



SOUTHERN AREA LOCALITY PLANNING GROUPS

ISSUE 3 | 14TH FEBRUARY 2019

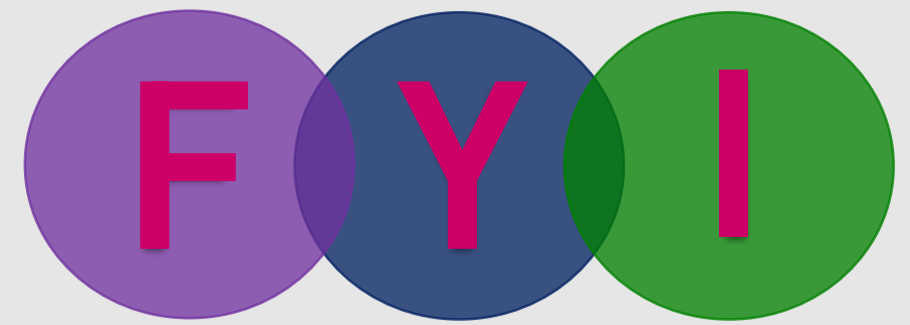
Welcome to the 3rd edition of our information bulletin, **FYI** (*For Your Information*).

We are sharing local information to help improve outcomes for children and young people, whether they may be events flyers, programmes, opportunities or training.

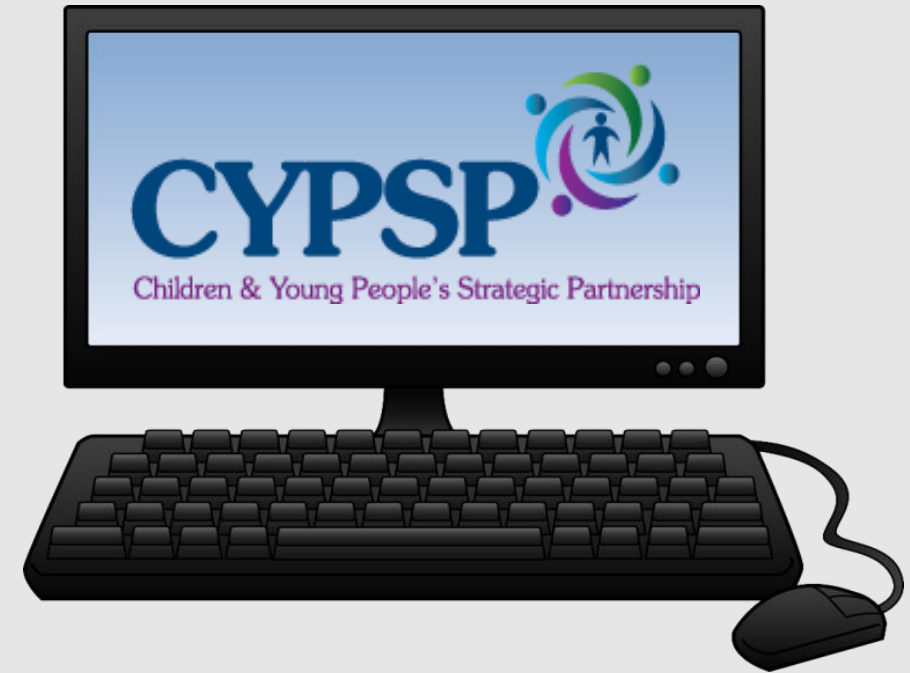
You are welcome to advertise through us free of charge. Some friendly guidance is given on the last page for those who would like to share all their great work with the rest of us...

We hope you remain connected, however if you would like to be taken off the mailing list, please let us know and we will do so.

Darren Curtis
Locality Development Officer, Southern Trust Area



For Your Information



Newry Locality Planning Group's Disability Sub Group

Invites parents, carers, services and workers in the
Newry & Mourne area to...

'OUR JOURNEY THROUGH DISABILITY'



An event for parents and carers to learn more about what support is in the local area for children with a disability/additional needs, and hear the journeys taken by parents and carers: challenges faced and barriers overcome.

Wednesday 27th March
10am to 1pm

Mourne Country Hotel
Newry

Information stands

Free of Charge!

Speak to other carers/parents about your experiences

Free Transport and Childcare! (Booking essential)

Speak to services themselves

Lunch Provided!

