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

Family Mediation Week

Family Mediation Week was held from 22 to 26 January 2017. It aimed to raise awareness of mediation and its benefits for separating families. Family mediation aims to encourage separating couples to sit down together and work out solutions to the financial and family-based issues that can be part of separation or divorce.

NI Helpline Awareness Day

The Helplines Network NI warmly invites you to celebrate Northern Ireland Helplines Awareness Day on 6th February 2018, 10am-12.30pm at the Great Hall, Belfast City Hall. The event aims to highlight the impact and extensive range of helplines providing vital support, advice and information to the public across NI. For more info click here.

Register today: judith.mclean@hscni.net
Foodbank Support

Downpatrick Presbyterian Church, supported by other local groups, manages Fountain Foodbank. No one is turned away, even if they do not have a voucher. A typical food parcel is designed to last a family for three days. The parcel will be adapted to meet the needs of a particular client. The partner organisations can collect food if they wish to maintain client anonymity.

Vouchers are available from a number of agencies. Click here to find the nearest centre [http://downpatrickpresbyterian.org/foodbank/](http://downpatrickpresbyterian.org/foodbank/)

Contact Us:
Telephone: 074 4401 5883
Email: fountainfoodbank@gmail.com

Incredible Years

This programme is being delivered across the Ards and North Down sector. It will work to improve school readiness of children aged 6 - 12 years.

For further information about dates, venues and how to register a family download the Ards and North Down Family Support Programme Training Schedule by [clicking here](http://downpatrickpresbyterian.org/foodbank/).

Talking About Tough Issues Programme

TATI (Talking About Tough Issues) is a programme designed to help parents learn skills that can enable them to speak to their children about some of the more difficult topics that they encounter as they grow up.

Parents will find out about key times and ages to speak to their children, different ways to communicate, how to recognise opportunities for conversation, as well as some key info around drugs and alcohol misuse in teenagers. The program is very interactive and encourages parents to recognise their own values & beliefs, and how to convey these to their children.

The 3 sessions are around 2 hours long each. Refreshments will be provided in a comfortable atmosphere.
Full programme schedule dates can be downloaded by [clicking here](http://downpatrickpresbyterian.org/foodbank/).

How to Register:
Lisa McCloy or Jenny Magee at Lisburn YMCA
Telephone: 028 9267 0918
Children with Imprisoned Parents (CHIP) Service

CHIP is a NIACRO service that provides support to children aged 0-18, who have a parent or sibling currently in prison across Northern Ireland.

What does CHIP offer?
• 1-1 Strengths based service tailored to each child’s individual needs
• Help to ensure positive engagement between children visiting custody and the person in prison
• Be an on-going point of contact for families, particularly during key stages in the imprisonment (committal, sentencing, transferring prisons, preparing for parole/release).
• Referrals on to other support services
• Support to contribute to the personal development plan of the person in prison.
• Help to encourage prison staff to have a more family focused approach & understand the needs of children and families.

Contact Us:

To access the service you can contact the CHIP project by:
Telephone: 02890320157
Email: chip@niacro.co.uk

BANJAXED (New play by Patricia Downey)

Commissioned by the Youth Justice Agency and funded through the Early Intervention Transformation Programme

Spanner in the works theatre company presents:

BANJAXED
7 February 2018 at 8pm
Lyric Theatre, Belfast

Do we really know how easy it is for our young people to be sucked into the darkness (underbelly) of today’s society?

We invite you to meet the ‘gang as they wander the streets at night looking for the craic’.

There are approximately 15 places available at the play. If you have any young people who you believe would benefit from attending the performance who are aged 14+ years please get in touch. Note: You or a member of your staff must accompany the young person.

To register please contact Youth Justice Agency at: 02891 820 611
Bi-monthly Family Support Hubs Newsletter,

Family Fund Sleep Tips

The sleep problems that you and/ or your family experience will be unique to your own set of circumstances, and your child’s condition or diagnosis will be at the heart of this.

However, experts suggest that there are a number of things you can do to try to make things a bit easier.

Family Fund have gathered a number of ‘tips’ and put them into categories such as sleep diary, food and diet, bedtime routine and teenage sleep.

For more information click here www.tiredout.org.uk/sleeptips/

Autism Support Groups

Families can access support pre or post diagnosis. Most groups meet monthly, parents get the chance to share worries or concerns along with experiences on what is available in your area to help your family and your child with ASD.

You will get ideas and strategies for helping your child lay foundations for their future and meet other parents.

Click here to find a support group near you

Contact Us:
Telephone: 028 9040 1729 (select option 1)

NSPCC

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

Call the NSPCC helpline
If you're worried about a child, even if you're unsure, contact our professional counsellors 24/7 for help, advice and support.
Call us or email help@nsppc.org.uk
0808 800 5000

Click here to find out more

18 or under?
Childline offers free, confidential advice and support whatever your worry, whenever you need help.
0800 111 111
**RNIB Realise Project**

The Realise Project supports children and young people with sight loss, aged between 8 and 20 years who live in Northern Ireland. The Realise Project supports and empowers young people through:
- primary to post primary education,
- post primary to third level education
- leaving education and moving into employment.

