

Welcome to the 10<sup>th</sup> edition of our information bulletin, **FYI** (*For Your Information*).

We are delighted to share so many exciting and relevant events and programmes throughout the Southern Trust Area, which aim to improve outcomes for children and young people.

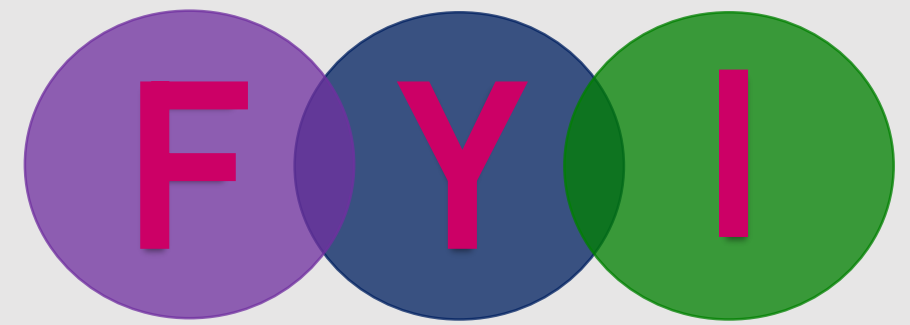
You are welcome to advertise through us free of charge. Some friendly guidance is given on the last page for those who would like to share all of their great work.

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.

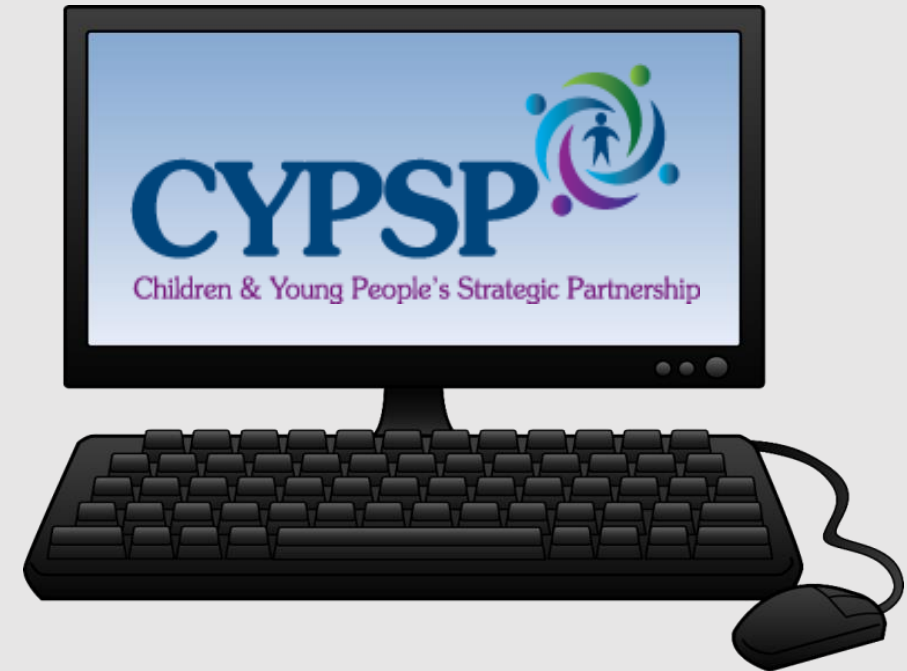
Darren Curtis and Joanne Patterson  
Locality Development Team, Southern Trust Area

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## For Your Information





Parents, carers, family members...

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



**FREE LOCAL HELPLINE  
0808 8020 400**

**Chat online:** [www.ci-ni.org.uk](http://www.ci-ni.org.uk)

**Email:** [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

**OPEN 6 DAYS A WEEK:**

Mon-Thurs 9am-9pm

Fri 9am-5pm

Sat 9am-1pm



## ParentLine NI

### ***Northern Ireland's Regional Parenting Helpline***

Parenting a child or young person can be hugely rewarding, however at times it can be challenging.

Many carers can often feel like they are on their own with little or no support.

ParentLine is here for you and offers an impartial, non-judgemental listening ear.

For advice on something specific or general support and guidance, just give us a call.

It's completely *FREE* for anyone caring for or concerned about a child or young person.

Call free today on 0808 8020 400 or chat online at [www.ci-ni.org.uk](http://www.ci-ni.org.uk)

**Watch our short intro. video [HERE](#)**

Hard copy flyers and wallet cards are available upon request.

e: [gemma@ci-ni.org.uk](mailto:gemma@ci-ni.org.uk)

## Education for Young People

A safe, knowledgeable and accepting environment for young people to talk and to access sexual health services.

[www.commonyouth.com](http://www.commonyouth.com)

**common  
YOUTH.**

## COMMON YOUTH (FORMERLY KNOWN AS BROOK NI) HAS BEEN A LEADING PROVIDER OF SEXUAL HEALTH SERVICES AND EDUCATION TO YOUNG PEOPLE IN NORTHERN IRELAND FOR OVER 25 YEARS.

We offer a safe, knowledgeable and accepting environment for young people to talk and to access sexual health services.

### Common Youth provide services across three key areas—

- Clinical and support services;
- Education and training;
- Advocacy, campaigning, lobbying and influencing.

### Our mission statement—

"To ensure that all children and young people have access to high quality, free and confidential sexual health services, as well as education and support. To enable them to make informed, active choices about their personal and sexual relationships so they can enjoy their sexuality without harm."

Common Youth has provided relationship and sexual health education for 25 years within a variety of community settings and in all areas of Northern Ireland. From 2015, Common Youth has been funded to deliver Relationship and Sexuality Education (RSE) in the community.

The majority of this work has been delivered to vulnerable young people aged under 25 from areas of high social deprivation.

Common Youth provides free sexual health and relationship programmes for all young people under 25 throughout Northern Ireland.