For further information and to book your place contact: Darren Curtis
Locality Development Officer at darren.curtis@hscni.net or Tel: 07725232566

CYPSP
Children & Young People's Strategic Partnership

e: darren.curtis@hscni.net



INTERNATIONAL WOMEN'S DAY

COFFEE MORNING

Thursday 7th March 2019
11.00am - 2.00pm

PROCEEDS IN AID OF ST VINCENT de PAUL & VINEYARD CHURCH DUNGANNON

FIRST STEPS WOMEN'S CENTRE
21A WILLIAM STREET, DUNGANNON,
(028) 8772 7648

www.firststepswomenscentre.org





w: www.firststepswomenscentre.org



This event is the first of its kind in Northern Ireland and we would love you and your children to join us for the afternoon

Children must be accompanied by an adult at all times

Date: Tuesday 12th March 2019

Time: 3pm – 5pm

Location: Belfast Met, Castlereagh Campus

Children will be supported to use real tools and wooden pallets to create their own play resources, spaces and dens. There will be games and opportunities to pick up some sports tips and tricks and time for some good old freely chosen, self-directed and intrinsically motivated




Play!

For more information or to book please contact

stephaniegray@belfastmet.ac.uk




Making life better, together
Belfast Strategic Partnership



e: stephaniegray@belfastmet.ac.uk



**REGIONAL FAMILY SUPPORT HUB
CELEBRATION**

7TH MARCH 2019

10am – 3pm

Templeton Hotel, Templepatrick

Speakers: Prof. John Canavan

Dr. Caroline McGregor

Dr. Carmel Devaney

NUI Galway

N.Ireland Hub Co-ordinators

Rsvp: dorothy.taggart@hscni.net

An opportunity to hear from the Dr. John Canavan, Prof. Caroline McGregor and Dr. Carmel Devaney from the UNESCO Child and Family Research Centre at NUI Galway, who will share their research and evaluation into Prevention, Partnership and Family Support in the South of Ireland. They also lead the newly formed European Family Support Network.

Also, we would like to take this opportunity to celebrate the progress made by the Family Support Hubs across N.Ireland and to hear directly from members of those voluntary community sector organisations involved in the Hubs and partner organisations.

Lunch will be provided.

In order to book a place please e-mail Dorothy Taggart Dorothy.Taggart@hscni.net clearly stating:

Name

Job Title

Organisation / Agency

Email Address

Tel Number

Any special dietary requirements

Women's Group for Bulgarian Women
Particularly From the Roma Community

Every Friday at 11am – 1pm

in

Dobbin St Community Centre

BT61 7QL

Advice on services and information on
Benefits

Come for a Cuppa and Chat

For More Information

Tel: Jacqueline 07746778476



Armagh City
Banbridge
& Craigavon
Borough Council

Група за български жени,
по-специално от ромски произход

Всеки петък от

11:00-13:00ч.

в сградата на Добин Център,

гр. Арма BT61 7QL

Информация за помощи

и съвети за услуги

Заповядайте на чаша

кафе и сладки приказки.

За повече информация

на Тел. : 07746778476 –

Жаклин



Armagh City
Banbridge
& Craigavon
Borough Council



Free Disability Awareness Training

This interactive 2.5 hour training course is delivered by staff and young people from The Disabled Children and Young People's Participation Project (DCYPPP). The purpose of the training is to challenge people's attitudes to disability and help individuals become more aware of Disability issues. The training explores children's rights; as children and as children with a disability. The young people share their own experiences of the challenges children and young people with disabilities face on a daily basis and their tips on how to be more inclusive.

For more details contact:

Barnardo's DCYPPP, Grange Building, Towerhill,
Armagh, BT61 9DR

02837 414 541

eugene.mone@barnardos.org.uk



e: eugene.mone@barnardos.org.uk



Young People's Regional Group

The Disabled Children and Young People's Participation Project (DCYPPP) are bringing together young people from across Northern Ireland to share their views and experiences.

The young people's views will be used to influence change and enable their participation into the Children and Young People's Strategic Partnership (CYPSP) Regional Subgroup for Disabilities and Transitions.

Video Conferencing

We will hold monthly video conference meetings of small groups of young people to discuss published consultations and issues affecting them.

These video conferences can be joined by using any device with an internet connection and a camera. We can send you an invitation link via email which will take you to the virtual meeting room. Times can be arranged to suit groups running on different days.

Face-to-Face Regional Meetings

Quarterly meetings will be arranged in a central location allowing young people from different organisations to participate in discussions about the issues they would like to influence.