**Contact Us:**
Telephone: 028 7136 6060
Email: childrenyouthni@rnib.org.uk


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**Supporting children with Cerebral Palsy and Motor Disorders**

The Buddy Bear School was set up by the Buddy Bear Trust, a registered charity. This was in response to the pleas of parents who wanted conductive education for their children, who suffered from cerebral palsy and other motor disorders. Conductive education at the Buddy Bear School has had life changing consequences for some of the children who have been lucky enough to attend our school in Dungannon, Co Tyrone, Northern Ireland.

**Contact Us:**
Telephone: 028 87752025
Email: info@buddybeartrust.com
Website: [www.buddybeartrust.com/websitepublisher/](http://www.buddybeartrust.com/websitepublisher/)

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**Supporting our Families Together (SOFT)**

The SOFT (Supporting Our Families Together) project will offer a holistic approach to early intervention at the key transitional stages of a child’s development between ages 4-12 years, offering families the opportunity to develop skills and knowledge to overcome challenges they encounter. Available in the Cookstown area.

**Contact Us to find out more:** 028 8776 7392
Bi-monthly Family Support Hubs Newsletter,

FUSION
A NEW BEAT
EXPLORING
Culture
Music
Passion
FEB-AUG 2018

Ages 16-24 not in education, employment or training in marching bands/traditional music. Creating rhythm, vibe & atmosphere. Free travel, lunches and £5/day incentive

Contact
Laura or Megan on 02890 315111

GAME CHANGER
Choose your own path
- Ages 16-24 not in education, employment or training
- Person development, residencies & training
- Free travel, lunches and £5/day incentive

MARCH - AUGUST 2018

CONTACT
Conor or Brendy on 02890 315111

Xceler8
TAKE THE LEAD IN MAKING A POSITIVE CHANGE
- Ages 16-24 not in education, employment or training
- Free travel, lunches and £5/day incentive

Contact Michaela or Chris on 02890 315111

Gener8
YOUR VOICE
YOUR GOALS
YOUR PROGRAMME
A programme designed around YOU!
FEB-AUG 18
- Ages 16-24 not in education, employment or training
- Free travel, lunches and £5/day incentive
Northern Mental Health Initiative

The Northern Area Mental Health Initiative has recently been launched in the Northern HSC Trust area to promote mental health awareness and improve resilience among 8 - 25 year olds.

The programme will offer FREE training, information, support and signposting to mental health and wellbeing support services for the young people and their key contacts e.g. parents/teachers.

Contact Us:

Telephone: 028 9442 5356  
Email: northernareamhi@amh.org.uk  
Website: www.northernareamhi.org.uk

See Hear Act Conference February 2018

Women’s Aid is delighted to host the first ever all-island conference in Ireland, focusing specifically on the impact of domestic violence on children and young people. This two-day conference will bring together experts and practitioners from across statutory, charity and professional sectors, and provide practical support tools and strategies for those working with children and young people affected by domestic violence.

To find out more about the conference or to register click here
Parenting Your Teen : Maghera

Parents of teenagers in Maghera the Parenting Your Teen programme is coming to your area and we still have some places left! Meet with other parents whilst getting some support with parenting young people. Register by contacting: 0808 8010 722

Click here to find out about a programmes near you

‘Its All About Me’ Programme for Siblings of a Child with a Disability

The Its All About Me Programme is a unique 7 session programme where children aged 6-14years come together in an information environment to meet others who have a brother or sister with a disability. They are provided with the opportunity to make friends, share life experiences, develop new skills, have some fun and most importantly have some ‘me’ time. Sessions will assist siblings to develop confidence and coping mechanisms.

On the final day of the programme the sibling who has complete the ‘Its All About Me’ programme will finish with a siblings celebration event where each sibling will receive their Certificate of Outstanding Achievement’.

INVITATION
Launch of the first Causeway Coast Locality Planning Group

The Children and Young People’s Strategic Partnership with partners will welcome member organisations to join them at the first Causeway Coast Locality Planning Group meeting.

Friday 9th February 2018
10.00am - 12.30pm
(Lunch will be provided)
The Sandel Centre, Coleraine

This group will finish with a screening of the ACE’s Resilience Documentary: The Biology of Stress and the Science of Hope.

To find out more about the event and to register click here

Save the date!

Sexual Health for Trans and Non-Binary people

Free training for health professionals and students on including transgender & non-binary people in sexual health:
- specific community sexual health needs
- language & cultural competency
- best practice for inclusive care

Queen’s University Belfast
6th February 2018, 9am-2:30pm

More information available shortly: www.sailni.com/sexualhealthQUB
For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs
Email: Helen.dunn@hscni.net