### All programmes are age appropriate & can include these topics—

- Puberty changes, mind, body and relationships
- Sex, the law and consent
- Healthy and unhealthy relationships
- Peer pressure and the influence of alcohol and drugs on sexual behaviour and risk-taking
- Contraception and condoms
- STIs
- Sexuality, sexual orientation and gender
- Social media and sexting



We develop bespoke sessions to ensure we meet the identified needs of your group.

e: [hello@commonyouth.com](mailto:hello@commonyouth.com)



## Training for Professionals.

A safe, knowledgeable and accepting environment for young people to talk and to access sexual health services.

[www.commonyouth.com](http://www.commonyouth.com)

**Common  
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“When it comes to delivering sexual health training, Common Youth work with expertise and professionalism. They provide high quality training and are a great support to strategy implementation across our Trust area.”

“They are keen to meet identified needs in our workplaces and communities as they arise. I have confidence in them as an organisation around content and delivery as well as being adaptable to meet the needs of those commissioning their services.”

Common Youth is a leading provider of sexual health services and advice for young people under the age of 25.

Common Youth has been providing training to adults who work directly with young people and those who come into contact with young people through their work, for more than 25 years.

We have developed a range of training programmes for professionals on safeguarding, consent and our recognised sexual behaviours Traffic Light Tool.



### Training can include—

#### Sexual behaviour (Traffic Light Training Tool)

This highly acclaimed safeguarding tool supports professionals working with children and young people to respond appropriately to sexual behaviours.

#### Pornography

Raising awareness of the impact of pornography on young people's sexual health.

#### Sex pressures and social networks

Enabling participants to gain knowledge and skills about the influences and pressures young people face as they develop and explore their emerging sexuality.

#### Sexual health updates

Training on all aspects of sexual health and working with young people.

#### Telling everyone about sexual exploitation (TEASE)

An introductory training programme on child sexual exploitation

#### Consent

Beneficial for anyone working with or caring for young people who want to understand and respond more effectively to their needs where there are concerns around consent.

We develop bespoke training to ensure we meet the identified needs of your group.

e: [hello@commonyouth.com](mailto:hello@commonyouth.com)

**CiNI** Children in Northern Ireland **CYPSP** Children & Young People's Strategic Partnership

## Think Family Training



Think Family aims to improve outcomes for children, young people and families where the parent has mental illness and/or substance use problems.

The Family Model, developed by Dr Adrian Falkov, provides clinicians and managers with a brief, accessible, and practical approach that supports collaborative ways of working with individuals and their families in which one or more members experience mental illness. TFM can be implemented by staff of varying experience and professional backgrounds.

 **Monday 24<sup>th</sup> June**  
 Boardroom, Tower Hill, Armagh  
 9.30am – 4pm

OR

 **Thursday 27<sup>th</sup> June**  
 The Old Town Hall, Banbridge  
 9.30am – 4pm

\*There is no cost to this training. This is delivered by Children in NI

To book your place click on your preferred location, [Armagh](#) or [Banbridge](#)

For further information, contact Darren Curtis, CYPSP, on [Darren.Curtis@hscni.net](mailto:Darren.Curtis@hscni.net)

### Think Family Training

Family Focused Practice (FFP) acknowledges that individuals living with mental illness are members of family systems, and that recognition of parents, parenting, and children/young people is a vital part of clinical assessment, support, and recovery. FFP has become a priority for the Health and Social Care Board since 2009 in line with international and wider UK developments and in response to inquiry reports (i.e. O'Neill Inquiry, 2008).

Since 2012 **Think Family NI**, encouraging family focused practice, has been developed and implemented within a regional action plan under the Children and Young People's Strategic Partnership. To date the initiative has focused mainly on the Statutory sector. CiNI has been tasked with providing awareness raising on 'Think Family NI' and has been asked to promote training on **The Family Model** (TFM) in the voluntary and community sector. We aim to help embed this approach with the goal of improving outcomes for children, young people and families where the parent has mental illness and/or substance use problems.

The Family Model, developed by international expert Dr Adrian Falkov, provides clinicians and managers with a brief, accessible, and practical approach that supports collaborative ways of working with individuals and their families in which one or more members experience mental illness. TFM can be implemented by staff of varying experience and professional backgrounds.

This workshop will:

- Provide you with an overview of the Think Family strategy
- Review The Family Model and each of its critical 'domains'
- Teach helpful language prompts to support The Family Model
- Introduce you to service user stories to enable understanding of the impact of Family Focused Practice
- Facilitate the opportunity to practice skills key to Family Focused Practice
- Provide you with the confidence to apply The Family Model in your daily practice
- Provide follow up materials to encourage the continuation of learning beyond the training room.

To book your place on your preferred location, click [Armagh](#) or [Banbridge](#)





## NURTURE YOUR CHILD'S MENTAL HEALTH THROUGH PLAY

**Play is crucial to children's healthy development and happiness and is vital for children's mental health and wellbeing.**

It is through playing that children, from a very young age, engage with and learn about the world around them. Play allows children to create and explore the world; developing lifelong skills and competencies. From birth through to teenage years, babies and children develop important social and emotional skills through watching, listening, and interacting with you and through their play. Good play experiences can therefore help nurture children's emotional and mental health.

**Play is a natural part of childhood and through play, children:**

- make sense of the world;
- can feel in charge, express and learn to manage their feelings;
- build skills and self confidence in themselves;
- learn about relationships – making friendships, negotiating with others, leading and following, being patient, caring for others;
- develop resilience and empathy, and learn to control their impulses or frustrations;
- learn how to make decisions, fix mistakes and to feel better and
- HAVE FUN!

**How parents or adults can support children's play:**

- allow time for play – try not to schedule too much into a child's day (whatever age);
- provide playthings (dependent on child's age) and allow children to play in their own way both indoors and outdoors;
- play and interact with babies, toddlers and children throughout the day – most children love adult company and babies in particular need frequent positive interaction and engagement with adults;
- join in when invited - follow the child's lead and resist the temptation to always direct a child's play experiences;
- watch for play cues - children have different ways of signaling if they would like adult involvement or help, resources or encouragement and
- BE A POSITIVE, PLAYFUL ROLE MODEL!