Get in Touch

To be involved or to find out more information please contact:
eugene.mone@barnardos.org.uk or gemma.finn@barnardos.org.uk

Barnardo's DCYPPP | The Grange Building | Towerhill | Armagh | BT61 9DR | 028 37 414 541

e: gemma.finn@barnardos.org.uk

Newtownhamilton Community Centre

Open Day

Everyone Welcome

For more information contact:
T: 028 3031 3233
E: events@nmandd.org
www.newrymouredown.org

Saturday 16th February 1-4pm

Comhairle Ceantair an Iúir, Mhúrn agus an Dúin
Newry, Mourne and Down District Council

Newtownhamilton Community Centre
15 The Square
Newtownhamilton
Newry, BT35 0AA

Come along and enjoy a fun-filled day of free activities for children.

- Arts & Crafts
- Balloon Modelling
- Face Painting & Much More!

Ag freastal ar an Dún agus Ard Mhacha Theas
Serving Down and South Armagh



e: events@nmandd.org

Reflexology - A Footmap

- This is a 1 day workshop exploring Reflexology, designed to give every participant a basic understanding of Reflexology and a 'foot map' of a basic treatment to take away and use on family and loved ones.
- Sunday 24th Feb 10am-4pm
- Investment £60
- No experience is necessary and may be of particular interest to parents or carers.
- Contact: Jeanette at Solas Therapy
07703210445 or jay.jackson014@gmail.com



e: jay.jackson014@gmail.com

Play

Children's Play Policy Forum statement

builds children

A crisis in childhood is happening every day, all around us.

Almost 80% of 5 to 15 year olds aren't getting enough physical activity to keep themselves healthy.

Evidence shows that children are physically weaker than previous generations.

10% of children and young people are affected by mental health problems.

Fewer children are allowed to travel on their own to places within walking distance other than school. The figure has reduced from 55% in 1971 to a maximum of 33% in 2010.

More than 20% of children are overweight or obese when they begin school. This increases to more than 30% by the time they leave primary school.

The cost to society of allowing these trends to continue is huge. It includes the human cost of ill health (physical and mental), an increased demand on public services, and damage to the economy through lost productivity and skills gaps.



Modern life is squeezing play - especially outdoor play - to the margins of children's lives

Our everyday environments and lifestyles mean that the natural growth and development that occurs when children play isn't happening. Although children in the UK are now generally taller and heavier, their physical strength is decreasing. The mental health of a generation is at risk. Obesity in children is at epidemic levels and increases in life expectancy have stalled.

When everyday play is replaced by highly restricted lives - indoors, on screens and under the constant surveillance of adults - children's bodies, brains, muscles and minds simply cannot do what they are designed to do. Lack of play leaves children mentally and physically unprepared to cope with life. This affects them in childhood and throughout the rest of their lives.

It is a matter of urgency that play is prioritised - for two important reasons:

- the significance of the harm caused by this lack of play
- the huge benefits that will be gained if we develop environments and everyday lifestyles that support children's play.

Children need play to survive and thrive

It's difficult to imagine a childhood without play. When we remember our own childhoods, many of us recall having the freedom to play outdoors in streets, parks and playgrounds, getting up to mischief and enjoying all sorts of adventures.

Building dens and sandcastles, spending hours on swings, slides and roundabouts, even making campfires - all of these helped build our confidence, cement our friendships and encourage us to have a go at things and persevere.

Many of our most important life lessons came from the experiences we had playing - and the ones that involved a few bruises or a good laugh possibly taught us the most. The freedom to take risks is crucial to children's development.

The Children's Play Policy Forum
A collective voice for children's play
childrensplaypolicyforum.org.uk ©CPPF, 2019



Why has play changed since we were children?

The fun we have when we play - and the motivation to play in the first place - comes from being able to choose what to do, how to do it, when to start and when to stop. Playing is very different to sport and other adult-organised activities, even though they may seem similar. Freedom and choice are what make playing unique. When children play, the rules aren't set by adults and there is freedom to explore, discover and learn from mistakes. However, for today's children, playing is different than it was for previous generations.

So, what has changed?

- The volume of traffic has increased.
- Technology and social media are replacing real-life activities.
- Public playgrounds are being neglected and closed.
- Educational pressures, homework and organised activities have increased.
- Parents' anxiety about children's safety has intensified.

