

# Family Support Hubs Bi-Monthly Newsletter

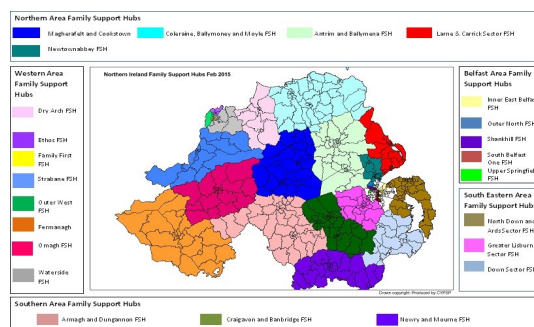
## This edition includes:

- ADD NI
- Debt Action NI
- Working with fathers Workshop
- Family First Service, Brain Injury Matters
- Family Ties Project
- 55+ Project
- Family Smiles

## Introduction

This is the third 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](mailto:cypsp@hscni.net)



ADD-NI was established in 1997 as a support network for children, young people and the families of those affected by AD/HD.

We provide the following:

- Specialised Parenting Programmes to improve parent efficacy and mental health
- Children and Young people's Group Programmes
- Adult's Group Therapy
- Adolescent and Adult individual counselling
- Art Therapy
- Programmes for siblings of young people with AD/HD
- Post-Intervention Programme
- Specialist training for professionals

ADD-NI's therapeutic programmes give young people the opportunity to achieve their full potential by enabling them to better cope with the effects of AD/HD. Our programmes are tailored to empower families across Northern Ireland to improve their children's lives. ADD-NI's services are externally evaluated and fully comply with NICE Guidelines in the treatment of AD/HD.

For more information, please visit [www.addni.net](http://www.addni.net) Call our helpline on 028 90 200 110 Email: [hello@addni.net](mailto:hello@addni.net)



**Debt Action NI** is aimed at helping those struggling with debt in Northern Ireland. Debt Action NI is funded by the Department of Enterprise, Trade and Investment, co-ordinated by Advice NI and supported by Payplan and Advice NI members. The purpose of the project is to empower people to become more financially capable by taking control of their own finances and to help those who are struggling with debt due to maybe illness or redundancy. Debt Action NI currently operates in all 11 council areas across Northern Ireland and our advisers provide a free, confidential and impartial service open to everyone. It is an integrated service with a number of access options. People can call our Freephone helpline on 0800 917 4607 to speak directly to an adviser. They can come through our dedicated website [www.debtaction-ni.net](http://www.debtaction-ni.net) where they can send an appointment request, email an adviser, chat to our virtual adviser or use our online budgeting tool. We also have a list of all our advisers on our website. People can text "Action" to 81025 and an adviser will call them back. Advisers offer face to face appointments and home visits to those who are most vulnerable.

Tel: 0800 917 4607 Email: [debt@adviceni.net](mailto:debt@adviceni.net) Text: "Action" to 81025  
Web: [www.debtaction-ni.net](http://www.debtaction-ni.net)



**DEBT**

**debt action ni**  
FREE debt help you can TRUST

Are you struggling with debt?

Get in touch

☎ Freephone 0800 917 4607  
✉ Text 'ACTION' to 81025  
🌐 [www.debtaction-ni.net](http://www.debtaction-ni.net)

**advice ni**  
the independent advice network  
An Advice NI Project

supported by  
**payplan** Enterprise, Trade and Investment

## WORKING WITH FATHERS WORKSHOP

A Parenting NI workshop aiming to give practitioners a better understanding of how fathers involvement helps improve child outcomes. Explores the roles and responsibilities of being a dad, Identifies the challenges faced by fathers, Establishes ways of supporting fathers to be actively engaged in their child's life

To register your interest get in touch.

Email [education@parentingni.org](mailto:education@parentingni.org) or call 028 9031 0891.



## Family First Service, Brain Injury Matters (NI)

Brain Injury Matters have developed a supportive service for families of children aged 0 – 12 who have acquired a brain injury.

Our Family First Service recognises that the whole family system is affected when a child sustains an ABI and therefore our goal orientated programme works with the whole family unit to enable both the family and the child to become more empowered to manage the impact of ABI in daily life.

Anyone can make a referral, whether you are a social worker, GP, counsellor, teacher or a family member affected yourself.

Once a referral is made a member of the Family First Service will contact the family and find out a suitable time to visit the family home. We will find out more about the challenges being faced and discuss support we could offer. A unique support plan will be created for each family.

Referral forms can be found on the Family First Service section of our website ([www.braininjurymatters.org.uk](http://www.braininjurymatters.org.uk)) or you can call our team for further information (02890705125).



## Family Ties

The aim of the Family Ties Project is to provide practical information, guidance and support to parents, guardians and family members who are coming to terms with a child who has revealed themselves to be LGB&T, or for parents who think that their child is LGB&T and are looking for support from people in the same situation.

It is a project facilitated by Cara-Friend and The Rainbow Project. We meet on the first Sunday of each month, for further information or to join the group contact one of the co-facilitators below.

### Co-Facilitators

Malachai O' Hara

The Rainbow Project,

[malachai@rainbow-project.org](mailto:malachai@rainbow-project.org) 028 9031 9030

[www.familytiesproject.org.uk](http://www.familytiesproject.org.uk)



Tracy Crowe

Cara-Friend

[tracy.crowe@cara-friend.org.uk](mailto:tracy.crowe@cara-friend.org.uk) 028 9089 0202



The **55+ Project** is a partnership between Addiction NI and Causeway Rural & Urban Network which operates across the Northern Trust area. 55+ provides a specialist information, support and counselling service to people who are aged 55+ and affected by their own or someone else's alcohol use.

The counselling programme can be provided in the individuals own home or at a local community venue. An open referrals system means that you can refer yourself or ask a family member, a friend, GP or other health professionals to do so. If the

referral is from a third party all we ask is that the person who is being referred is aware and has given their consent.

To access this service, please contact Addiction NI on Tel: 028 90664434 or email: [enquiries@addictionni.com](mailto:enquiries@addictionni.com) / website: [www.addictionni.com](http://www.addictionni.com)



## Family SMILES NSPCC

Supporting children living with parents with mental health issues. Children can feel isolated and frustrated when mental health difficulties affect the way their mum or dad behaves. Sometimes children feel protective of their parent and so don't seek help and support for themselves Family SMILES aims to help children aged 8 to 14 build: self-esteem, resilience and life skills.

We want to give them the confidence to talk about their experiences with other young people who face similar situations. We also work with parents to help them understand the impact of their illness on their child and to improve their parenting skills to provide a safe, secure and supportive family environment. Includes groups and 1 to 1 work  
[Tel:02820441650](tel:02820441650)