**

Looking after your wellbeing as you countdown to the holidays

- **29 - Monday**: Winter joy
  - It’s the festivities! What inspires you during this time of year? Let’s write them down.

- **30 - Tuesday**: Captain Brave
  - Design and display your ‘I’m Brave’ poster as a reminder of how courageous we all are.

- **1 - Wednesday**: Cloud spotting
  - Take time outside for mindfulness. Look up to the sky and notice the different shapes in the clouds.

- **2 - Thursday**: The tales of...
  - Get creative and draw a book cover with a picture and a title that best describes you.

- **3 - Friday**: Holiday puzzle
  - Create a class puzzle and show what the holidays mean to you. What words and colours come to mind?

- **6 - Monday**: Become a dreamer
  - Encourage your pupils to dream. Sharing our ambitions is the first step to making it happen.

- **7 - Tuesday**: Breathe
  - At the start of the day, take a deep long breath. In for 5, out for 5. Focus. Can you hear yourself breathe?

- **8 - Wednesday**: The kind-hearted
  - Engage in a small act of kindness. It could be a thoughtful gesture, praise, or simply a smile.

- **9 - Thursday**: Christmas Carols
  - Choose a classroom song! Put the lyrics on the screen and have a good old sing-along together.

- **10 - Friday**: Hot potato
  - Sit in a circle and pass a potato or a small ball to one another. Share one positive thing from the week.

- **13 - Monday**: Things in common
  - In small groups, identify the things everyone has in common. It can be anything except you go to school!

- **14 - Tuesday**: Come and do the Conga
  - Ask the class to pick a festive tune from YouTube and together create the biggest class conga!

- **15 - Wednesday**: Your 2021
  - It’s been another tough year, but in small groups, discuss some of your favourite moments.

- **16 - Thursday**: Moving Reindeers!
  - When I shout ‘Dasher’ the class starts hopping. With ‘Prancer’, start skipping, and ‘Rudolph’, start jumping!

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Take5
steps to wellbeing

We know when we are mentally and physically well but sometimes we need a little extra support. Here are five simple steps to practise every day:

Connect
Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

Be active
Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

Take notice
Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.

Keep learning
Don’t be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.

Give
Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

Adapted from work by the New Economics Foundation commissioned by the Foresight Project on Mental Capital and Wellbeing (www.neweconomics.org)

mindingyourhead.info

ONE KIND WORD CAN CHANGE SOMEONE’S ENTIRE DAY

A-Z Mental Health

Healthy recipes
www.choosealivelbetter.com

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

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

Download Place2Be free resources to help you take part in Children’s Mental Health week, and explore the theme of ‘Growing Together’ https://bit.ly/2O971OR
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
Face to Face’ groups have resumed and can once again support bereaved parents in the community at this level.

There is a Bereavement Support and Information Online Evening taking place on Monday 6th December at 7pm. If you know any bereaved parents that may like to join please pass them on the link below.


Our guest speaker for the evening is Brid Carroll, an experienced professional who has worked extensively throughout her career with parents and children who have experienced the death of their child or sibling.

Brid will open the evening with a short talk on the intense grief following the death of a son or daughter. Drawing on her own understanding of the challenges and milestones that have to be met and overcome along our journey, she will share what can help us take that next step.

After Brid’s talk, there will be an opportunity for you to ask questions, then join one of the breakout rooms and chat with our Anam Cara facilitators and volunteer parents.

Should you need any additional information, please get in touch with us on any of the numbers below.

Contact Number - Office 01 4045378 Mobile 087 9637790
Northern Ireland 028 95213120
Email Address: s.vard@anamcara.ie
Web Address: www.anamcara.ie
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

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Protecting Your Rights

If you have been the victim of a racial incident contact the police, and some of the organisations listed who may be able to help you.