More play is part of the solution

When they play, children drive their own development. Play has a critical role in building:

- the structures of the brain
- stronger, healthy bodies
- resilience - children's ability to cope with stress, challenges and setbacks
- skills such as creativity, problem-solving and critical thinking.

Playing also builds:

- children's sense of identity
- close family relationships
- strong connections within communities.

Our vision for children

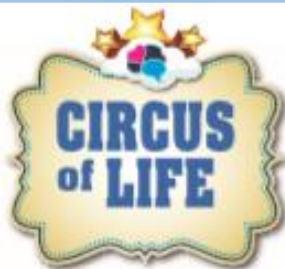
All children are entitled to play every day. In fact, it is essential. Playing is a fundamental and vital part of being a child, as recognised in the UN Convention on the Rights of the Child.

Governments have a responsibility for play and leadership is needed. Children's play deserves a broad and comprehensive approach, involving cross-departmental collaboration and accountability.

Government, the devolved administrations and local authorities can together make sure that children and society are not fundamentally damaged by the lack of play in children's everyday lives - and that we all gain the unique benefits of children playing more.

Play is a powerful builder of happy, healthy, capable children. It also benefits families, communities and society.

w: www.childrensplaypolicyforum.org.uk



Have some family fun and learn together!

Campbell College, Belfast

13th & 14th April 2019

10am – 5pm

We are all walking the tightrope of life, balancing the pressures of work, school, friends and family.

Restore and maintain that balance with The Circus of Life

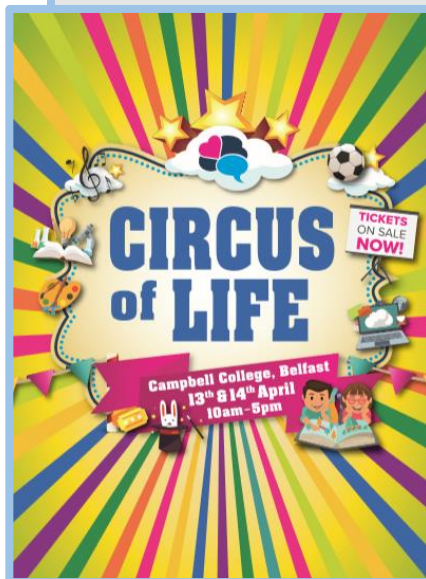
Circus skills, art & music workshops, virtual reality, science, yoga, storytelling and sports. A whole host of fun things to do with the whole family! An action-packed programme of workshops, drop in sessions, for all ages and abilities.

Discover how your brain reacts when you listen to music. Learn how circus skills, music and art can have therapeutic value. Never done yoga? Try it with the kids! You'll be amazed how calming and relaxing you'll find it; Or try out creative play, storytelling, and treasure hunts. The programme includes some short, engaging presentations on the key factors of child and adolescent well-being.

Food and refreshments available

Book now

www.circusof.life



w: www.circusof.life

ParentingNI

Working with Parents OCN Level 4 Certificate

Providing learners with the skills and knowledge needed to effectively work with and support parents.

Upcoming courses: April and September 2019

Course times: 10am - 1pm or 6pm - 9pm

Duration: 22 weeks

Locations: Belfast, Lisburn, Derry~Londonderry, Ballymena & Dungannon

For more information call 028 9031 0891 or contact training@parentingni.org



parentingni.org

e: training@parentingni.org



 ParentingNI
PRACTITIONER TRAINING
 Training from Northern Ireland's leading parenting charity. Enhancing the knowledge and skills of those working with parents and families.

The bottom half of the poster features a photograph of two people sitting at a table, looking at and discussing various colorful cards or documents.

Parenting NI offer a range of training which can be delivered in your organisation, offering those working with parents and families an opportunity to enhance their knowledge and learn new skills.

EFFECTIVE ENGAGEMENT

- Engaging with Dads
- Engaging Hard to Reach Parents
- Engaging with Families
- Engaging with Parents
- Engaging with Young Mums

SUPPORTING FAMILIES

- Raising Happy Confident Children - Positive Parenting
- Transitions
- Having Difficult Conversations
- Stop / Go - Alternatives to Physical Punishment
- Motivating Parents
- Parenting Apart
- Parenting in the Digital World
- Walking on Eggshells
- Transfer Assessment Toolkit
- Understanding Children's Challenging Behaviour
- Understanding Teenage Behaviours

PRACTITIONER DEVELOPMENT

- Promoting and Practising Self Care
- Family Dynamics

TRAIN THE TRAINER

These sessions will provide practitioners with the skills and resources to deliver the workshop to parents in their own setting.

