

Welcome to the 13th edition of our information bulletin, **FYI** (*For Your Information*) - the first of our two summer issues for 2019.

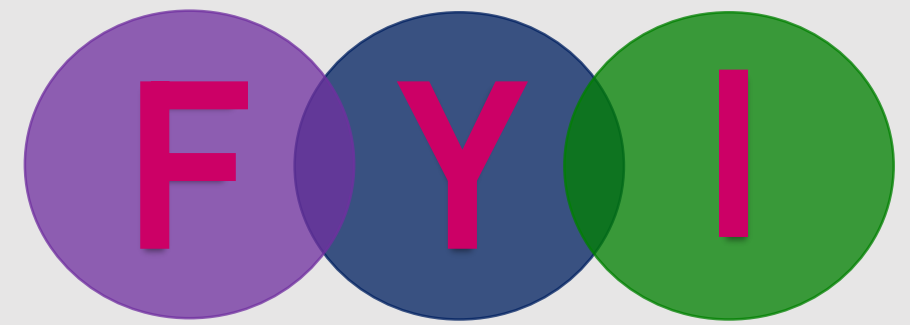
The next edition of FYI will be circulated on Thursday 29th August. In September we will revert back to our fortnightly bulletins.

Enjoy the rest of your summer!

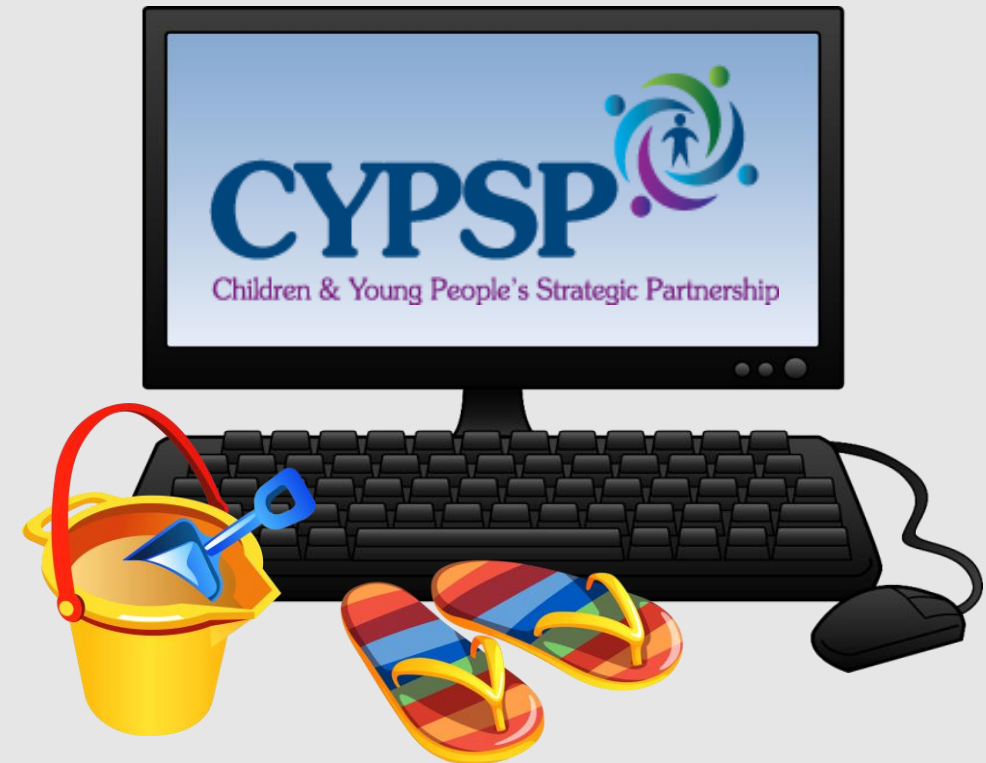
Darren Curtis and Joanne Patterson
Locality Development Team, Southern Trust Area