Northern Ireland Council for Ethnic Minorities
028 90 236645
www.nicemc.org.uk

Bryson Intercultural
028 90 244039
www.misce-ni.org

Samaritans
0845 790 9090
www.samaritans.org.uk

Victim Support
028 90 244039
www.victimssupport.org.uk

Equality Commission for Northern Ireland
028 90 243997
www.equalityni.org

Northern Ireland Human Rights Commission
028 90 243997
www.nihrhc.org

Crimestoppers
0800 555 111
www.crimestoppers-uk.org

Nobody deserves this. And nobody deserves to get away with it. Racial Hate Crime is unacceptable. To stop it, report it.
Barnardo’s have now proudly launched ‘Boloh’, a new UK helpline for Black & Asian children, young people & families affected by Covid-19. Boloh is a word used in many languages including Hindi, Urdu & Gujarati, meaning ‘speak’. Webchat at https://helpline.barnardos.org.uk/ or call 0800 1512605
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
Powerful animation from Women's Aid Belfast & Lisburn, depicting the real-life experiences of children living with domestic abuse in Northern Ireland over the past 18 months.


Emotional abuse is abuse: How to recognize the signs and get help

Emotional abuse can be difficult to recognize. Learn what emotional abuse is and what signs to look out for if you believe you’re ...
START 360 Connections services develop and deliver drug and alcohol-related projects, events and initiatives in the community. 
https://www.start360.org/how-can-we-help-you/connections-north
If you need accessible transport to get your booster vaccine the Disability Action Transport Scheme (DATS) team may be able to help to bring you to your vaccination centre. Read more [here](https://disabilityaction.org/news/need-transport-to-get-your-booster-vaccination)....
DEPARTMENTs AND MINOR INJURIES UNITS

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
Claire and Jessica from the Action for Children Northern area Family Support HUBS were pleased to attend Fairhill Shopping Centre Ballymena on Saturday 4th December where they offered support and advice on what the Family support HUBS can offer. Santa had arrived in the mall and Rudolph stopped by to lend a hoof!

Claire will also be attending The Ballykeel Fun Day on Saturday 11th December at Ballykeel Community Centre from 1-4pm. Come and see Claire at her stall where she will be available to speak to you about the support the Family support HUB can offer local families.

At Family First FSH a family received Save the Children vouchers and were absolutely delighted as they just moved to the area and were struggling financially. Things have been going a lot better with son in new school as there was some behavioural issues due to the transition of moving to a new school, son is now engaging with one to one mentoring and the school now have a better understanding of his needs due to Hub contacting and linking in with the school to support the family. The family are settling really well to the new house and are now also receiving support from Surestart. Things are settled and the Family Support Hub is linking in regularly to offer additional support where possible.

Here at LAST Surestart Omagh we have been doing some lovely work with our dads. We have been busy in our dad’s wood workshop making lots from recycled wood. The dads made a mud kitchen, a bird box and Christmas figures.
Action for Children’s Family Support Hubs team from Fermanagh & Omagh presented on parental wellbeing and the emerging needs in their areas at an All Party Group Meeting for Parental Participation in Education at Stormont on Tuesday 30<sup>th</sup> November 2021.

Meeting with Chris Lyttle & Nicola Brogan MLA - the Chair & Deputy Chair of the APG, they shed light on the increased need for financial support, as well as the concern for emotional and wellbeing health of children, young people and parents.

The Hubs were delighted to have this opportunity to share on issues affecting families locally and are hopeful that the importance of early intervention services and family support hubs has been clearly highlighted at this event and we look forward to seeing more clarity in how these vital services will be integrated within the Mental Health strategy in the near future.

Pictured is Lisa McGarvey, Karen McHugh and Nicola Brogan MLA in the Long Gallery at Stormont. Seana Connor also connected virtually.
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.

COVID-19 vaccination
A guide for women who are pregnant or breastfeeding

CHRISTMAS SHOPPING?
WEAR A FACE COVERING
Travel advice

If you need to travel, keep up-to-date with the latest rules for Northern Ireland.

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 hand 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 steering wheels and handbrakes)
- 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.hscni.ni/covidtesting 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.

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/