- Stepping Into School
- Power of the Parent Child Relationship
- Digital Parenting
- Building Children's Resilience

For more information and bookings contact
training@parentingni.org or call 028 9031 0891.




parentingni.org

e: training@parentingni.org



Home-Start Newry & Mourne Needs Volunteers



Lucy has just moved to the area. She has 3 children under 5 and is very lonely. Could you give her some help and friendly support? Are you a parent or grandparent? Can you spare 3 hours per week? Would you like to join our volunteer team? We offer friendship and practical help to families with children under 5.

We will:

- Pay your expenses
- Provide training and regular support
- Organise social events and activities

Your reward:

- Knowing you have helped another young family
- A boost to your confidence and self esteem
- Even a foot on the ladder towards further education or a new job!

For more information contact: (028) 302 66139 email: homestartnewry@talk21.com

or

Call into our office at: Ballybot House, Cornmarket, Newry BT35 8BG

PREPARATION COURSE STARTS March 2019

Home Start would encourage and welcome volunteers where English is their second language

Home-Start Newry & Mourne values diversity and welcomes applications from men and women, those with disabilities, those of minority ethnic origin and from people from all sections of the community who have parenting experience.

Registered Charity No. XRB7095. Company No: NIS4545

www.home-start.org.uk

e: homestartnewry@talk21.com



Everybody Active 2020



Getting people more active more often through sport and physical activity in NI

Free sports and activities for:

- Women and girls (specifically aged 14-25 years)
- Older people aged >65 years
- People with a disability
- People living in areas of greatest social need



If you would like further information on the EBA 2020 programme, contact us our Coaches on 028 3089 8119 or email Leah on leah.stuttard@clanryegroup.com

e: leah.stuttard@clanryegroup.com

New **FREE** Healthy Lifestyle Programme**FAMILY HEALTH INITIATIVE***'Healthier Choices, Healthier Families'*

 early years
 the organisation for young children
 family health initiative


Would you as a family like to work towards being a healthier, happier family?

Then why not try out this new exciting family focused programme starting on:

Starting Thursday 21st February (for 6 weeks)

At St Patrick's Primary School, Dungannon

Time: Primary 1- 3: 9:30am - 11am

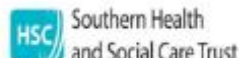
Primary 4 - 7: 1.45pm – 3:15pm

St Patrick's Primary School and Early Years - the organisation for young children are rolling out a new **FREE** exciting healthy lifestyle programme for families with children in **Primary 1 – 3 and Primary 4 - 7** (younger siblings also welcome to attend with parents/carer). This programme aims to help families make healthier choices looking at healthy eating, physical activity and wellbeing.

Session	Date	Topic
1	Thursday 21 st February	Getting to know you
2	Thursday 28 th February	Reflecting on Physical Activity
3	Thursday 7 th March	The Eatwell Guide
4	Thursday 14 th March	Food Labelling
5	Thursday 21 st March	Routines
6	Thursday 28 th March	Sharing and Reflection
14	Thursday 23 rd May	Follow up session

Families will receive lots of exciting incentives each week including fruit & vegetables, physical activity equipment, shopping bags, recipe books and much more!

To register contact St Patrick's P.S or contact Diane on 07791334012



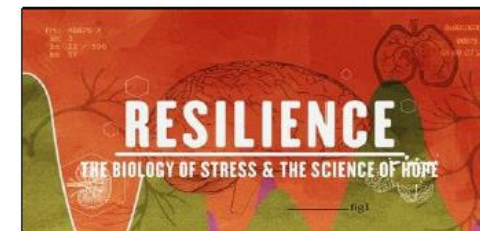


This project is funded by the Public Health Agency



The CYPSP Southern Trust Locality Planning Groups
in partnership with
Connected for Life

Are hosting 2 screenings of:



RESILIENCE: THE BIOLOGY OF STRESS AND THE SCIENCE OF HOPE
is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and chronicles the promising beginnings of a national movement to prevent childhood trauma, treat Toxic Stress, and greatly improve the health of future generations.