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For Your Information



August 2019

Date	Course	Times
* Later Start times for August Training (09:45) *		
Thurs 1 st Aug	Managing Challenging Behaviours	09:45 - 16:30
Fri 2 nd Aug	Paediatric First Aid	09:45 - 16:30
Mon 5 th Aug	Designated Officer	09:45 - 16:30
Tues 6 th Aug	Child Protection Level 2	09:45 - 16:30
Mon 12 th , Tue 13 th & Wed 14 th Aug	Therapeutic Crisis Intervention (TCI) – 3 Days Extern, Mallusk, N'Abbey	09:45 - 16:30
Thurs 15 th Aug	Child Protection Level 2	09:45 - 16:30
Fri 16 th Aug	UNOCINI (Half Day)	09:45 - 13:00
Thurs 22 nd Aug	Female Genital Mutilation - a Child Protection issue	09:45 - 13:00
Tues 27 th Aug	Child Protection - Level 1	09:45 - 13:00
Wed 28 th Aug	Safeguarding in the Digital World (Level 3)	09:45 - 16:30

To Book: www.ci-ni.org.uk/training

Please note that these courses are for the community & voluntary sector only.

Click [HERE](#) to book

The Oaks
Longstone Hospital Site
Mullinure Lane
Armagh
BT61 7PR
Tel: 028 3756 6777

Food, Mocktails,
Gaming
and much more.
August 8, 2019
4-7pm
Free Entry

RSVP : autism.services@southerntrust.hscni.nete: autism.services@southerntrust.hscni.net

Teen Programmes

Programme: Strengthening Families**Attendees:** Parents, Carers & Young people**Age range:** 12-16 years**Start date:** 18 September 2019**Duration:** 14 Weeks**Times:** 6pm—8pm**Location:** Newry**Facilitators:** Ascert**Referrals/Enquiries:****t:** 0800 2545 123 **m:** 07549528220**Additional information:** Childcare transport and evening meal provided.**Programme:** Odyssey Parenting your teen**Attendees:** Parents and Carers**Age range:** Teenagers**Start date:** 3 October 2019**Duration:** 8 Weeks**Time:** 7pm—9pm**Location:** Dungannon**Programme:** Odyssey Parenting your teen**Start date:** 29 January 2020**Duration:** 8 Weeks**Time:** 7pm—9pm**Location:** Portadown**Facilitators:** Parenting NI**Referrals/Enquiries:** 080 880 10722 (Freephone)**Programme:** Walking on Eggshells**Non Violent Resistance Programme****Attendees:** Mums only**Start date:** 1 October 2019**Duration/Time:** 8 Weeks**Time:** 10am-12pm**Location:** Armagh**Referrals/Enquiries:** 080 880 10722 (Freephone)**Additional Contacts/Information:****Lorraine O'Neill**

Parenting Partnership Manager

CASS Centre

Lough Road

Lurgan

t: 028 38 310920 / 07880474747**e:** Lorraine.ONeill2@eani.org.uk**Martina McCooey**

