

April 2019

Bi-monthly Family Support Hubs Newsletter, April 2019

This edition includes:

- Parentline NI
- Women's Aid Helpline
- AMH New Horizons
- Autism NI
- Aware NI
- Stress Awareness Month
- Mental Health & Suicide Prevention
- Walking on Eggshells
- Beyond the Gate
- Lifeline
- Group Work Skills
- ACEs Workshops
- SBNI Resources
- Care for the Family
- Family Benefits Advice

Introduction



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



Parents, carers, family members...

**if you need us
we're here.**



**FREE LOCAL HELPLINE
0808 8020 400**

Chat online: www.ci-ni.org.uk
Email: parentline@ci-ni.org.uk

OPEN 6 DAYS A WEEK:
Mon-Thurs 9am-9pm
Fri 9am-5pm
Sat 9am-1pm



**24 Hour
Domestic &
Sexual Violence
Helpline**

women's aid

Antrim · Ballymena · Carrickfergus
Larne and Newtownabbey

0808 802 1414

Open to all women and men affected by domestic & sexual violence

Text: support to 07797 805 839
Email: 24hrsupport@dvhelpline.org

Working to end domestic violence

Social & Recreational Activities may include:

- ☒ Archery
- ☒ Football
- ☒ Walking Group
- ☒ Art
- ☒ Digital Photography
- ☒ Fishing
- ☒ Badminton
- ☒ Yoga & Relaxation

How can you join AMH New Horizons Downpatrick?

Referrals can be made by:

- ☒ Your mental Health key worker in your local Health Trust
- ☒ Employment Advisor from the Jobs and Benefits Office, OR
- ☒ Contact the service directly for further information

amh
new horizons

DOWNPATRICK

Have you experienced Mental Ill Health?

Would **you** like to develop new skills, gain qualifications and increase your opportunities?

AMH New Horizons
3 Ballydugan Road
Downpatrick
BT30 6TE

T: 028 4461 3791
www.amh.org.uk

Opening Hours
Mon-Thurs: 8.30am-4.30pm
Fri: 8.30am-3.15pm

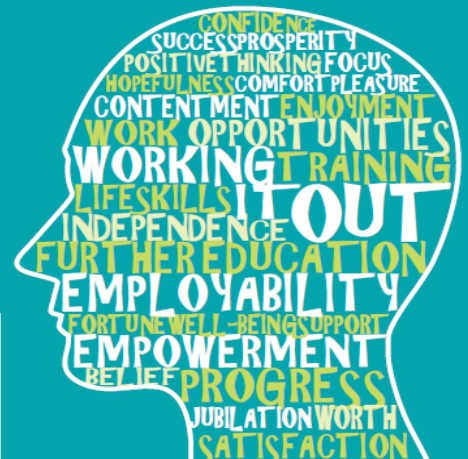
Follow us on:   

Action Mental Health NIC100753.

This leaflet has been produced with the help of AMH's Client Advisory Groups.



This project is part funded through the Northern Ireland European Social Fund Programme 2014 - 2020 and the Department for the Economy.



amh
new horizons

AMH New Horizons assists adults recovering from mental ill-health. We offer a range of person-centred programmes in a friendly, relaxed atmosphere to support your recovery.

Mission statement

To make a positive difference to people's mental health and wellbeing.

Our Vision

A society which actively values and supports people on their journey to positive mental health.

AMH provide a range of **training programmes** to help you increase your **confidence** and **self esteem**, gain new skills, qualifications and improve your career opportunities.

The Personal Development programmes may include:

- ☒ Emotional Wellbeing
- ☒ Stress Management
- ☒ Building Confidence and Self Esteem
- ☒ Improving Motivation
- ☒ Improving Assertiveness

Having your say:

- ☒ We want to hear your views on our service
- ☒ Your suggestions for planning and service delivery are valued
- ☒ You can have your say by joining our Client Local Advisory Group (CLAG)

Vocational Skills training may include:

- ☒ IT Digital Skills
- ☒ Customer Service
- ☒ Drama
- ☒ ECDL
- ☒ Horticulture
- ☒ Digital Photography

The AMH Employment Programme aims to prepare, place and support you to increase your skills and, if you wish to, access employment.

