There are 29 family support hubs across Northern Ireland supporting families. In 2018/19 7137 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

Introduction

Parents, carers, family members...

if you need us we’re here.

FREE LOCAL HELPLINE
0808 8020 400

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

OPEN 6 DAYS A WEEK:
Mon-Thurs 9am-9pm
Fri 9am-5pm
Sat 9am-1pm
Connecting Young Mums.. *Taster session*
A new programme for young mums aged 18-30 Years
Tuesday 2nd July 2019
10am-12pm
Atlas Centre, Lisburn

Connecting Young Mums is a new support programme designed to bring young mothers together to promote maternal mental health and wellbeing.

Young mums often face significant challenges which can affect mental health, relationships, employment and life opportunities… This new programme seeks to support young mums, in coming together to talk about current issues affecting their lives, and promote maternal mental health and well being..

Crèche available
Facilitated by Debbie Mehaffy (Licensed Heal Your Life Teacher)

To book your place and crèche (if required) contact Gillian at Atlas on 92605806. *Limited Places Available*

Have you had a baby younger than 18 months?
Have you weaned or are you currently weaning your baby?

If the answer to both questions is YES, we are interested to hear about your experiences with feeding your child and your every-day life as a parent.

We are inviting you to take part in our survey which is a part of a UK-wide research study by Queen’s University Belfast.
The survey is straight-forward and takes about 20 minutes to complete.

By taking part you enter a prize draw for 10 One4All gift cards worth £25. You will also have the chance to access helpful and up-to-date information on feeding your little ones.

Click here to take part in the survey:
https://acsurvey.qualtrics.com/jfe/form/SV_gvttieSItUd5Afad

For more information email Eleni on weaningstudy@qub.ac.uk or call on 079 089 73438
Bi-monthly Family Support Hubs Newsletter,

Families Together

Time for Parents

Do you live in the Antrim area? Struggling with a parenting issue? Looking for a listening ear or some support? Available all year round, including summer months

Kate Preston
Families Together Counsellor
Ring 0003800722 to make an appointment

Sibling Workshop for children aged 8-10

Date: 12th-15th August (10am-12)
Venue: Monkstown Village Centre
Monkstown Road
NEWTOWNABBEY
BT37 0HS

Helping brothers and sisters understand their sibling's Autism

FREE Taster Session
Understanding Behaviour Difficulties in ASD

Date: 12th August 2019
Venue: Monkstown Village Centre
Monkstown Road
NEWTOWNABBEY
BT37 0HS
Time: 6.30pm – 9.30pm

FREE Taster Session
Understanding the Sensory Needs of Children with ASD

Date: 19th August 2019
Venue: Monkstown Village Centre
Monkstown Road
NEWTOWNABBEY
BT37 0HS
Time: 6.30pm – 9.30pm

Booking forms can be obtained from:
Clarine, 02890401729 ext 4 or christinec@autismni.org
Monkstown Village Centre, 02890860090 or villagecentre@internet.com

LOTTERY FUNDED
Family Health Initiative

This is a FREE 11 week healthy lifestyle programme for ALL FAMILIES with a child aged 8-11 years (younger siblings welcome) who want to make healthier lifestyle choices. Families learn through fun, interactive sessions about healthy eating and physical activity. Every week you will try different foods together and have fun with active games and sports, encouraging families to try new activities and have fun together.

Starting Thursday 4th July 2019
@ Brownlow Hub
10.30am - 12.30pm

Layout of programme –
Discussion Time – 45 minutes discussion
Food Time – 15 minutes (Try new foods)
Activity Time – 60 minutes physical activity