**How to nurture your child's mental and emotional health:**



Life often throws challenges our way and it is through talking, listening interacting and playing that children learn to deal with these situations and develop new knowledge and coping skills.

As parents remember you play a vital role in encouraging children to be healthy.

- 😊 Make time for fun and "down time" with your children, especially as they get older.
- 😊 Enjoy some time watching, listening and playing with your child.
- 😊 Allow your child to learn from their own mistakes with support.
- 😊 Give your child age appropriate freedoms and help them learn their own limits; show them you trust them to make appropriate decisions.

Visit <https://www.education-ni.gov.uk/articles/play-matters> to find Play Briefing sheets on various play topics. Recreate some of your childhood play memories and make some time to play each day.

For more information on Play Matters contact Angela Stallard or Pamela Baxter at 028 91 279208 [playmatters@education-ni.gov.uk](mailto:playmatters@education-ni.gov.uk)

Click [HERE](#) to find Play Briefing sheets on various play topics.

Recreate some of your childhood play memories and make some time to play each day.





Community Sector Training



# SAFEGUARDING CHILDREN

Good practice training, free to community, voluntary and youth groups

Our flexible, community-focused training will support you in building a 'safeguarding sound' organisation, by equipping your volunteers and staff with the awareness they need.

- >> Delivered in your venue
- >> Local community trainers
- >> Evening, weekend or daytime sessions
- >> Free of charge to community, voluntary and youth groups in the Southern Trust area



“Trainer was experienced and confident”

“A very informative course. I enjoyed it from start to finish... it will benefit our organisation greatly”

“Straight to the point information”



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



Community Sector Training

## FREE safeguarding training for your community group

### Safeguarding children (full course)

Ideal for staff and volunteers in regular, direct contact with children and young people.

- >> Develop a clear awareness of the signs and indicators of abuse
- >> Know when and how to report concerns and how to deal with disclosures
- >> Benchmark your policies and procedures against good practice
- >> Explore how to create a safe, child-centred environment
- >> Know how to get support for children and families
- >> Explore good practice guidelines for workers

(3 modules of 2½ hours)

### Designated person training

All groups should have a designated person (and deputy) trained to lead on child protection and safeguarding.

This course will cover:

- >> Role and responsibilities of the designated person
- >> Dealing with disclosures and concerns
- >> Reporting and recording responsibilities
- >> Legal responsibilities in recruitment and selection
- >> Good practice in training, supervision and support

\* Participants must have already completed a full safeguarding course

(3 modules of 2½ hours or 1 day)

### Basic awareness raising course

An introduction to safeguarding for volunteers and staff who have limited contact with children.

This short course will increase your awareness of abuse and good practice in working with children.

(1 module of 3 hours)

### Refresher course

Keep training up to date with our refresher session - recommended every 3 years.

- >> Refresh your awareness of abuse and good practice in responding to concerns
- >> Update your knowledge of emerging issues in safeguarding and relevant legal changes

(1 module of 3 hours)

Contact: Community Sector Training  
t. 028 3756 1440 or 1441  
e. [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)  
w. [www.southerntrust.hscni.net/services/1986.htm](http://www.southerntrust.hscni.net/services/1986.htm)



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

Community Sector Training is a community partnership service of the Southern Health and Social Care Trust

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)



**MEN'S HEALTH WEEK AT CLANRYE GROUP**  
MON 10TH - FRI 14TH JUNE 2019

**FREE WORKSHOPS FOR MEN**  
To celebrate Men's Health Week, Clanrye Group are running a variety of **FREE** workshops for men to attend.


DATE	WORKSHOP
Mon 10th June	<b>MENTAL FITNESS REALLY MATTERS</b> Big Healthy Breakfast for Men, 10:30am-12:30pm, Armagh Mental Health workshop with PIPS, 11am-12noon, Newry Therapeutic Horticulture, 1:30-3pm, Slieve Gullion Courtyard
Tues 11th June	<b>THE HEART OF THE MATTER</b> Healthy Heart workshop, 1-2pm, Newry Chi Kung session, 11:30am-12:15pm, Portadown (Mayfair)
Wed 12th June	<b>CANCER AWARENESS MATTERS</b> 'Back on your bike' activity (bikes supplied), 2-3pm, Newry Cancer Awareness workshop, 2:30-4:30pm, Portadown (ABC)
Thurs 13th June	<b>STOPPING SMOKING MATTERS</b> Stop Smoking workshop, 2-4pm, Portadown (ABC House) Smoking resources available from <b>ANY</b> Clanrye Group location
Fri 14th June	<b>DRINKING LESS MATTERS</b> Drink Less workshop with Start 360, 11am-1pm, Portadown (ABC) Health Checks with Action Cancer, 9:30am-3:30pm, Downpatrick

**WORKSHOP ADDRESSES:-**  
ARMAGH - ARMAGH BUSINESS PARK, 2 LOUGHGALL ROAD, ARMAGH, BT61 7NH  
NEWRY - DRUMALANE MILL, THE QUAYS, NEWRY, BT35 8QS  
SLIEVE GULLION - SLIEVE GULLION COURTYARD, 89 DRUMINTEE ROAD, KILLEAVY, BT35 8SW  
DOWNPATRICK - BALLYMOTE CENTRE, 40 KILLLOUGH ROAD, DOWNPATRICK, BT30 6PY  
PORTADOWN (MAYFAIR) - MAYFAIR BUSINESS PARK, 198 -205 GARVAGHY ROAD, PORTADOWN, BT62 1HA  
PORTADOWN (ABC) - ABC COMMUNITY NETWORK, MAGHAREE HOUSE, 82 THOMAS STREET, PORTADOWN, BT62 3NU


Contact Leah on 028 3089 8119 or  
leah.stuttard@clanryegroup.com to book your place.

