There are 29 family support hubs across Northern Ireland supporting families. In 2017/18 over 6681 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

This edition includes:
- Parents Week 2018!
- Dads Project
- Domestic Violence Awareness Training
- Stepping Stones Training/Employment
- EA Youth Service Programmes
- Mental Health First Aid Training
- Carers Trust NI Support Service

Introduction

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Core Members Survey Report for 2017/18

The Family Support Hubs have been growing and developing for the last 6 years and there are currently 29 Hubs in operation across Northern Ireland.

The Family Support Core Members Survey for 2017/18 is now complete.

We received over 200 responses from across the 29 family support hubs.

Click here to read the report

Together Old and Young: An Intergenerational Approach

Wednesday 17th October 2018 1-3pm

Stranmillis College Conference Hall
(Main Building, Free Parking)

Are you interested in bringing older adults (65 plus yrs) and young children (0-8 yrs) together to have fun while sharing knowledge, values and skills?

You will learn about Intergenerational practice and how to find practical opportunities to engage in this.

All are welcome including Social Care Workers, Early Years Educators, Teachers, Community Workers, Volunteers etc.

Please contact infolgni@bfil.org.uk to register your place.
Celebrating Parenting Week 2018!

Parenting Programmes in the Southern Trust Area

The Southern HSC Trust have compiled a helpful guide of early years, school age and teenage years parenting programmes that will take place across the Southern Health and Social Care Trust Area.

To find out more click here

Contact Us:

Martina McCooey, SHSCT
Telephone: 028 37 564 4462
Email: martina.mccooey@southerntrust.hscni.net

Lorraine O’Neill, Education Authority
Telephone: 028 38 310 920
Email: Lorraine.ONEill2@eani.org.uk
Bi-monthly Family Support Hubs Newsletter,

Atlas Centre Programmes

The Incredible Years
14 Week Parenting Programme

Promoting Positive Behaviours for children aged 3 - 6.

**Atlas Centre**
Location: Atlas Centre, 7 Bachelors Walk
Coffee Morning: Wed 17th Oct 2018
Course begins: Wed 24th Oct 2018
Time: 10.00 – 12.00
Contact: Gay or Mandy 028 92605806
Email: atlascentre@hotmail.com

The programme is designed to strengthen parenting skills, prevent and treat behaviour problems in children.

- Learn and share tips on how to promote good behaviour.
- Have time out and fun with other parents.
- Enjoy a relaxing cup of tea and snack.

**You will learn tips for**

- Strengthening children’s emotional health.
- Strengthening children’s academic and social skills.
- Motivating children through rewards and praise.
- Setting limits, rules and routines in your home.

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Early years leadership and governance conference

Early Years are hosting a one day conference which explores the concept of leadership within the early years sector and aims to provide programme leaders, members of the management committees and independent owners with information, advice and networking opportunities to support their decision making and enhance outcomes for children.

**Date:** 23rd November 2018
**Location:** Park Avenue Hotel Belfast

Find out more by **clicking here**

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Atlas Centre
Basic Sign Language

Starting Wednesday 24th October
10:00 – 11:45
6 Weeks

**Book now**
Tel: 07927 970847
Facebook: atlas.lisburn
Email: atlascentre@hotmail.com

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Parenting NI Dads Project

The Dads Project supports dads in Northern Ireland who are separating, separated or currently involved within the courts service.

The Dads Project promotes dads being engaged and involved in their children’s lives. This project will help you to develop more confidence in your parenting ability and to build positive connections with other dads in a similar position in your community.

Find out more by **clicking here**
Are you stressed as a parent, wondering how your children are going to be ready for life in the big bad world

Are you confused about how to be a wise, good, effective, loving parent in a world where peer pressure and social media are so dominant?

At the conference, Michael Anderson, a licensed psychologist and Timothy Johanston, a paediatrician will help you to think more clearly and confidently in order to get the GIST of raising life-ready kids with reduced stress levels.

The conference costs £10

Contact Us
To book a place please visit www.glenabbey.church

Nexus Counselling Support

Nexus counselling is available to anyone who has been affected by sexual violence at any time in their life.

We offer counselling at our three regional offices (Belfast, L/Derry and Enniskillen) and at various outreach centres throughout Northern Ireland.