You are invited to attend this free screening and facilitated discussion which will be held at:

The Mourne Country Hotel, Newry on Thursday 14th March, 5.45-8.00pm
(Book Now: <https://www.eventbrite.co.uk/e/screening-of-resilience-the-biology-of-stress-the-science-of-hope-tickets-55021557961>)

and

The Square Box Theatre, Ranfurley House Visitor's Centre, Dungannon on Tuesday 19th March, 5.45-8.00pm
(Book Now: <https://www.eventbrite.co.uk/e/screening-of-resilience-the-biology-of-stress-the-science-of-hope-tickets-55071451193>)

These screenings are open to everyone including employees of services and organisations who work with children, young people and families, Schools, Churches, parents and carers

For further information, contact Darren Curtis, Locality Development Officer, CYPSP, on Darren.curtis@hscni.net or 02895 363966.

<http://www.cypsp.org/task-finish-groups/regional-ace-reference-group>



*Connected
for life*

e: darren.curtis@hscni.net



Hopeful Minds

Hopeful Minds Facilitator Training

Hopeful minds is a new curriculum project developed by the International Foundation for Research and Education on Depression. It is based on research that suggests 'Hope is a teachable skill'. Over two days you will receive a training pack with lesson plans and resources, to support you to deliver this programme. Hopeful Minds aims to equip students, educators, and parents with the tools they need, to find and maintain Hope, even during the most trying of times.

Who is the course relevant for?

Individuals should possess a passion to promote mental health and emotional wellbeing, who feel confident and skilled in working with children, young people and families, and are available to deliver 12 x 1 hr sessions in an agreed setting.

Places are funded by the Southern Trust Promoting Wellbeing Division.

Dates: 25th & 26th March 2019

Time: 9.30am to 4.30pm each day

Venue: PWB Training Room, St. Luke's

Course trainer : Marie Dunne - Founder of Hopeful Minds NI.

If you are interested in becoming a facilitator please contact

Orla.Murtagh@southerntrust.hscni.net Tel: 028 375 64489



Roots of Empathy
Racines de l'empathie

Volunteer as a Roots of Empathy Instructor!



Seeking experienced volunteers to undertake an exciting opportunity as a Roots of Empathy Instructor


Roots of Empathy is an evidence-based program that has shown significant effect in reducing levels of aggression, including bullying, among school children while raising social and emotional competence and increasing empathy - the ability to understand how another person feels.

Instructors deliver all aspects of the Roots of Empathy curriculum in the classroom.

Becoming a Roots of Empathy Instructor:

- Instructors attend an intensive 4-day training before working in the classroom.
- The program is delivered by the Instructor over the course of 27 classroom visits throughout the school year.
- With the help of a community parent and baby, Instructors guide students in identifying and reflecting on their own feelings and the feelings of others.
- All candidates are encouraged to apply, however experience in child or infant development, parenting education, community development or teaching children in a classroom setting is an asset.

e: Orla.Murtagh@southerntrust.hscni.net



DISABILITY



What:
The Youth Inclusion Hub is running a half day workshop called Deaf Friendly Approaches to Youth Work for anyone involved in the Youth Sector; learn how you can make Youth Work more inclusive of children and young people who have hearing loss.

WHEN AND WHERE?
Tuesday 19 February 10-1pm
Action Deaf Youth 85-387 Hollywood Rd, Belfast BT4 2LS

To register:
<https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7jDk0pmUCX-a-xZapO4Fbn1sFMCh2bPg-tmxUOTAYsk1IVUQzQ0NVU05SSk5OR0tENVNBQy4u&sharetoken=XeXR25s2x0b0bw06xJ0Q>

Any questions about the event contact Helen McVitty-O'Hara on 0779697571 or Email helen.mcvitty-ohara@mencap.org.uk

Project funded by:

DISABILITY

What:
The Youth Inclusion Hub is running a series of half day of workshops for anyone involved in the Youth Sector; learn how you can make Youth Work more inclusive of children and young people who have a disability.

WHEN AND WHERE?
Tuesday 26th FEBRUARY 2019 12:30 – 3:30PM
Cedar Foundation 1 Upper Lieburn Road Belfast BT10 9GW
12.30 – 3.30pm- **Physical Disability Awareness** - Practical support to help overcome the issues faced by young people with physical disabilities including accessing mainstream activities.

