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
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 New Horizons Downpatrick
J Babbling Brook Road
Downpatrick
BT30 6TE
T: 028 4461 3791
www.amh.org.uk

Opening Hours
Mon-Thurs: 8.30am–4.30pm
Fri: 8.30am–4.15pm

Follow us on Twitter, Facebook & Instagram

Action Mental Health: NIC100752
This booklet has been produced with the help of Adult Client Advisory Group

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

The Personal Development programmes may include:
- Emotional Wellbeing
- Stress Management
- Building Confidence and Self Esteem
- Improving Motivation
- Improving Assertiveness

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

Have you experienced Mental Ill Health?
Would you like to develop new skills, gain qualifications and increase your opportunities?

Social & Recreational Activities may include:
- Archery
- Football
- Walking Group
- Art
- Digital Photography
- Fishing
- Badminton
- Yoga & Relaxation
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

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 NIO100561.
Company No. N.I. 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

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

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.

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
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

Lifeline
0808 808 8000

The Lifeline service is provided by Contact under contract to the Public Health Agency
**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
What do you need to know to become trauma informed? Do you work in the Community and Voluntary Sector?

The workshop will:

a) 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
b) Explore opportunities and challenges of embedding trauma informed practice in your service / team / organisation

The Safeguarding Board for Northern Ireland (SJNI) 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 SJNI.

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

The Safeguarding Board for Northern Ireland (SJNI) 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 SJNI.

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
What do you need to know to become trauma informed?

Do you work in the Community and Voluntary Sector?

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
Friday 10 May @ 09.30 - 12.30
The Junction, Dungannon

Numbers are limited, booking is essential

Register your interest here: https://vcs-jct.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 and you tube. You can watch the NI ACE Animation through the following links:

VIMEO (no subtitles) - https://vimeo.com/327246749
VIMEO - Subtitled - https://vimeo.com/330114583

YOUTUBE - https://youtu.be/I-r3Xi7gByU
YOUTUBE - subtitled - https://youtu.be/LY-BH1Ozh0
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

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