Contact Us
To find out more contact your local office by phone, use the secure counselling request form or email info@nexusni.org to receive more information.
At WorkWise, we aim to equip employers and employees with the skills and knowledge to support positive mental wellbeing within the workplace, maximising employee attendance, motivation and engagement. Our team of facilitators have extensive knowledge and experience in the field of mental health and in delivering training to a wide range of participants. We will work with you to assess your business requirements ensuring that all training provided is tailored to meet your specific needs. The courses includes:

- Basic Mental Health Awareness
- Managing Mental Health & Wellbeing at Work
- Managing Stress and Building Resilience
- Introduction to Coaching for Mental Health & Wellbeing - see below for how to book!

For more information on our training courses download our brochure or get in touch:

Contact Us
Email: workwise@mindwisenv.org  Telephone: 02890 40232

INVITATION

NSPCC Northern Ireland, the Community Practitioners and Health Visitors Association (CPHVA) and the Royal College of Midwives (RCM) are pleased to invite you to the launch of a new research report:

Time for action on perinatal mental health care in Northern Ireland
A report on the perspectives of health visitors and midwives

Event Details
Date: 26 November at 12.00pm – 2.30pm
Time: 12.00pm-2.30pm
Venue: 2nd floor, NSPCC NI Regional Office, The Lanyon Building, Jennymount Business Park, North Derby Street, York Road, Belfast, BT15 3HN

To find out more and to register to attend this event please email caroline.weir@nspcc.org.uk
FREE Steps to Cope Programme for Young People & Training for Staff

Steps to Cope is a short term resilience building intervention supporting young people who have experienced living with substance misuse or mental ill health in their family, which is often referred to as hidden harm. The intervention is adapted from the evidence based Adult 5 Step Method and gives young people an opportunity to discuss their experience, receive person centred information, explore their coping strategies and identify appropriate support that works for them – all of which is proven to help develop their resilience.

While ASCERT currently offers this support via a core team, we are seeking to develop a network of Steps to Cope capable practitioners to widen the support available. To that end we are offering FREE training in the intervention, so other organisations are equipped to support young people impacted by these issues.

We also have a wealth of information available at our website www.stepstocope.co.uk as well as an option for young people to register for self-directed work, which allows them to complete the intervention and develop their resilience online.

We also deliver youth oriented information sessions as well as staff development training that helps those who encounter hidden harm to know how best to handle it.

To make a referral, inquire about training, book an information session or to find out more call 0800 25 45 123 or email gregg@ascert.biz.

Directory of Family Support Services in the Down Sector

The CYPSP Down Locality Planning Group recently developed and launched their directory of family support services for the Down Sector. This pocket sized booklet has been designed for Parents, Families and Professionals. Children in the Down Locality enjoy a range of Universal Services e.g. GP, Midwife, Health Visitor, Nursery and School. Occasionally families require additional support, this Directory has a range of Family Support contacts which we hope will help.

Contact Us:
For further information please contact the Locality Planning Lead for the Down Sector, Noelle Hollywood, Community Development Health Practitioner:

Email: Noelle.hollywood@setrust.hscni.net
Telephone: 07872422101
Website: Find out more about the CYPSP Down LPG by clicking here
Personal Development Training for Women

Free personal development training available to 16-24 year old women. At present the outreach could be confidence building, employability skills, health and fitness, wellbeing, mosaics, jewellery making but if a group was interested in a specific thing we could look at bringing someone in to deliver it to them. It's very wide and participant led.

Some of the skills you can learn at WOMEN'STEC include: Joinery, Furniture Making, Plumbing, Painting and Wallpapering, Electrics, Horticulture/Gardening, Herbs and Soils, Wall and Floor Tiling, and other non-traditional areas.

For further information please contact Chloe.mcvey@womenstec.org

Bereavement Support Information Evening

Anam Cara Belfast, the organisation that supports bereaved parents, will hold a Bereavement Information Evening on:

**Wednesday 10th of October at 7:20pm in the Crowne Plaza Hotel, Milltown Road, Belfast, BT8 7XP**

A guest speaker experienced in supporting bereaved parents will talk for about forty minutes. Afterwards there'll be an opportunity to speak/listen to other bereaved parents or to speak to the professional should you have any questions or concerns.

Contact Us:
If you would like to attend this event or to find out more about our services please contact Anam Cara by:
Email: info@anamcara.ie
Telephone: 02895 213 120
Website: [https://anamcara.ie/ulster-2/](https://anamcara.ie/ulster-2/)

Mental Health Support

If you are worried about someone or if you are struggling with suicidal thoughts, depression or grief from a bereavement we are here for you.
Our services include:
- Counselling
- Bereavement Support
- Help and Advice
- Volunteering

Location: Belfast based offices

[Click here to read more about our services](#)
Childcare... are we there yet?