Child Development Interventions Co-ordinator

Southern Health and Social Care Trust

Promoting Wellbeing Division

t: 028 3756 4462 / 07795 450278**e:** martina.mccooey@southerntrust.hscni.net

Please visit our webpage

www.cypsp.org/ebpp

for further information



MAKING LIFE BETTER

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

Evidence Based PARENTING SUPPORT PROGRAMME DELIVERY

*Giving every child
the best start / opportunity
in life.*



2019/ 2020

e: Lorraine.ONeill2@eani.org.uk / Martina.McCooey@southerntrust.hscni.net

Southern Trust Programmes 2019/20

Programme	Type/Age range	Start Date	Duration/ Time	Location	Referrals/Enquires	Additional info
EARLY YEARS Mellow Mums (Parents/Carers & Children)	0-4 years	8 October 2019	14 weeks 10am—2pm	Armagh / Dungannon	e: mellow.parenting@southerntrust.hscni.net t: 028 37 564489 Maureen McSorley	Parents & children to attend. Lunch provided. Transport available
	0-4 years	6 November 2019	14 weeks 10am—2pm	Craigavon	e: mellow.parenting@southerntrust.hscni.net t: 028 37 564489 Maureen McSorley	Parents & children to attend. Lunch provided. Transport available
	0-4 years	4 February 2020	14 weeks 10am—2pm	Newry	e: mellow.parenting@southerntrust.hscni.net t: 028 37 564489 Maureen McSorley	Parents & children to attend. Lunch provided. Transport available
INCREDIBLE YEARS (Parents /carers)	Toddler 1-2 years	19 September 2019	12 weeks 10am—12pm	Banbridge Sure Start	Sure Start Banbridge 028 406 22475 Parenting Partnership t: 028 38310920 m: 078800474747 e: Lorraine.oneill2@eani.org.uk	Open to families in and outside Sure Start area. Childcare available
EARLY YEARS/ School Age Incredible Years ADHD Programme (Parents/Carers)	3-7 years	19 September 2019	20 weeks	Newry	e: Eileen.costellorawat@cllp.ie e: Christina.ryan@cllp.ie t: 00353 42 9502220	Parents must attend information session. Screening for referrals will also take place
	3-7 years	February 2020	20 weeks	Armagh	As above	As above
SCHOOL AGE Incredible Years (Parents/Carers)	School age 5-12 years	8 October 2019	12 weeks 10am—12pm	Newry Teachers Centre	Referral / Enquiries: Parenting Partnership t: 028 38 310920 m: 078804 74747 e: Lorraine.oneill2@eani.org.uk	Childcare available
	School age 5-12	October 2019	12 weeks 10am—12 pm	Portadown	As above for Parenting Partnership or NIACRO t: 028 38 331168	Childcare and transport available
	School age 5-12	January 2020	12 weeks 10am—12pm	Portadown	NIACRO t: 028 38 331168 or Home Start t: 028 30266139	Childcare and transport available
	School age 5-12	10 March 2020	12 weeks 10am—12pm	Dungannon Teachers Centre	Parenting Partnership-see above	Childcare available
	School age 5-12	11 March 2020	12 weeks 10am—12pm	Lough Road Learning Centre, Lurgan	Parenting Partnership-see above	Childcare available

e: Lorraine.ONeill2@eani.org.uk / Martina.McCooey@southerntrust.hscni.net

ATTENDANCE AT
BOTH TRAINING
DATES (8TH & 15TH
OCTOBER 2019)
IS MANDATORY



DRUG & ALCOHOL RESPONDER

We are all aware of the negative impact alcohol and other drugs can have on individuals, families and the wider community. People are often unsure how to access the right support.

The Drug and Alcohol Responders initiative provides key members of the community with the tools to have effective conversations with individuals seeking help about their alcohol or other drug use and to signpost them to the most appropriate services.

Responders will be members of the community drawn from a range of backgrounds, perhaps working in job centres, taxi firms, community organisations or anywhere else that has a front-facing role, or those involved in community or church groups, sports clubs or foodbanks etc.

Responders will undergo a comprehensive two-day accredited training programme. Over the two days, participants will receive training in basic alcohol and drug awareness, how to have effective conversations using the evidence-based Brief Intervention (FRAMES) model and how to use the online Responder toolkit. The online toolkit has been designed to guide Responders through any interactions they may have and aid them in identifying further options and signposting for the individuals concerned.

Drug and alcohol Responders will be supported by their local Drug and Alcohol Coordination Team (DACT) Connections service.