Options are:

- ☒ Accredited employment courses to improve job search and interview techniques
- ☒ Training placements
- ☒ Paid Work
- ☒ Voluntary work
- ☒ Further Education/Training
- ☒ Permitted work

Autism Resource Officer



Family Support Visit

AIMS TO SUPPORT FAMILIES BY PROVIDING;

Help, advice, a listening ear and sign posting to relevant services and support groups; as well as providing information on other entitlements.



This service will be tailored to your family's individual needs post diagnosis, whilst you await for the Western Trust Core Workshops. This visit can take place at a time and location within Fermanagh that suits you.

For further info please contact Family Support on;
028 90 401729 (Opt 1) or email; info@autismni.org

Autism NI - tel: 028 9040 1729
www.autismni.org



Facebook:
[/AutismNI](https://www.facebook.com/AutismNI)



Twitter:
[@AutismNIPAPA](https://twitter.com/AutismNIPAPA)

Registered charity number XR22944; NI Charity Commission number NIC100240.



LIVING LIFE TO THE FULL

Living Life to The Full is suitable for people experiencing low mood, stress and/or mild to moderate depression. The course teaches people skills which can be used in everyday life.

Learning Outcomes

This programme can make a big difference to your life. It can help you manage your feelings when you are stressed, worried or depressed and teach you simple, practical skills to help you cope with life's challenges.

Course Content

Week 1: Why do I feel so bad?

Week 2: I can't be bothered doing anything

Week 3: Why does everything always go wrong?

Week 4: I'm not good enough

Week 5: The things you do that mess you up

How to fix almost everything

Week 6: Are you strong enough to keep your temper?

10 things you can do to feel happier straight away

Duration:

Living Life to The Full is delivered over six sessions with each session lasting two hours

“It's a very worthwhile course! You learn about your moods and coping strategies. I would highly recommend this as a help to others. ”

Rachel, 25, Banbridge

“Many thanks for your support in my difficult time, AWARE was my rock and the course has really made me realise there is so much I can do for myself. ”

Clare, 42, Derry

How to apply <https://www.aware-ni.org/booking-living-life-to-the-full/>

These courses are delivered in community settings and workplaces throughout Northern Ireland. For more information and to find out how to apply, please visit the AWARE website

www.aware-ni.org or email training@aware-ni.org

Registered with The Charity Commission for Northern Ireland NIC100561.
Company No. NI 30447

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.

Stress Awareness Month

Stress can affect your thoughts, feelings & behaviour



TAKE 5 steps to help you cope:

CONNECT with
people around you

BE ACTIVE - go for a
walk, run, swim or cycle

KEEP LEARNING
try something new

TAKE NOTICE - what can you see,
feel, hear or taste

GIVE
do something nice for a
friend or stranger



Mental Health and Suicide Prevention

SMALL GRANTS PROGRAMME

Open for applications

Closing date: Tuesday 7th May

Applications can be downloaded
from our website www.nacn.org

Email: grants@nacn.org

or Phone: (028) 217 72100



WALKING ON EGGSHELLS NON VIOLENT RESISTANCE PROGRAMME

Child to parent violence is an abuse of power through which the child or adolescent attempts to coerce, control or dominate others in the family.

Supporting parents & carers to achieve a calmer and violent free home

- Overcome sense of helplessness
- Develop a support network
- Stop destructive behaviours
- Improve family relationships

All parents / carers will complete an initial telephone assessment to ensure the programme is suitable for their family circumstances.



This programme is supported by the Assets Recovery Community Scheme

BELFAST

WEDNESDAYS
8th May - 26th June 2019
8 weeks
7.00pm - 9.00pm

CALL TO REGISTER
0808 8010 722

Mon-Thurs 9.30am -3.30pm
Fri 9.30am - 12.30pm

<https://www.parentingni.org/programme/belfast-walking-on-eggshells-2/>



Families Matter

BEYOND THE GATE

Are you OR a family member nearing release from prison?

Do you have children?

Do you want the return home to be the best experience it can be for everyone involved especially your child?



Barnardo's Parenting Matters are available to help you think about how you can prepare them for the changes ahead.