**BOOKING ESSENTIAL**  
**MEN'S HEALTH WEEK 2019**  
Find out more at [www.mhfi.org](http://www.mhfi.org) #MensHealthWeek

e: [leah.stuttard@clanryegroup.com](mailto:leah.stuttard@clanryegroup.com)

 ParentingNI




**Deeper than Talk**  
It's a Co-Creational Relationship



Parenting NI is delighted to host a seminar with Dr Tony Humphreys exploring:

- The importance of relationship with self
- Resilience
- Trusting the relationship between worker, organisation and client
- Turning negative experience into a positive outcome
- The power of words - rethinking labelling & stigmatisation.

**Girdwood Community Hub**  
Thursday 26th September 2019  
10 am - 1 pm  
Tickets: £40  
Early bird tickets: £35 (Booked before 31st July)  
Book your tickets on Eventbrite or contact Maria on 028 9031 0891 / [maria@parentingni.org](mailto:maria@parentingni.org)

[parentingni.org](http://parentingni.org)   

e: [maria@parentingni.org](mailto:maria@parentingni.org)

# Make Yourself Heard

**In danger, need the police, but can't speak?**

- 1 Dial 999**
- 2 Listen** to the questions from the 999 operator
- 3 Respond** by coughing or tapping the handset if you can
- 4** If prompted, **press 55**  
This lets the 999 call operator know it's a genuine emergency and you'll be put through to the police.

See our guide for more information.



#MakeYourselfHeard  
#SilentSolution



[www.policeconduct.gov.uk](http://www.policeconduct.gov.uk)



Led by  
**IOPC**

Independent  
Office for  
Police Conduct

Supported by  
**women's aid**

and women & children's rights

**NPCC**

## Children's Services Training

### Spring 2019

Date	Course	Times
Thursday 23rd – Friday 24th May	Mental Health First Aid - 2 Days	09:30 - 16:30
Tuesday 28th May	Child Protection Level 1	09:30 - 12:30
Wednesday 29th May	Think Family Training	09:30 - 16:30
Thursday 30th May	Designated Officer	09:30 - 16:30
Friday 31st May	Information Management - Recording & Reporting	09:30 - 16:30
Tuesday 4th - Wednesday 5th June	Supervision for Supervisors (2 Days)	09:30 - 16:30
Monday 10th June	Child Protection Level 2	09:30 - 16:30
Thursday 13th June	Managing Challenging Behaviours	09:30 - 16:30
Friday 14th June	Think Family Training	09:30 - 16:30
Monday 17th June	Child Sexual Exploitation	09:30 - 16:30
Thursday 20th June	Designated Officer	09:30 - 16:30
Monday 24th June	Safeguarding in the Digital World (Level 3)	09:30 - 16:30
Wednesday 26th June	Child Protection Level 2	09:30 - 16:30
Monday 1st July	Designated Officer	09:30 - 16:30
Tuesday 2nd July	Child Protection Level 2	09:30 - 16:30
Friday 5th July	Cyber Bullying (Half Day Course)	09:30 - 12:30

Children in Northern Ireland  
Unit 9, 40 Montgomery Road, Belfast, BT6 9JE  
02890 401290  
[info@ci-ni.org.uk](mailto:info@ci-ni.org.uk)

Additional dates to be confirmed & will be advertised online at: [www.ci-ni.org.uk/training](http://www.ci-ni.org.uk/training)



w: [www.policeconduct.gov.uk](http://www.policeconduct.gov.uk)

e: [info@ci-ni.org.uk](mailto:info@ci-ni.org.uk)





COCA-COLA THANK YOU FUND WORKSHOP - TUESDAY 4TH JUNE

DO YOU HAVE AN IDEA FOR AN INITIATIVE TO INSPIRE AND SUPPORT YOUNG PEOPLE ?

THE COCA-COLA THANK YOU FUND WANTS TO HEAR FROM YOU!

MEET PETE SNOODEN, THANK YOU FWD AMBASSADOR AND THE COCA-COLA TEAM. HEAR FROM LAST YEAR'S WINNERS AND NETWORK OVER LUNCH AT YOUTHACTION NI

JOIN US FROM 12:30-1.30PM

AT 14 COLLEGE SQUARE NORTH, BELFAST BT1 6AS

RSVP: ANNE MCILVENNY

T:028 9024 0551 E: [anne@youthaction.org](mailto:anne@youthaction.org)