Link to register:
<https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7jDk0pmUCX-a-xZapO4Fbn1sFMCh2bPg-tmxUOTAYsk1IVUQzQ0NVU05SSk5OR0tENVNBQy4u&sharetoken=XeXR25s2x0b0bw06xJ0Q>

Cedar Foundation Unit D3 Balliniska Business Park, Springtown Drive, Derry BT48 0NA 12.30-3.30pm - **ASD Awareness** - Explore issues faced by young people with ASD around inclusion and exclusion. Youth workers will explore how to make their activities more inclusive.


Link to register:
<https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7jDk0pmUCX-a-xZapO4Fbn1sFMCh2bPg-tmxUOTAYsk1IVUQzQ0NVU05SSk5OR0tENVNBQy4u&sharetoken=XeXR25s2x0b0bw06xJ0Q>

RNIB 3 Strand Rd, Londonderry BT46 7BH 12.30-3.30pm- **Visual Impairment Awareness** – Introduction to Sight Loss conditions, how to guide and try out assistive technologies

Link to register:
<https://forms.office.com/Pages/ShareFormPage.aspx?id=UNBN7Z7jDk0pmUCX-a-xZapO4Fbn1sFMCh2bPg-tmxUOTAYsk1IVUQzQ0NVU05SSk5OR0tENVNBQy4u&sharetoken=XeXR25s2x0b0bw06xJ0Q>

Any questions about the events contact Helen McVitty-O'Hara on 0779697571 or Email helen.mcvitty-ohara@mencap.org.uk

Project funded by:



e: helen.mcvitty-ohara@mencap.org.uk



Workforce Development Training

ASCERT is contracted by the Public Health Agency to provide a Workforce Development Training Programme for the workforce in the statutory and voluntary sectors.

The aim of the programme is to develop knowledge and skills in addressing substance misuse. Courses are free and are CPD certified. The courses available are listed below.



Strengthening Families Facilitator Training-SHSCT

Code: SFP-S
Date: 18th & 19th February 2019

Location: St Lukes Hospital, Armagh, Promoting Wellbeing Training Room

Duration: 2 Days- All Day Session



Working with Young People and Substance Misuse-0030

Code: WFD04-WYP-03
Date: 27th & 28th February 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 2 days



06- Foundation Module - Children, Young People and Families

Code: WFD05-FYP-06
Date: 8th, 15th & 22nd March 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 3 Days



022-Safeguarding Children Affected By Parental Substance Misuse

Code: WFD03-HHP-22
Date: 22nd March 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: Half Day



032- Substance Misuse Awareness

Code: WFD05-SMA-32
Date: 25th March 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 1 Day



Parental Substance Misuse-0020

Code: WFD04-PSM-02
Date: 15th & 16th April 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: 2 Days



023-The Regional Initial Assessment Tool for Young People (RIAT)

Code: WFD03-RIA-23
Date: 3rd May 2019

Location: The Junction, 12 Beechvalley Way, Dungannon, Co Tyrone BT70 1BS

Duration: Half Day AM session

For further information,
e-mail:
colin@ascert.biz

e: colin@ascert.biz

SUBMIT YOUR FORTHCOMING EVENT / PROGRAMME TO: localityplanning@ci-ni.org.uk

SHOUT OUT
TO ALL
PARENTS &
CARERS!

Living
with a
long-term
health
condition?

LEARN HOW TO TAKE CONTROL

Struggling
to
cope?

- Manage your pain
- Improve your mood
- Sleep better
- Be more active
- Feel more positive
- Feel in control

Don't
know
what to
do?

Come along to our next programme

Where: Newtownhamilton Community Centre
The Square, Newtownhamilton
When: Monday 18, 25 Feb, 4 and
11, 18, 25 March 2019 (six x 2.5 hour sessions)
Time: 10.30am – 1.00pm
Cost: FREE

Call 028 9078 2940
to register or find out more



Arthritis Research UK and Arthritis Care
The McCune Building, 1 Shore Road, Belfast BT15 3PG
Tel (028) 9078 2940 Email: newland@arthritiscare.org.uk www.arthritiscare.org.uk

SUPPORTED BY
HSC Southern Health
and Social Care Trust

HSC Southern Health
and Social Care Trust
Quality Care - for you, with you



MAKE YOUR VOICE HEARD TO IMPROVE MENTAL
HEALTH CARE

Have you or someone you know, had recent contact, care or treatment with Mental Health Services during the past 12 months? 10,000 More Voices initiative wants to hear. We want to hear from young people who are over 18 years, parents/carers.

What is 10,000 More Voices?