For more information take one of our leaflets or contact:

Michele Wilkinson
michele.wilkinson@parentingmatters.cjsm.net
Mobile 07740 515042 Office 028 9064 4335

Believe in
children
 **Barnardo's**
Northern Ireland

If you're in distress or despair, call Lifeline on 0808 808 8000

- All calls to Lifeline are free from landline and mobiles.
- Lifeline is available 24 hours a day, 7 days a week.
All calls are answered by qualified counsellors.
- You'll get immediate support over the phone and Lifeline will assess and help identify what next, which may include locally based face-to-face Lifeline counselling.
- Lifeline counsellors are experienced in dealing with many issues, including, self-harm, suicidal thoughts, depression etc
- Sometimes that first call is the most difficult to make - if you are worried about someone, offer to call Lifeline on their behalf, Lifeline will support you with every step.

To find out more about Lifeline, visit: www.lifelinehelpline.info
Textphone: 18001 0808 808 8000



The Lifeline service is provided by Contact under contract to the Public Health Agency



Community Development
& Health Network



GROUP WORK SKILLS TRAINING

Wednesday 22nd May

NICVA, Belfast
10am to 3:30pm

This training emphasis the importance of group work as a tool in building the confidence and capacity of people within communities.

To book your place, email info@cdhn.org
or give us a call on **028 3026 4606**





Adverse
Childhood
Experiences
Be the Change



**What do you need
to know to become
trauma informed?**

**Do you work in the
Community and
Voluntary Sector?**

The workshop will:

- Engage with the community & voluntary sector to help us to understand your current level of ACE awareness and relevant training needs to be more trauma sensitive in your work and practice
- Explore opportunities and challenges of embedding trauma informed practice in your service / team / organisation



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The Safeguarding Board for Northern Ireland (SBNI) has been funded through the Early Intervention Transformation Programme (EITP) to deliver ACE Awareness and Trauma Informed Practice Training across health, social care, education, justice and the community/voluntary sector in Northern Ireland. As part of this roll out we will focus on system change to enable organisations to strategically become trauma informed.

NCB (National Children's Bureau) is supporting this work with the SBNI.

WORKSHOP INFORMATION

Tuesday 7 May @ 09.30 - 12.30

St. Columb's Park House, Derry

Numbers are limited, booking is essential

Register your interest here:

<https://vcs-derry.eventbrite.co.uk>



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NCB (National Children's Bureau) is supporting this work with the SBNI.

WORKSHOP INFORMATION

Thursday 9 May @ 09.30 - 12.30

NICVA, Belfast

Numbers are limited, booking is essential

Register your interest here:

<https://vcs-belfast.eventbrite.co.uk>





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WORKSHOP INFORMATION

Friday 10 May @ 09.30 - 12.30

The Junction, Dungannon

Numbers are limited, booking is essential

Register your interest here:

<https://vcs-ict.eventbrite.co.uk>



The following EITP Trauma Informed Practice Resources are now available to download:

Trauma Informed Practice Evidence Review Reports

The Safeguarding Board for Northern Ireland (SBNI) commissioned Queens University Belfast to complete an international trauma informed practice evidence review. The reports are now available to download on the SBNI website > under professionals > resources. Click here to download the reports - <https://www.safeguardingni.org/resources-professionals>