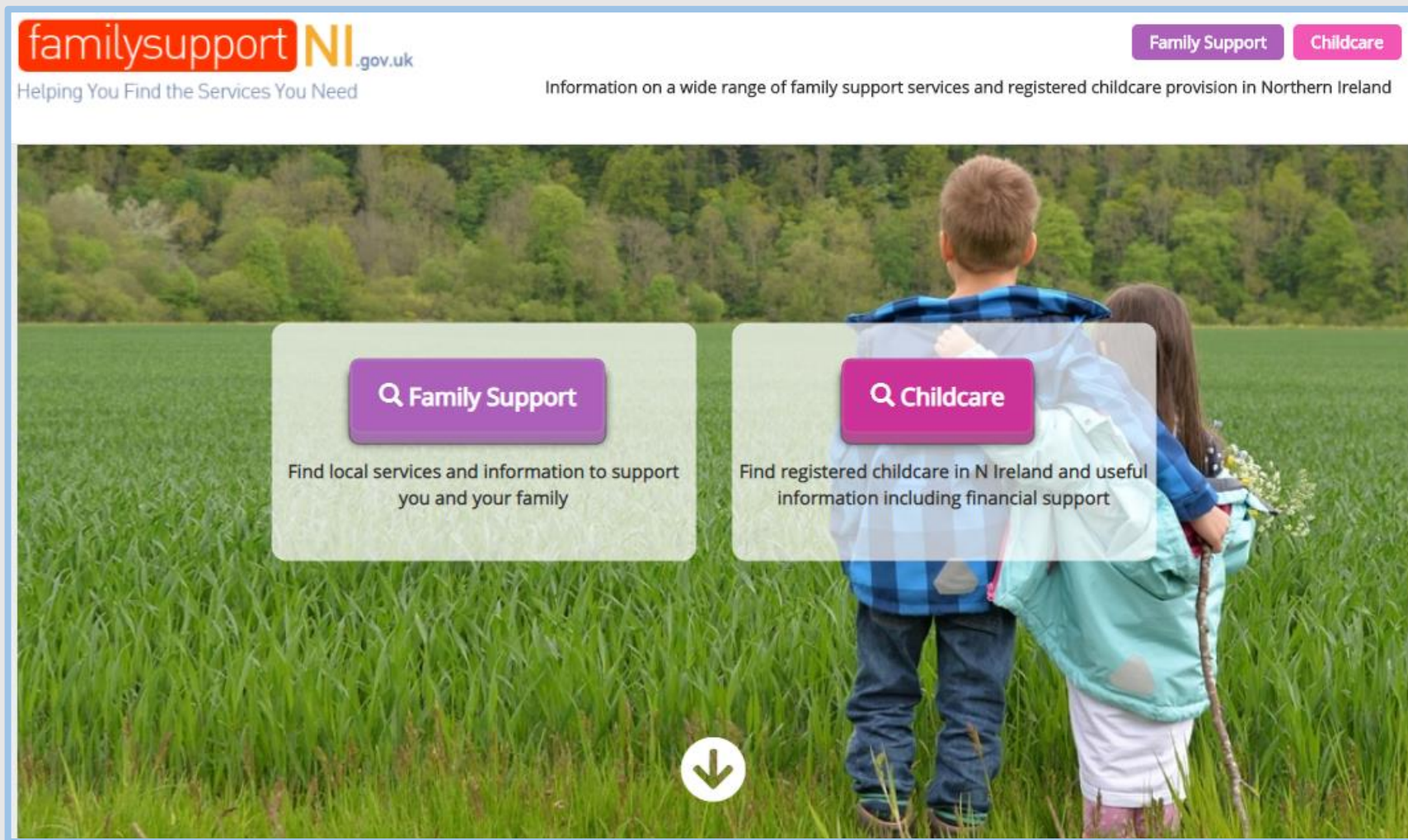
VISIT [www.coca-cola.ie/thankyou](http://www.coca-cola.ie/thankyou) TO FIND OUT MORE

#THANKYOUFUND



Please RSVP to: [anne@youthaction.org](mailto:anne@youthaction.org)





If you provide a family support service in Northern Ireland and would like details of your organisation / service included on The Family Support NI website, click [HERE](#)

## Alcohol and the Adolescent Brain



A learning event under the "Don't Pour Your Dreams Away" initiative which is being led out by Boomerang Youth Service, Drogheda

*This is a free talk by Dr. Helen McMonagle who is a psychologist and working as a specialist case coordinator in Alcohol Related Brain injury. She will present the scientific and research evidence on the risks of alcohol consumption in adolescence, including the link to alcohol and drug dependence in later life. Dr.Helen has recently presented to the Joint Committee on Health on the needs of individuals and families affected by alcohol related disorders in Ireland.*

The workshop is for all youth workers and agencies working with children and young people

### Venue:

Monasterboice Inn, Drogheda, Co.Louth

### Date:

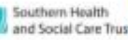
Wednesday June 19th 2019,

2.00- 4.00pm

Booking is essential as places are limited

To register for this free event, please email [Joannea.murphy@tusla.ie](mailto:Joannea.murphy@tusla.ie)

This initiative has been supported by Louth CYPSC as part of the work of the CYPSC CYP Plan 2019-2021



The MACE Project in Partnership with Louth Túsla  
Would like to Invite you to  
A screening 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 Panel discussion which will be held at:

An Táin Arts Centre, Dundalk on Wednesday 26<sup>th</sup> June, 7:30 – 9:30pm

(Book Now: <https://www.eventbrite.ie/e/resilience-the-biology-of-stress-the-science-of-hope-tickets-62412932762> )

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

For further information, contact Gavin McGee, MACE Project Coordinator Newry/Louth at [gavin.mcgee@tusla.ie](mailto:gavin.mcgee@tusla.ie) or +353-86-8230454.



cooperation and working together  
for children and young people



Child and Family  
Support Network



Northern Ireland - Ireland - Scotland

e: [joannea.murphy@tusla.ie](mailto:joannea.murphy@tusla.ie)

Click [HERE](#) to register





## EMPLOYMENT & TRAINING

can bring **positive** changes to you and your family



**FREE** personalised training & support available

Contact us today & see how we can help

Eligibility criteria applies



Community Family Support Programme

[networkpersonnel.org.uk](http://networkpersonnel.org.uk)



## Community Family Support Programme

**ARE YOU AGED 16-65?**

### DO YOU OR A MEMBER OF YOUR FAMILY NEED SUPPORT WITH FINDING EMPLOYMENT OR ACCESSING EDUCATION/TRAINING?

Are you aged 16-65 years old, unemployed or working less than 16 hours per week & not in education or training?

