December 2017

Bi-monthly Family Support Newsletter, December 2017

This edition includes:

- Emergency Support and Food Banks
- Becoming a Working Mum Workshop
- Universal Credit
- Domestic & Sexual Abuse Support
- 1-1 Project Your Not Alone for Minority Ethnic communities
- Parenting Face to Face Support
- Employment and Training

Introduction

There are 29 family support hubs across Northern Ireland supporting families. In 2016/17 over 6000 families were referred to the hubs.

This newsletter will keep you up to date with opportunities and new services available to families in need of support.

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

Applying for Pre School & Primary School Places

It’s time to apply for Pre-School places and Primary School places for September 2018. Details of centres which provide funded places and application forms can be found on the EA website. Any child whose 4th birthday falls on or before 1 July 2018 will have reached compulsory school age in September 2018. The closing date to apply for pre school and primary school places in Northern Ireland is 10 January 2018 at 12noon. Click here to find out more.

CYPSP Carrickfergus Locality Planning Group recently launched a local education platform that provide a space for agencies to share information about education support services, helpful resources and training opportunities for young people and their parents / guardians. Visit the page at https://tinyurl.com/ycz9ytbn
The Red Cross supports refugees in a wide variety of ways. These include offering emergency food, clothes or small amounts of cash to those facing severe hardship.

We provide short-term support to help vulnerable and newly arrived refugees adapt to life in a new country. Many of our trained volunteers are refugees themselves, so they speak a wide range of languages and can offer valuable support and advice. Wherever possible, all our information materials are translated into the main refugee languages. Find out more at [www.redcross.org.uk/en/What-we-do/Refugee-support/Our-services-for-refugees](http://www.redcross.org.uk/en/What-we-do/Refugee-support/Our-services-for-refugees).

**Contact Us:**
Contact Ann Marie White
Refugee Services Manager
Telephone: 028 90323055
Email: amwhite@redcross.org.uk

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In 2015-16 emergency three-day food packages were needed in NI 25,755 times, compared to last year's figure of 17,425.

**Contact Us:**
Telephone: 028 9335 1199
Email: cithrah@hotmail.com

We offer a safe place for you to talk any time you like, in your own way – about whatever's getting to you.

**Food Banks**

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Click here to download a list of foodbanks in Northern Ireland and to find one near you.

**Cithrah**

Supporting people in crisis

We are Christian organization and provide services to individuals in need of support, irrespective of race, religion, through family breakdown, domestic abuse. We will help in a crisis, support through the processes i.e. solicitors appointments, benefits, and provide counselling, advice and information.

In 2008 we opened our first short term temporary emergency accommodation for in- individuals and families in crisis.

**Contact Us:**
Telephone: 028 9335 1199
Email: cithrah@hotmail.com

We offer practical support to deal with poverty, alleviating its effects on individuals and families through working primarily in person-to-person contact by a unique system of family visitation and seeking to achieve social justice and equality of opportunity for all citizens. We have offices across Northern Ireland. We currently provide the following support: personal visiting, emergency support including food, clothing, hostel/social housing support, benefits advice, befriending and holiday breaks.

**Contact Us:**
Telephone: 028 9035 1561 or visit our website at [https://www.svp.ie/what-we-do/local-offices/north-region.aspx](https://www.svp.ie/what-we-do/local-offices/north-region.aspx)
Child Tax Credits: 2 Child Limit

The changes to Child Tax Credits commenced UK wide on 6 April 2017 & consequential amendments also applied to Income Support claimants in NI from 11 May 2017. The UK Government recognised that not all parents or carers are in the same position to make choices about the number of children in their family and agreed that exemptions to the 2 children limit would be put in place. Guidance is available by clicking here.
The 24 Hour Domestic & Sexual Violence Helpline is managed by Women's Aid Federation Northern Ireland and is open all women and men affected by domestic violence. We take calls from those directly affected by domestic violence and also friends and families seeking to support individuals and families experiencing and / or impacted by domestic violence.