NI ACE Animation

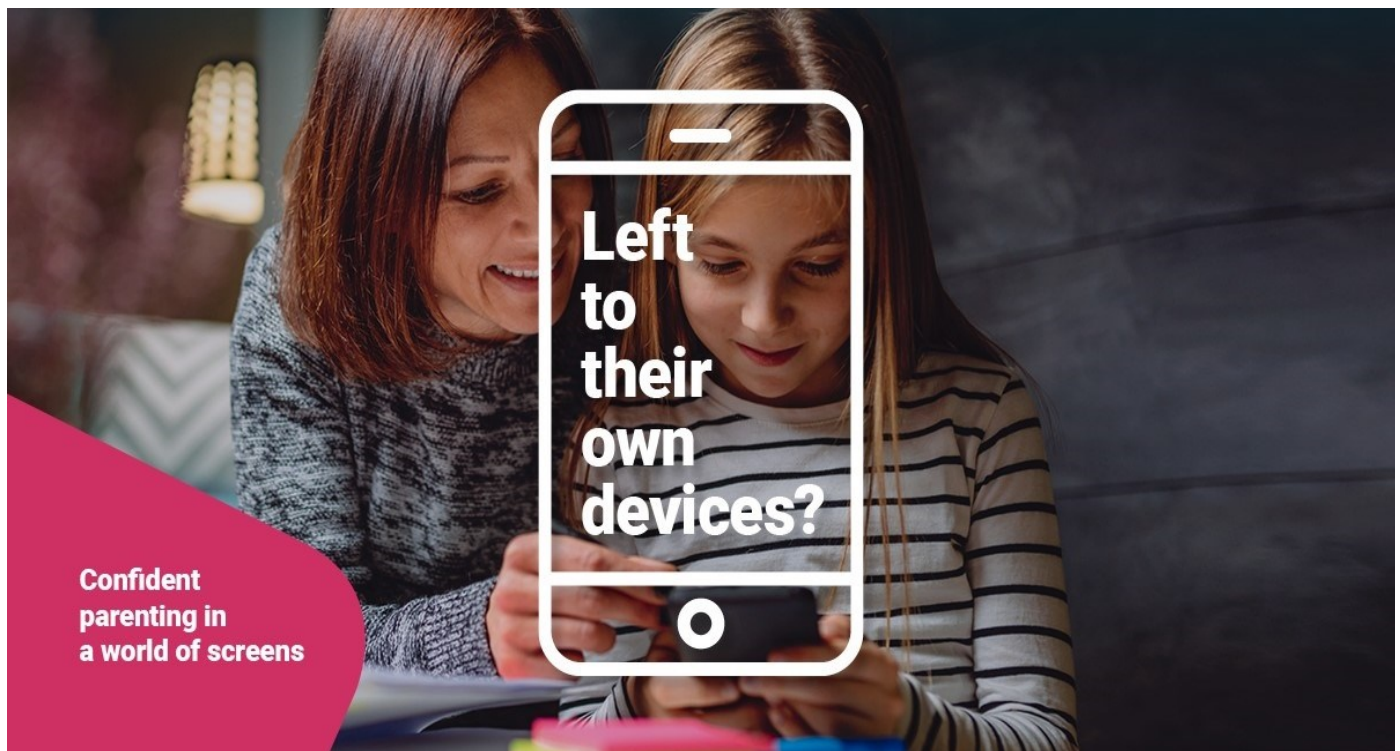
The NI ACE Animation is now available for you to download on [vimeo](https://vimeo.com/327246740) and you tube. You can watch the NI ACE Animation through the following links:

VIMEO (no subtitles) - <https://vimeo.com/327246740>

VIMEO - Subtitled - <https://vimeo.com/330114583>

YOUTUBE - <https://youtu.be/l-r3Xi7qByU>

YOUTUBE - subtitled - <https://youtu.be/LY-8HilOzh0>



Care for the Family in Northern Ireland are delighted to be hosting an event - *Left To Their Own Devices? – Confident Parenting in a World of Screens*.

This event is for parents, carers or anyone who is passionate about helping children navigate the digital world wisely and confidently in a digital-dominant world.

Care for the Family speakers, Katharine Hill and Philip Jinadu, provide parents with perception-shifting insights and practical tips on how to navigate the highs and lows of the digital world.

Join us as we look at the impact of the digital world as we explore topics that include: the social revolution, selfies and self-worth, safeguarding your family.

Where: Orangefield Presbyterian Church, 464 Castlereagh Road, BELFAST BT5 6BH.

When: 21 May 2019

Time: 7.30 pm

Cost: 1-3 tickets- £6 each; 4 or more tickets - £5 each; on the door - £7 each.

Booking is now open. Please book early to avoid disappointment at cff.org.uk/owndevices

Family Benefits Advice Service



**Freephone helpline:
0800 028 3008**

Lines open Monday-Friday 8am-5pm

We provide free, impartial and
confidential advice to parents on:

- + Help with childcare costs
- + Benefits entitlements
- + Working hours & entitlements
- + Maternity/paternity leave
- + Flexible working
- ...and much more

**Employers
For Childcare**

familysupport NI.gov.uk
Helping You Find the Services You Need

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