We can offer support with:

- Encouraging better relationships within families
- Money management, access to grants and benefit advice
- Improving your health
- Parenting skills
- Help to find work
- Accessing education and training opportunities
- Short qualifications such as First Aid, CSR, Level 1 accredited courses
- Self-confidence, motivation, social skills and much more



Contact your local office for more information:

Mid Ulster: **028 8676 6076**  
 Mid & East Antrim: **028 2568 9509**  
 Antrim & Newtownabbey: **028 9447 7248**  
 Alternatively email: [cfsp@networkpersonnel.org.uk](mailto:cfsp@networkpersonnel.org.uk)



@NetPer  
/networkpersonnel  
[networkpersonnel.org.uk](http://networkpersonnel.org.uk)



Department for the Economy  
[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)



European Union  
European Social Fund  
Northern Ireland

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

e: [cfsp@networkpersonnel.org.uk](mailto:cfsp@networkpersonnel.org.uk)





Community  
Sector  
Training



# SAFEGUARDING CHILDREN

Good practice training, free to community, voluntary and youth groups

Courses can be delivered directly to your group or book your volunteers and staff onto one of the forthcoming scheduled programmes:

## » Designated Person training – Dungannon

Starting Thursday 6<sup>th</sup> June 2019 @ 7.00pm



“Trainer was experienced and confident”

“Straight to the point information”

“A very informative course. I enjoyed it from start to finish... it will benefit our organisation greatly”

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

## FREE safeguarding training for your community group



Community Sector  
Training

### Designated Person Training

All groups should have a designated person (and deputy) trained to lead on child protection and safeguarding.

This course (3 modules of 2.5 hrs each) covers:

- Role and responsibilities of the designated person
- Dealing with disclosures and concerns
- Reporting and recording responsibilities
- Legal responsibilities in recruitment and selection
- Good practice in training, supervision and support

### Other courses offered by Community Sector Training:

- Adult Safeguarding Awareness (2.5 hrs)
- Child Safeguarding Basic Awareness (3 hours)
- Child Safeguarding Full Course (3 modules of 2.5 hrs)
- Child Safeguarding Refresher (3 hrs)

Courses will be delivered in your own venue on dates / times that suit your group. Minimum numbers for training are groups of 10 or more. However if you have smaller numbers, please contact us as we will be able to pair you up with other groups for training.

**Designated Person training – 7.00 – 9.30pm @ The Junction Dungannon,**  
12 Beechvalley Way, Dungannon BT70 1BS

Three session course beginning on **Thursday 6<sup>th</sup> and continuing on 13<sup>th</sup> and 20<sup>th</sup> June** (participants must attend all sessions to receive a certificate).

**Contact CST by email or phone to book your place. (see below for contact details)**

**Participants need to have already completed a full child safeguarding course.**  
All course places must be booked at least 7 days prior to start date.

Contact: Community Sector Training  
t. 028 3756 1440 or 1441  
e. [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)  
w. [www.southerntrust.hscni.net/services/1986.htm](http://www.southerntrust.hscni.net/services/1986.htm)

**HSC** Southern Health  
and Social Care Trust

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

women's aid  
**change that lasts**  
the right response to domestic abuse

Women's aid  
Mid Ulster

Could you be a  
Change that Lasts  
Community Ambassador?

Join a movement within your community (where you work, play, live, learn, worship, network) that breaks the silence about domestic abuse so that people experiencing it can get the help they need, when they need it.

What's involved?

- 1 Break the silence**  
You will attend a free training course and then talk to others about what you have learned. This could be over a coffee with a friend, at a work team meeting or posting on social media.
- 2 Raise awareness**  
Ambassadors shed light on the issue of domestic abuse and help change attitudes and behaviours by having conversations with others about domestic abuse.  
Answer questions + Increase understanding  
A community that better understands the barriers faced by survivors
- 3 Listen and believe, with compassion, without judgement**  
As we all talk more about domestic abuse our communities will become spaces where people experiencing domestic abuse feel able to speak out. When this does happen, you will be there to listen. If a person needs further support, you will know what services are out there that can help.

Sign up today to join our growing network of **Community Ambassadors**  
[www.womensaid.org.uk/changehatlasts](http://www.womensaid.org.uk/changehatlasts)

### About Change that Lasts in your community

Learning about domestic abuse is a life skill that will empower you and your community to create spaces where domestic abuse survivors can feel heard and believed, and gain valuable information about what help is available.

We will provide you with the knowledge that you need to start a conversation and help raise awareness about abuse.

Following the course, time commitment for the role is as much or as little as you can give. We will send you a brief online survey each month so that you can tell us about the difference that you're making.

### A Community Ambassador...

... believes in equality of all people, regardless of their gender, age, religion, ethnicity, sexual orientation, disability, marital status, cultural beliefs or circumstances.

... listens and believes others that share their personal experiences of domestic abuse.

... is non-judgmental and respectful.

... is passionate about ending domestic abuse.

There is a chance that we may decide that it isn't appropriate for a person to take on the role if they don't share these values and qualities. We will work with people to overcome any barriers wherever possible, or we will signpost you to a more suitable volunteering or training opportunity.



"This has been one of the best training events I have ever attended."

"I found the whole training brilliant."

"This has totally changed my attitude towards those suffering domestic abuse. I am so glad I signed up to this course."

"Amazing Facilitators. Such powerful training. Will be life-changing."

"Excellent, very informative. I am very interested to learn more."

For further information or to register your interest in the Ask Me Training programme, please contact

Alison McDonald - ASK ME Project Officer

Mid Ulster Women's Aid  
27 Old Coagh Road, Cookstown  
BT80 8QG

M: 07 70381 3655  
T: 028 86269300

E: [alison@midulsterwomensaid.org.uk](mailto:alison@midulsterwomensaid.org.uk)  
W: [www.midulsterwomensaid.org.uk](http://www.midulsterwomensaid.org.uk)

e: [alison@midulsterwomensaid.org.uk](mailto:alison@midulsterwomensaid.org.uk)





### Community Ambassador training Friday 21<sup>st</sup> and 28<sup>th</sup> June 2019 information

Thank you for your interest in our Community Ambassador Training, we are really looking forward to meeting you. Below are some details you will need for the day:

#### Training times & date:

Prompt registration at 9.30am with a 10am start  
Finish at 4.30pm

#### Training venue:

The Royal Hotel  
64 – 72 Old Coagh Road  
Cookstown  
BT80 6NG

#### Additional venue information:

The venue is wheelchair accessible with accessible toilets.