Contact Us:
Telephone: 028 9024 9041
Text Support: 07797 805 839
Email: 24hrsupport@dvhelpline.org

Keeping Your Child Safe: Information for Parents and Carers

NSPCC have a range of tips and advice to help you keep children safe whether they're at home, out and about or online. Our online resources include:

- Home Alone: Staying Safe
- Mindcraft: A Parents Guide
- Pokémon Go: A Parents Guide
- Be Share Aware
- Sexting
- Suicide and Self Harm
- Mental Health
- Baby and Toddler Safety
- What to do if you suspect abuse

Click here to find out more

18 or under?
Childline offers free, confidential advice and support whatever your worry, whenever you need help.
0800 1111

Women's Aid have been part of the movement for a number of years which gives the platform to raise awareness of domestic abuse, challenge societal attitudes that perpetuate it here in Northern Ireland, hold perpetrators to account and promote the services we provide for women and children who have been affected. Our theme this year is ‘Healthy Relationships’ and is an opportunity for us to promote healthy relationships with young people and highlight issues and ‘alarm bells’ in relation to unhealthy relationships that they might encounter in the future. Preventative education is a pivotal part of our work and we believe education to be vital to move closer to our overall vision of the elimination of domestic abuse.

We will be joining universities, higher education campuses and girls groups to raise awareness over the 16 Days and promote the message among younger people.

So what can you do to help? We will be taking to Belfast City Hall on Friday 1st December with our banner and petition for the public to show their support to the initiative. Women's Aid will also be taking to Social Media throughout the campaign with ‘16 Myths for 16 Days’ to help dispel myths and common misconceptions around domestic abuse. Follow us on Facebook and Twitter and help us spread the message far and wide!
MAP provides counselling services for men experiencing domestic abuse. We provide support and facilitate individuals to understand options and make their own choices and decisions. We offer support and counselling services to men who have previously left a violent or abusive relationship and who are still experiencing the effects. MAP offer anger management support services to men and women who want assistance to deal with their anger.

All of our services are offered across NI from various bases.

**Contact Us between 9am-5pm, Monday to Friday:**
Belfast office: 028 9024 1929
Foyle office: 028 7116 0001

The Women’s Advocacy Project based in Dove House, Derry provides support for victims & survivors of Domestic Abuse.

Support is tailor made for each individual and includes one to one sessions, group support & signposting to services.

When a referral is made to the project we endeavour to make contact with the client within the hour and provide the highest standard of care to ensure they get the help they need to live a safe and happy life.

**To make a referral Contact Us:**
Telephone: 028 71269327
Email: niamhdovehouse@gmail.com

The Rowan is the regional Sexual Assault Referral Centre (SARC) for NI. If someone you know has been raped, assaulted or abused you are likely to be affected by it in some way. It is important you look after yourself. Even if your friend or relative does not want to talk to a counsellor, you can get support for yourself. Talking to a counsellor can help you understand your own reaction to what has happened and enable you to support your friend more effectively.

You can contact The Rowan directly or refer to the Contacts section of the website for further information on support agencies who may be able to help you further.

**Contact Us:**
Telephone: 0800 389 4424
Website: [http://therowan.net/](http://therowan.net/)

Relate provides a service to individuals, couples or families experiencing violence or abuse in their relationships.

Services or interventions can be offered as part of an ongoing assessment, as a series of counselling sessions, as a programme delivered to individuals.

**Services include:**
- Relationship Counselling
- Family Counselling
- Relate Teen Support Service
- Separation Support and Counselling

**Contact Us:**
To find out more about our services or for your nearest office get in touch:
Telephone: 028 9032 3454
Email: office@relateni.org
Website: [www.relateni.org/](http://www.relateni.org/)
The 1+1 Project: Your Not Alone

A collaborative Stronger Together Initiative for early intervention bilingual Mental Health Support that is being piloted in three areas across N.I:

- Dungannon (Portuguese / English)
- Ballymena/Ballymoney (Polish / English)
- Belfast (Chinese / English)

The project is available to support individuals in the minority ethnic community experiencing depression.

What will the project do?

- Provide Mental Health Services for example; counselling, training, direct group activities etc. These already exist. It will help increase access to them.
- Provide free interpreting to providers who have a responsibility to deliver their services to everyone regardless of linguistic capability. The Regional Interpreting Service exists. It will help support access to that service.
- It will help inform shared learning on how to meet that demand in the future by creating more effective and diverse pathways to existing services and more diversity in delivery of those services.

Click here to read more about the project

Blossoms at Larne Lough specialises in using Horticultural Therapy to increase health & wellbeing and decrease stress. We offer a range of programmes, courses and workshops throughout Spring, Summer & Autumn, and all courses and workshops are delivered to groups of 8-12 people. Sessions include: Digital Detox, 4 week Mini Course, Seasonal Workshops, 8 week Nature Based Therapy and taster sessions.

Note: Some of our programmes are referral based only.

Contact Us:
Website: www.blossomsatlarneelough.org/
Telephone: 02893378777
Life at home with your premature baby

This resource was developed for parents by parents and health and social care providers working together. It is written with BOTH mums and dads in mind. Parents have told us that support and information for when they are at home with their premature baby is important to them. The resource is organised around topics raised by parents and includes practical advice and lots of short videos of parents and professionals that we hope you as a parent will find helpful.