The 10,000 More Voices Initiative gives you an opportunity to tell us your experience of receiving health and social care and in particular highlight what is important to you and what matters to you. We would like to hear your story.

Surveys are available from Southern Trust 10,000 More Voices Facilitator Mairead Casey 028 3756 6764 or mobile 077 89505502.

Electronic version available on;
<http://10000morevoices.hscni.net>

If you would like some help completing the survey or would like an alternative version made available please contact: 028 95 362868 (office hours).

YOUR EXPERIENCE MATTERS



HSC Public Health
Agency

HSC Health and
Social Care

w: <http://10000morevoices.hscni.net>



Southern Area Safeguarding Panel Neglect Awareness Raising Workshop

The impact of neglect on the health and development of children and young people

You are invited to attend a community based multi-agency workshop on the theme of neglect delivered by the Southern Area Safeguarding Panel as part of their response to the SBNI Neglect Multi-Agency Strategy 2018-2022.

The aim of the workshop is to increase knowledge and confidence on the issue of neglect for those supporting and engaging with families in the Southern Trust area. The workshop will cover topics such as recognising neglect and responding to this issue appropriately, as well as signposting to the relevant local agencies.

The workshop is to be held on:

DATE/TIME	VENUE
Friday 15 th March 2019	Seagoe Parish Centre
Tea / Coffee on arrival at 9.30 am	46 Seagoe Road
Training at 10am – 1pm	Portadown
	Craigavon
	BT63 5HW

This **FREE** workshop will be of interest to those for whom neglect is a key area of work with families; including statutory and voluntary and community sector agencies. The workshop is aimed at those who may not have formal training on neglect but who provide support to families in the Southern Trust area through local statutory and community and voluntary sector agencies.

To book a place email: attracta.ohagan@southerntrust.hscni.net

RSVP by 22nd February 2019

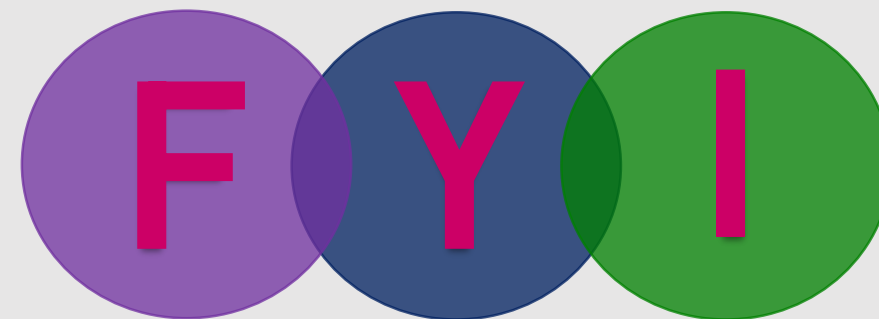
Clearly stating:

NAME:	
Job Title	
Organisation / Agency	
If you are Southern Trust member of staff please provide your staff number	
Email address	
Tel Number	

e: attracta.ohagan@southerntrust.hscni.net

SOUTHERN AREA LOCALITY PLANNING GROUPS

ISSUE 3 | 14TH FEBRUARY 2019



For Your Information

Some friendly guidance to those who are submitting information to **FYI**:

1. Please submit the information in the format you would like it to be included. We will be unable to transform a word-heavy document into a flyer, so please make it easy for us!
2. Less words, bigger pictures!
3. Information will usually be included for 2 editions (1 month), unless requested or your event takes place sooner.
4. FYI will be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
5. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
6. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
7. Please let us know if FYI has helped your service, event or activity in any way.

Upcoming LPG Meetings:

Banbridge:	Tue 19 th February @ Banbridge Youth Resource Centre
Newry:	Wed 27 th February @ Newry Gateway Club
Dungannon:	Thur 14 th March @ BCM
Craigavon:	Tue 2 nd April @ Brownlow Hub
South Armagh:	Tue 9 th April @ Newtownhamilton Community Centre
Armagh:	Thur 11 th April @ Promoting Wellbeing Training Room, St. Luke's

All LPG meetings start at 10.00am | Everyone welcome!

For general newsletter information, contact:

Tel: Darren Curtis (028 9536 3966) / Joanne Patterson (028 9536 3216)

E-mail: localityplanning@ci-ni.org.uk

CYPSP, 2nd Floor, Health & Social Care Board, Tower Hill, Armagh. BT61 9DR