#### Contact:

Do not hesitate to contact us if you have any questions or concerns prior to the training.  
Please email [alison@midulsterwomensaid.org.uk](mailto:alison@midulsterwomensaid.org.uk)

On the day, if you get lost, are unable to attend or you are running late, please contact  
Alison on 07703813655.

**Trainers:** Alison McDonald and Clare Anderson



Mid-Ulster Women's Aid  
Charity No: NI106888

The Change That Lasts Ask Me scheme was developed in partnership  
between Women's Aid Federation of England and Welsh Women's Aid



### Support on the day

Domestic abuse is an emotive subject and many people have been affected by it. We want to ensure that everyone attending the training feels safe and comfortable.

To help ensure a supportive training environment, Women's Aid Federation Northern Ireland do the following:

- We will ensure that two trainers are present in each session so that it's possible to check in with anyone who becomes upset or distressed
- We will acknowledge that it's likely there will be survivors in the room and there is potential for people to share personal experiences of abuse. We will be there to check in and debrief during the session, a break or after the training.
- We will introduce group confidentiality and ask for consent to share personal information
- We will provide a trigger warning ahead of any sensitive or potentially distressing material shared

Please contact us as soon as you can if you would like to discuss the training content, the role, or any personal experiences you'd like us to be aware of.

If you have mobility, hearing or sight impairments, social anxiety, any health conditions (that may affect your participation), learning difficulties or if you do not speak English as a first language and need additional support, please do let us know. We will do our best to accommodate you and ask that all participants are supportive of the needs of others.  
You can contact us to discuss any of the above by calling Alison on 07703813655 or email [alison@midulsterwomensaid.org.uk](mailto:alison@midulsterwomensaid.org.uk)

#### What shall I bring?

You do not need to bring anything. Lunch will be provided.

Please let us know of any dietary requirements.



e: [alison@midulsterwomensaid.org.uk](mailto:alison@midulsterwomensaid.org.uk)





## International Children's Day

Friday 7<sup>th</sup> June 2019

Time: 6pm – 7pm

Newtownhamilton Community Centre



Celebrated on June 1 each year, International Children's Day 2019 marks the 92<sup>nd</sup> global celebration of the rights and well-being of children residing in different parts of the world. The day is observed not only to celebrate, but also appreciate children's role in shaping the future of different communities across the world.

Come and join us!

\*Lego Play \* Arts & Crafts \* Story & songs\*

Please book your place – 028 308 30 022

See you all there!

**Starting Strong** with **Sure Start**

e: [robertg@surestartsa.org](mailto:robertg@surestartsa.org)



## Newtownhamilton Community Centre



### HAVE YOU GOT SCHOOL UNIFORMS?

If you have unwanted school uniforms and accessories we are asking you to donate your items to our  
**UNIFORM DRIVE!**

**Let's work together and find these clothes a good home!**



We will collect Uniforms for all Local Schools:

- |                      |                             |
|----------------------|-----------------------------|
| * Jumper/Sweatshirt  | * Ties                      |
| * Shirts             | * Blazers                   |
| * Trousers           | * PE shorts, skirts, school |
| * Skirts & Pinafores | sports tops, PE bags        |
| * Coats              | * Schoolbags / Book Bags    |

### DROP OFF TIMES & DATES

#### NEWTOWNHAMILTON COMMUNITY CENTRE

Monday 24<sup>th</sup> June 7-9pm | Tuesday 25<sup>th</sup> June 7-10pm |  
Thursday 27<sup>th</sup> June 10am—1pm | Friday 28<sup>th</sup> June 10am—  
1pm | Saturday 29<sup>th</sup> June 7-9.30pm

e: [nthcc@hotmail.co.uk](mailto:nthcc@hotmail.co.uk)



**Recovery College Courses in Cullyhanna**  
**The Wald Centre' Tullynavall Road**  
**Cullyhanna, Newry, BT35 0PZ**  
**Summer Term**

Course	Date	Time
<b>Wellness Recovery Action Plan (WRAP)</b> The WRAP is an internationally recognised self-Management programme designed to help people build a meaningful and satisfying life.	<b>Wednesday</b> 1 <sup>st</sup> May -19 <sup>th</sup> June	<b>11.00 – 1.30pm</b> 8 weeks
<b>Write Where I'm Meant To Be</b> This workshop offers a supportive space and practical tools for people to begin writing their Recovery story. There is an opportunity for exchange of inspiration, tips and ideas	<b>Wednesday</b> 26 <sup>th</sup> June	<b>11.00-1.30pm</b> 1 week

If you are interested in better mental and emotional wellbeing why don't you come along to our courses to find out more?

Courses are free and open to everyone aged 16

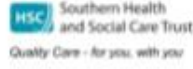
To register or get more information please contact us

CAWT i-Recovery Project – 2<sup>nd</sup> Floor Ballybot House, Newry

Telephone: 028 3025 7012 Email: [Eileen.bell@southerntrust.hscni.net](mailto:Eileen.bell@southerntrust.hscni.net)

Recovery & Wellness College – Trasna House, Lurgan

Telephone: 028 3756 1938/028 3756 2292 Email: [Katie.young@southerntrust.hscni.net](mailto:Katie.young@southerntrust.hscni.net)



**Recovery College Courses in**  
**Crossmaglen Community Centre**  
**41 Cardinal O'Fiaich Square,**  
**Crossmaglen, Newry Co. Down**  
**BT35 9HQ**

Course	Date	Time
<b>Healthy Body Active Mind</b> <i>This 4 week workshop will support participants to examine the relationship between physical and mental health wellbeing. Taking a look at how a balanced diet and being active can influence your mood and can contribute to your overall mental health and wellbeing</i>	<b>Thursday</b> 16 <sup>th</sup> , 30 <sup>th</sup> May & 6 <sup>th</sup> 13 <sup>th</sup> June 2019	<b>7-9pm</b> 4 weeks

If you are interested in better mental and emotional wellbeing why don't you come along to our courses to find out more?