Visit the website at:
http://lifeathome.tinylife.org.uk/
Family Health Initiative
Come and meet the healthy living gang...

This is a FREE 8 week healthy lifestyle programme for all families who have a child under 5 years. Each week parents will learn about healthy eating and physical activity, and the impact these have on a child’s life. During Food Time a healthy snack will be provided for children to try new foods. Each session will finish with adults and children taking part in fun active games, and learn how to be healthy with puppets Ben, Oona and Friends.

Starting Tuesday 21st November
The Studio, Tommy Makem Arts & Community Centre
11am – 12.30pm

Layout of programme: Parent Time – Weekly topic discussion
Food Time – Healthy snack
Family Time – Puppets, story and activities

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<tr>
<th>Week</th>
<th>Date</th>
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<tr>
<td>1</td>
<td>Tues 21st Nov</td>
<td>Family Health Initiative Overviews</td>
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<td>2</td>
<td>Tues 28th Nov</td>
<td>Refining on Physical Activity</td>
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<td>3</td>
<td>Tues 5th Dec</td>
<td>The Earlier Years</td>
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<td>4</td>
<td>Tues 12th Dec</td>
<td>Give Us 5 Fruits and Vegetables</td>
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<td>Tues 19th Dec</td>
<td>Food Leans and Shopping</td>
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<td>6</td>
<td>Tues 26th Dec</td>
<td>Preparing for Christmas Break</td>
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<td>7</td>
<td>Tues 2nd Jan</td>
<td>Managing Behaviour at Home</td>
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<td>8</td>
<td>Tues 9th Jan</td>
<td>Healthy Routines</td>
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<td>9</td>
<td>Tues 16th Jan</td>
<td>Sharing &amp; Reflection</td>
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<td>10</td>
<td>Tues 23rd Jan</td>
<td>Healthy Eating</td>
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<td>11</td>
<td>Tues 30th April</td>
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Families who complete the programme receive 3 free standalone: Ben Loves to Play, Niaqig’s Garden & Ona’s fairy, to read to your child, and lots more!

To register contact: Diane on 07791334012

This project is funded by the Public Health Agency

Family Fund is the UK’s largest charity providing grants to families raising disabled or seriously ill children and young people. They can help with a wide range of grants including family breaks, sensory toys, computers and tablets, and much more. Their grants help to break down some of the barriers that families face on a daily basis.

Six-year-old Emma from County Down has autism, and was recently awarded a grant for a playhouse. “She loves being outside but taking her to the park to play can be difficult as it’s too noisy for her and she can be aggressive toward other children” her mum, Eileen, said. “Having the playhouse means she gets to play out in a safe environment where we can watch her and control the environment more than we could away from home.”

Our support is not just financial – our Digital Skills workshops cover a range of useful topics including customising devices to address vision, hearing, motor and learning needs, while our sleep support hub, Tired Out, contains useful tips and resources to help families get a good night’s sleep.

Contact Us:
To find out more, including how to apply, please visit their www.familyfund.org.uk or call Family Fund on 01904 550055.
PBI Changing Lives App

The Probation Board for Northern Ireland developed the “Changing Lives” App, which was launched in October 2016 by both the Justice Minister and Health Minister. It is designed primarily to assist those under Probation supervision to desist from crime and provide information on Probation’s victim information scheme. It is the first of its kind and has attracted international attention.

The App features a journal so that users can keep track of any issues in their lives and share their progress or any challenges they face with their probation officer, if under supervision, or anyone else they wish to share with. There is a calendar to enter reminders for appointments, a handy contacts section to enable fast and easy telephone contact with a range of services and an information section detailing all the different sentences Probation supervises.

It also offers advice on how mental health including depression and anxiety, advice on addictions and signposts people to appropriate services. People who believe they are at risk can also directly ring Lifeline or the Samaritans through the app.

Your organisation may find it useful to try the App and possibly recommend it to anyone you think it may help.

Anyone of any age living in Northern Ireland can call Lifeline free of charge on 0808 808 8000 if they are experiencing distress or despair.

The Lifeline helpline is open 24 hours a day, every day of the year.

You can call Lifeline if you are worried about someone else and need advice on what to do next. The Lifeline counsellor will explain Lifeline’s confidentiality policy and talk to you about why you are calling and the type of support you need.

Click here to read more about Lifeline and confidentiality.

If you would like to find out more about family support services in your area please see the Family Support NI website at: www.familysupportni.gov.uk

For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net