

Family Support Hubs Bi-Monthly Newsletter

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This is the second edition of the Family Support Hubs Bi-monthly newsletter to raise awareness of services available for Hub referrals in Northern Ireland.

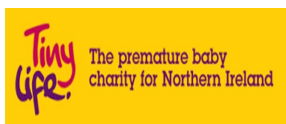
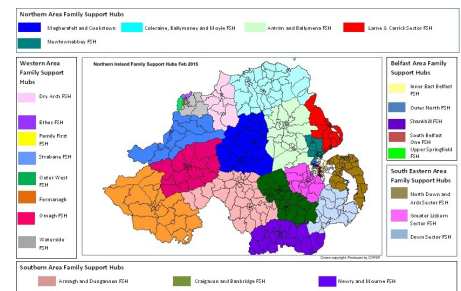
If you would like a service to be included in the next edition of the newsletter please send details to: cypsp@hscni.net



RAPID has been awarded a grant from Big Lottery Supporting Families Programme for the Community Help in Learning and Development (CHILD) project. The grant will help rural families to gain the skills and confidence to cope with family life. Activities will include literacy classes, homework clubs,

health and wellbeing workshops for pregnant women, and mother and baby activities. The CHILD project aims to provide 600 rural families with the skills, knowledge and support systems to deal with transition, crisis and major changes such as crime or bereavement, and to provide practical help and support with numeracy and literacy to support child educational development. Child centred activities will address needs across the age spectrum from pre-birth to post primary with family focused support being provided to parents/grandparents. RAPID are currently in the process of recruiting staff for this project and hope to commence the activities in September in the rural wards of Derry City Council.

For further information contact Caroline Devlin on 028 7133 7149 or caroline@rapidni.com



TinyLife services include:

Hospital based support to provide a listening ear during this stressful time. TinyLife have trained Family Support Officers (FSO's) visiting each of the neo natal units in NI.

Breast Pump Loan Services to assist mothers in expressing breast milk for their baby.

Home based Volunteer Support providing practical and emotional support when babies come home.

Parents Support Groups allowing parents to meet and support each other.


Baby Massage classes, a wonderful relaxing experience for babies and parents.

TinyGym, a unique specialised physiotherapy class for the smallest babies or those with additional needs. This is currently only available in the Northern HSC Trust area.

Sensory Sessions in a fully equipped sensory room with our specialist FSO to stimulate and relax babies with specific needs.

TinyStart, our new Big Lottery funded service combining family support with advice and guidance on the developmental needs of babies with our project partner Lifestart. This service is highly specific and tailored to meet the needs of individual families and their baby/ies, as identified by TinyLife Family Support Officers.

TinyLife can be contacted on 028 9081 5050 www.tinylife.org.uk

Believe in children Barnardos – supporting children and families affected by parental imprisonment
 **Barnardos's**

Imprisonment affects many people in NI and a high percentage of families are reluctant to ask for help or support due to the stigma that is often associated with offending

Barnardos NI is working in all adult prisons in NI (Maghaberry, Magilligan, Hydebank Wood (female) Hydebank College (male) offering support and information to families where a parent is in prison.

The main focus of the work is around maintaining and supporting family relationships especially during the period of separation.

If you would like further information on the service or copies of our publications please contact our Parenting Matters service on 02890644335 or email

Deirdre.sloan@barnardos.org.uk



Prison Fellowship has been offering practical, emotional and spiritual support to families and children of prisoners across Northern

Ireland for over thirty years. This work is carried by our Family workers and a small team of volunteers who provide one to one support in the family home or at another suitable location.

It is our conviction that the families of those in prison who have been impacted by the criminal justice system find themselves serving a “Silent Sentence”. As a family passes through the different stages of the of justice process families are often caught in the situation of trying to support everyone while at the same time feeling that they need someone who understands what they are experiencing and is willing to listen to what they are feeling. Added to this is the stigmatisation and isolation of living in a community where a family can feel trapped or at best ignored.

Prison Fellowship provides confidential, non-judgemental support, and where possible give practical help or signpost individuals to the appropriate agencies who offer the help they require.

For further information contact our office in Belfast 028 9024 3691 or email info@pfni.org



QUAKER SERVICE VISITORS' CENTRE AT MAGHABERRY

PRISON: – open Tue-Sun all year. Provision of a range of emotional and practical support services for families and children visiting Maghaberry Prison. These all work towards making visiting prison a less traumatic experience for families, thus encouraging continued positive family contact. Services include a cafe facility outside the prison at the Visitors' Centre where one-to-one support and information is made available (accessible in various formats), tea bar inside the prison, professional childcare service for children over 2 years of age inside the prison and at the visitors' centre. Shuttle transport is provided from Moira Train Station to the Visitors' Centre twice daily and regular runs between the actual prison and the Visitors' Centre, 6 days per week. 5 special family centred themed weeks are held during the year and we work alongside prison staff to facilitate child centred visits each Saturday where fathers have a special opportunity to bond with their children in the main prison children's play area. Quaker Service facilitates a family support group for families of people in prison on the 3rd Wednesday every month from 11am to 1pm at Frederick Street Friends Meeting House, Belfast. More information on all above can be obtained from the Centre Manager, Melanie Hanna, 028 9261 1213.



Family Links is a NIACRO service which is offered to the families of people in prison.