Courses are free and open to everyone aged 16+

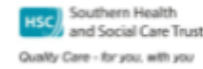
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CAWT i-Recovery Project – 2<sup>nd</sup> Floor Ballybot House, Newry

Telephone: 028 3025 7012 Email: [Eileen.bell@southerntrust.hscni.net](mailto:Eileen.bell@southerntrust.hscni.net)

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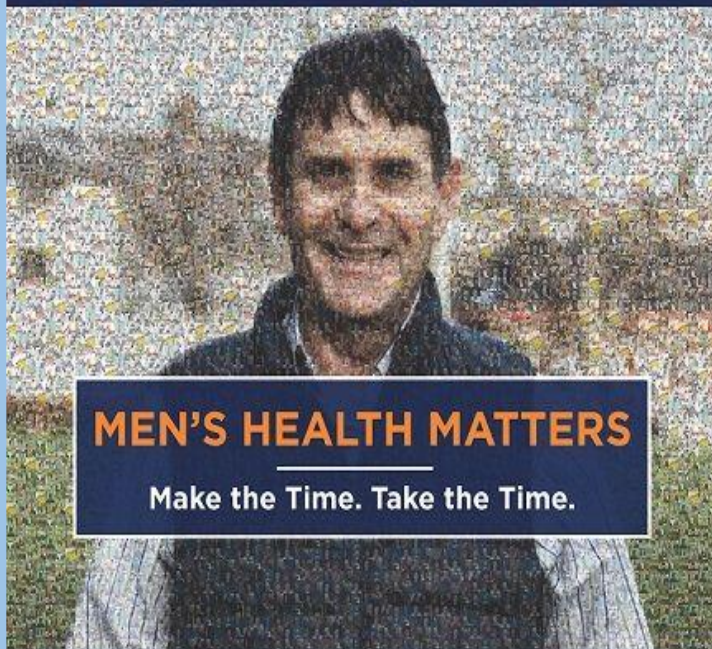
Telephone: 028 3756 1938/028 3756 2292 Email: [Katie.young@southerntrust.hscni.net](mailto:Katie.young@southerntrust.hscni.net)



e: [eileen.bell@southerntrust.hscni.net](mailto:eileen.bell@southerntrust.hscni.net)

# MEN'S HEALTH WEEK

**Monday 10th - Sunday 16th June 2019**



#MensHealthWeek Find out more at: [www.mhfi.org](http://www.mhfi.org) #MensHealthMatters



**International Men's Health Week (MHW)** always begins on the Monday before Father's Day and ends on Father's Day itself. During 2019, it will run from Monday 10th until Sunday 16th June.

It is celebrated in many European countries, as well as in the USA, Australia, New Zealand, Canada and a number of other places worldwide. The overall aims of MHW are to:

1. Heighten awareness of preventable health problems for males of all ages.
2. Support men and boys to engage in healthier lifestyle choices / activities.
3. Encourage the early detection and treatment of health difficulties in males.

This year **Sure Start South Armagh** is giving all **Mens** (registered with Sure Start South Armagh) an opportunity to improve their health by accessing **Free Classes at Newry Leisure Centre for 4 weeks** delivered by professional instructor. Call to book your place: **028 308 300 22**

**Tuesday 4<sup>th</sup> June 20:30 – 21:30 BODYPUMP**

**Tuesday 11<sup>th</sup> June 20:30 – 21:30 SPINNING**

**Tuesday 18<sup>th</sup> June 20:30 – 21:30 PILATES**

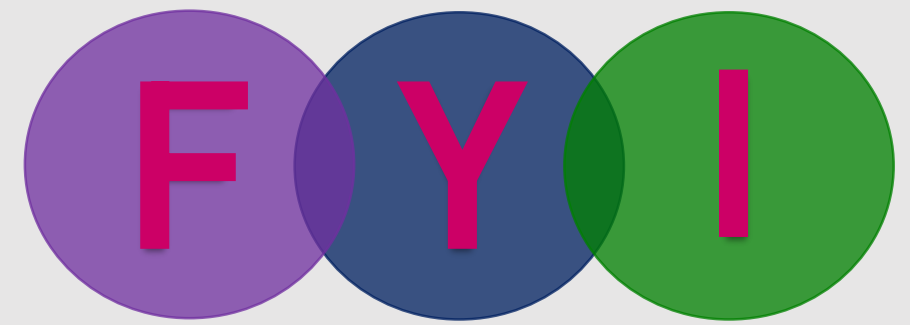
**Tuesday 25<sup>th</sup> June 20:00 – 21:30 Health check - CIRCUIT TRAINING**

t: 028 308 300 22



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

1. Submit the information in the format you would like it to be included. We won't transform a word-heavy document into a flyer, please make it easy for us!
2. Less words, bigger pictures!
3. We do not advertise or endorse those events or programmes which are privately funded as a business.
4. Information will usually be included for x2 editions (1 month), unless requested or if your event takes place sooner.
5. FYI will be issued every fortnight, on a Thursday afternoon. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
6. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
7. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
8. Please let us know if FYI has helped your service, event or activity in any way.



## For Your Information

### Upcoming LPG Meetings:

- Craigavon:** Tue 4<sup>th</sup> June @ Brownlow Community Hub
- Armagh:** Thur 6<sup>th</sup> June @ Promoting Wellbeing Training Room, St. Luke's
- South Armagh:** Tue 11<sup>th</sup> June @ Newtownhamilton Community Centre
- Newry:** Wed 19<sup>th</sup> June @ Newry Youth Resource Centre
- Banbridge:** Tue 25<sup>th</sup> Jun @ Banbridge Old Town Hall
- Dungannon:** Thur 27<sup>th</sup> June @ First Step's Women's Centre

**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](mailto:localityplanning@ci-ni.org.uk)

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