<table>
<thead>
<tr>
<th>Session</th>
<th>Topic</th>
<th>Date</th>
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<tbody>
<tr>
<td>1</td>
<td>Getting to know you</td>
<td>Thurs 4th Jul</td>
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<tr>
<td>2</td>
<td>Physical Activity</td>
<td>Thurs 11th Jul</td>
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<td>3</td>
<td>The Eatwell Guide</td>
<td>Thurs 18th Jul</td>
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<td>4</td>
<td>Gimmie 5 Fruit and Vegetables</td>
<td>Thurs 25th Jul</td>
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<td>5</td>
<td>Reflecting on Mealtimes</td>
<td>Thurs 1st Aug</td>
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<td>Supermarket Tour &amp; Food Labelling</td>
<td>Tues 6th Aug</td>
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<td>8</td>
<td>Lunchboxes</td>
<td>Thurs 8th Aug</td>
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<td>9</td>
<td>Healthy Routines</td>
<td>Thurs 15th Aug</td>
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<td>10</td>
<td>Ready steady Cook, Quiz/Technic</td>
<td>Thurs 22nd Aug</td>
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<td>11</td>
<td>Sharing and Reflection</td>
<td>Thurs 29th Aug</td>
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<td>16</td>
<td>Follow up session</td>
<td>Thurs 3rd Oct</td>
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<td>24</td>
<td>Follow up session</td>
<td>Thurs 28th Nov</td>
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FREE FRISBEE, WATER BOTTLE, HIGHLIGHTER, SHOPPING BAG, NOTEBOOK & BEACHBALL and lots more for those who attend each week.

For more information & to register contact Diane on 07791334012

The Family Health Initiative is funded by the Public Health Agency.

#ThinkB4UDrink

An evidenced parenting programme for both parents and young people aged 12-16 to work together to improve their relationships
Childline is there 24 hours a day, 7 days a week.

0800 1111
www.childline.org.uk

Here NI is a community organisation and registered charity based in Belfast. We’re here to support lesbian and bisexual women and our families and improve the lives of L&B women across Northern Ireland. We do this in lots of different ways; through providing information; peer support; facilitating training; lobbying government and agencies on your behalf; offering a community space for meeting and much more.

Whether you want to connect with other lesbian and bisexual women through one of our peer support group, link up with other same sex families through our family group, find out about your rights, or get involved as a volunteer, just get in touch or drop into our office in Belfast city centre. You can also explore this website to find out more about the services we offer and you’ll find lots of useful resources to help with any question you might have. www.hereni.org
The Learning Disability Helpline is a free service for advice and information about learning disability which can help you to find the right support in your area. It is open from 9am to 5pm, Monday to Friday by phoning: 0808 808 1111 or by email on helpline.ni@mencap.org.uk https://t.co/y7AAaKqnUD (https://twitter.com/Mencap_NI/status/1135521768943312899?s=03) Get the official Twitter app at https://twitter.com/download?s=13
### Bi-monthly Family Support Hubs Newsletter

**SUMMER WORKSHOPS!**

- Themed Coffee Mornings
- Social & Creative Classes
- Educational Workshops
- Lunch Club
- Children Activities
- Educational Outings

Lift Access to all floors

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**JULY**

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<td>1</td>
<td>Craft Club (Dance) 10.00-12.00</td>
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<td>Hypnotherapy 11.00-12.00</td>
<td>Connecting Young Mums 10.00-12.00</td>
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**Childcare Available**

For parents/carers

**All toddler sessions £2**

Prices are based on meeting criteria

*Call for more details on times, costs and to book*

**028 92605806**

**07927 970847**

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**Rooms for hire**

- Training
- Counselling
- Café
- Creche
- Rooftop & Terrace

**Free Women’s Mental Health Support Groups**

**Free Counselling**

**Free Men’s Mental Health Support Groups**

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**Atlas Café**

Teas, coffees, hot & cold snacks
Open 9.00 – 2.00
SUMMER SWEET PROGRAMME

29th July - 22nd August

16-24 Living in North Belfast & Newtownabbey Area?

ACHIEVE YOUR POTENTIAL IN 4 WEEKS

GAIN QUALIFICATIONS

FUN DAY TRIPS

CASH INCENTIVE ON COMPLETION

aislinn.morris@ashtoncentre.com
028 95 609 522

BOOK A FREE PLACE

HURRY, SPACES ARE LIMITED!!

For more information and a copy of the registration form visit
antrimandnewtownabbey.gov.uk/PCSP @Antrimborough
For further information on Family Support Hubs in your area?

Contact: Helen Dunn, Regional Coordinator of Family Support Hubs

Email: Helen.dunn@hscni.net

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