CELEBRATING CHILDCARE PRACTICE IN BELFAST

Monday | 26 November 2018 | 9.15AM - 3.30PM
Belfast City Hall

We will celebrate the importance of high quality childcare in Belfast with the launch of a short film. It will be an excellent opportunity to share the perspectives of children, parents and childcare providers.

We are delighted to welcome Joe Griffin, Deputy Director, Children and Families Directorate, Scottish Government and Bernie McNally, Assistant Secretary Early Years & Education Division, Government of Ireland to share their experiences on creating a childcare system that is affordable, accessible, flexible, high quality and which supports children’s development.

RSVP by 9 November 2018 to clover.gabidon-lyttle@hsni.net

Domestic Violence Awareness Training Session

The South Eastern Domestic and Sexual Violence Partnership invite members of the statutory, community or voluntary sector to this FREE training. All agencies have a vital role to play in ensuring that anyone affected by domestic violence gets appropriate help and support.

Training Details

16 November from 10am-1pm in Cherry Suite, Lisburn Island Centre

Contact Us
Booking is essential. If you would like to attend this training session please contact the team by email at: Donna.OConnor@setrust.hscni.net

Find out more and to download the registration forms by clicking here

To find a support group near you please click here
Training and Employment Service

We have been supporting people with Autism, ADHD, Dyslexia, learning difficulties and learning disabilities to gain meaningful training and employment. Our team are experienced at supporting people with a range of needs and we will work with you on a one-to-one basis to create a personal development plan that you feel is achievable.

Some of the training on offer at Stepping Stones NI include:

- NVQ Level 1 + 2 in Food Preparation & Cooking
- OCN Courses such as Employability Skills, IT Skills, Money Management & Customer Service
- Soft Skills such as Appropriate Work Behaviour, Food Safety, Road Safety and Anti Bullying

Contact Us:
Telephone: 028 9266 6404
Email: support@stepping-stones.org.uk
Website: www.steppingstonesni.com
For the first time, ‘surf therapy’ courses will be made available to young people, free of charge, who are experiencing anxiety, trauma or social isolation in Northern Ireland.

Twenty participants will be referred to the project for a six-week surfing course at Portrush or Benone, starting on 7 October. They will learn to surf with the help of a volunteer ‘surf mentor’, who becomes a buddy for them throughout the course. The focus of this project will be on reaching young people who for various reasons are at risk of isolation.

Contact Us
Professionals can refer children aged 8 to 18 to the project by visiting the charity’s website at www.waveproject.co.uk

Understanding Misuse of Prescription and OTC Drugs

This half day training is aimed at those that already have a basic drugs knowledge who want to have a better understanding of how prescription and Over The Counter medicines are misused. This is an information based course and is open to any individual working in the statutory or voluntary sector.

Training Details
Date: 26th and 29th November 2018
Click here for further information

Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained.

Training Details:
8th & 9th October 2018, 9.00am - 4.00pm
PIPS Hope and Support
50 Mill Street, BT34 1AG

Mental Health First Aid aims to help participants preserve life where a person may be a danger to themselves or others provide help to prevent a mental health problem developing into a more serious state promote recovery of good mental health provide comfort to a person experiencing mental distress.

Contact Us
To reserve a place on this 2 day training
Telephone: 02830266195
Email: Sarah@pipshopeandsupport.org

Having Effective Conversations Training

CYPSP Locality Planning in partnership with ASCERT and Ed Sipler from SEHSCT will host a 2-half day course on Effective Conversations about Change to improve health, wellbeing, relationships and improve the uptake of Family Support Services.

Training Details
Date: 16th and 22nd October 2018
Venue: Banbridge Enterprise Centre, Banbridge
Cost: £20 per person
Click here for further information
Drug & Alcohol Coordination Teams (DACTs)

There are five Drug and Alcohol Coordination Teams (DACTs) in existence across Northern Ireland – one per Health and Social Care Trust area i.e. Belfast, Northern, South Eastern, Southern and Western.

The DACTs are multi-agency partnerships comprising all of the key agencies (statutory and community & voluntary) with an interest in, or remit for, addressing drug and alcohol related issues and concerns in the local area.

Click here to find services near you

Looking After Someone?

Carers Trust can help with advice on personal wellbeing, benefits and support, and can signpost for assistance with finance.

Location: Southern Trust Area Only

We offer a helpline and information service, training and social events. All our services are free and confidential and available to unpaid carers aged 18 & over who provide substantial and regular care for anyone with a disability, an illness or who is older or frail. This includes carers who receive carer’s allowance.

Click here to download the support service leaflet

Click here to download the support service referral form

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