We provide both practical advice and emotional support to help people cope with what can be a lonely and difficult experience, especially for children. This can include providing information about visiting a person in prison, advice on financial management and support, and help to access services and engage with schools and the community.

NIACRO is a voluntary organisation which works to reduce crime and its impact on people and communities. We are an independent organisation and we are here to help you.

For more information, visit www.niacro.co.uk or contact the Family Links team on niacro@niacro.co.uk or 028 9032 0157.



Bryson Energy Services – Available throughout NI

Bryson Energy's New Health Routes project is making it easier for families with children to access grant schemes for insulation and new heating systems. Our service includes advice to any family on fuel budgeting, cheaper electricity tariffs and general energy saving advice for the home. The grant schemes are free to families on low incomes.

Cold, damp homes affect the health and well being of a family. Young children are amongst the most vulnerable. This project helps families susceptible to fuel poverty make the home warmer as well as reducing energy costs. We encourage families to prepare their home for the autumn and winter seasons.

Our service is open to any household in NI. Families can contact us directly or can be referred to the Project Manager, Rory McManus on 02890734275 or rmcmanus@brysonenergy.org;



The Family Fund is the UK's largest provider of grants to low-income families raising disabled and seriously ill children. It can be a struggle financially, emotionally and physically for families raising a disabled or seriously ill child, and these grants help break down many of the barriers families face and ease the additional daily pressures. We can help with essential items such as washing machines, fridges and clothing but can also consider grants for sensory toys, computers and much needed family breaks together. Last year, we helped over 4,000

families in Northern Ireland and we are keen to help as many families as possible.

You can apply to the Family Fund if you live in Northern Ireland, are a parent or carer of a disabled or seriously ill child or young person aged 17 or under and have evidence of your entitlement to one of the following: Universal Credit, Child Tax Credit, Working Tax Credit, Income based jobseeker's allowance, Income Support, Incapacity Benefit, Employment Support Allowance, Housing Benefit and pension credit. We use our own disability criteria to determine whether a child is eligible, but you do not need to wait for a diagnosis for your child to make an application for a grant if you think your child may meet our disability criteria.

If you think your child or young person may meet the Fund's criteria, please consider applying. For further information, please visit our website at <http://www.familyfund.org.uk>. You can also contact Ross McCrea, Country Development Manager for Northern Ireland, on 028 9047 2920 or rmc@familyfund.org.uk.

CALL FREE ON 0800 328 0006

Weighed down by
debt?

Free debt counselling in your community
from an award winning charity

capdebthelp.org



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CAP Debt Help, Job Clubs and Money Course

Whether you're feeling the weight of debt, struggling to find work or just need a bit of help budgeting – we're here to help. We're helping over 38,000 people a year through our free debt help, job clubs and CAP Money Courses.

Across Northern Ireland, we have a network of 18 debt counselling centres; 96 churches running a money education programme, the CAP Money Course and 6 CAP Job Clubs for unemployed people.

All our services are given freely for everyone regardless of age, gender, faith or background.

To find out where your nearest Debt Centre, Job Club or CAP Money Course is then just use the postcode search on our website here: <https://capuk.org/i-want-help> or call us on for free on 0800 328 0006.

Relationships and Alcohol Misuse Project

We aim to reduce the impact of alcohol in family relationships, by providing counselling to help improve the quality of life for individuals, couples and family members through assistance with relationships, communication, differences and developing capacity for resilience. In addition we provide practical advice on financial difficulties including a full benefit check and income maximisation.

The Project, which operates across the Northern Trust area, is a partnership between RelateNI and three Citizens's Advice Bureaux and can be accessed by contacting:

Relate NI: alisonmurphy@relateni.org Tel 028 9032 3454 or

Mid & East Antrim CAB: campbellm@citizensadvice.co.uk, Tel 028 2564 4398



LOTTERY FUNDED



Northern Health and Social Care Trust

Kinship carers can apply for a small grant to help them meet the needs of the children in their care - from beds and bedding and household appliances, to school uniforms and educational toys and equipment.

For more information on the 'Kinnections' Project or to find out more on how to apply for a Small Grant, contact:-

Tara Taheny

Training and Outreach Worker

Kinnections Project

55 Rainey Street

Magherafelt

BT45 5AF

028 79301566



Network Personnel, through funding from the new NI European Social Fund, Investment for Growth and Jobs Programme, continues to provide the Community Family Support Programme in the following new NI Super Council areas: Causeway Coast and Glens, Mid Ulster, Mid and East

Antrim & Antrim and Newtownabbey

The Community Family Support Programme (CFSP) aims to support families with a high level of need to develop their capacity to reach their full potential by addressing the employment, educational, training, health, social and economic issues that impact on their daily lives. The main focus of the programme will be on employability with a family support dimension. A specific objective of the programme is to reduce the number of young people not in education, employment or training (NEET) in Northern Ireland. Each family participating on the programme must have a young person aged 16 to 24 years in the NEET category.

If you know of a family who may be suitable and willing to engage on the CFSP, please do not hesitate to contact us:

cfsp@networkpersonnel.org.uk

Causeway Coast & Glens: 028 7032 6016

Mid Ulster: 028 7963 1032

Antrim & Newtownabbey: 028 9446 3827

Mid & East Antrim: 028 2565 1614