For further information please contact:
Southern Drug & Alcohol Connections Service
Phone: 02838322714
Email: connections@sdact.info
Website: www.drugsandalcoholni.com



e: connections@sdact.info

SAVE THE DATE 'GOOD BEGINNINGS'



Southern Area Infant Mental Health Strategy Launch

Friday 29th November 2019
Details to follow

e: Martina.McCooey@southerntrust.hscni.net



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”

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



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
w. www.southerntrust.hscni.net/services/1986.htm

HSC 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



goodfood toolkit FACILITATOR TRAINING INFORMATION

The goodfood TOOLKIT uses the Eatwell Guide model to help people understand and enjoy healthy eating. The programme ensures nutrition information on healthy lifestyles provided to local communities is accurate and practical.

goodfood TOOLKIT Facilitator training is informal, interactive and practical and covers the following:

- ✓ Healthy eating and the importance of physical activity
- ✓ Each of the sections of the Eatwell Guide
- ✓ Salt
- ✓ Making sense of food labels

Use of the Toolkit and delivery of nutrition education sessions by community workers is flexible. Sessions can be run as a one off or as a series of sessions. The Toolkit can also be used as a nutrition reference document for community workers.

Training is open to people working within statutory, community and voluntary organisations that want to provide nutrition information on healthy lifestyles.

The goodfood toolkit focuses on general healthy adults who do not have special therapeutic dietary requirements and can be used within a range of adult groups within the community. It is **not suitable** for adults with learning disabilities, infants and young children and frail older people.

goodfood toolkit Facilitator Training

Day Tuesday 10th September 2019
Time 9.30am - 4.30pm
Venue Haven Close, St Luke's Hospital Site, Armagh

PLEASE NOTE PLACES LIMITED TO 20

To apply for a place, please complete enclosed application form and return via email to cookit@southerntrust.hscni.net or by post to *Cook it! PWB Team, Ward 1, St Lukes Hospital, Armagh, BT61 7NQ*

PLEASE NOTE Confirmation of a place will be sent via email prior to the course commencing



Food Values Programme

Shop Smart. Spend Less. Eat Well

FOOD VALUES is a short food budgeting programme that aims to make healthier food choices more accessible within a limited budget. **Food Values** is a programme for anyone who buys and prepares their own food each week. The programme includes practical activities as well as hands-on cooking and tasting. There are 4 sessions in Food Values lasting 2 hours each: *Taking Care of the Pennies, Preparing to Shop, The Cost of Convenience* and *Be a Savvy Shopper*. It therefore compliments other healthy eating initiatives such as the Cook-it! Programme.

Food Values is delivered by facilitators who are recruited from community and voluntary organisations and trained by the Cook it! Team Dietitians.

Food Values Facilitator Training is informal, interactive and practical and covers Food hygiene, Principles of healthy eating, Using the Eatwell Guide, Using the Food Values manual & activities

Quotes from previous participants.....

"...I find I spend less on groceries, after the initial 1st week where I went through my cupboard, but I've money from one week to next now & can manage my money better now because of it. I compare brands which makes my shopping a lot cheaper."

Food Values Facilitator Training

Day 1 Tuesday 19th November 2019

Time 9.30am – 4.30pm

Venue Haven Close, St Luke's Hospital Site, Armagh

PLEASE NOTE PLACES LIMITED TO 16

To apply for a place, please complete enclosed application form and return via email to

cookit@southerntrust.hscni.net or by post to *Cook it! PWB Team, Ward 1, St Lukes Hospital, Armagh, BT61 7NQ*

PLEASE NOTE Confirmation of a place will be sent via email prior to the course commencing



e: cookit@southerntrust.hscni.net

ODYSSEY PARENTING YOUR TEEN PROGRAMME

I HATE THIS HOUSE!

You do my head in!

Get out of my room!

I DON'T WANT TO TALK ABOUT IT. LEAVE ME ALONE!

SOUND FAMILIAR?

Helping you deal with the reality of living with teenagers

Call to register:
0808 8010 722
Mon-Thurs 9.30am-3.30pm
Fri 9.30am - 12.30pm

Dungannon
Thurs 3rd Oct
Thurs 21st Nov 2019
Every Thursday for 8 weeks
7pm - 9 pm

ParentingNI Odyssey

ParentingNI



WALKING ON EGGSHELLS

NON VIOLENT RESISTANCE PROGRAMME

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

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

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

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

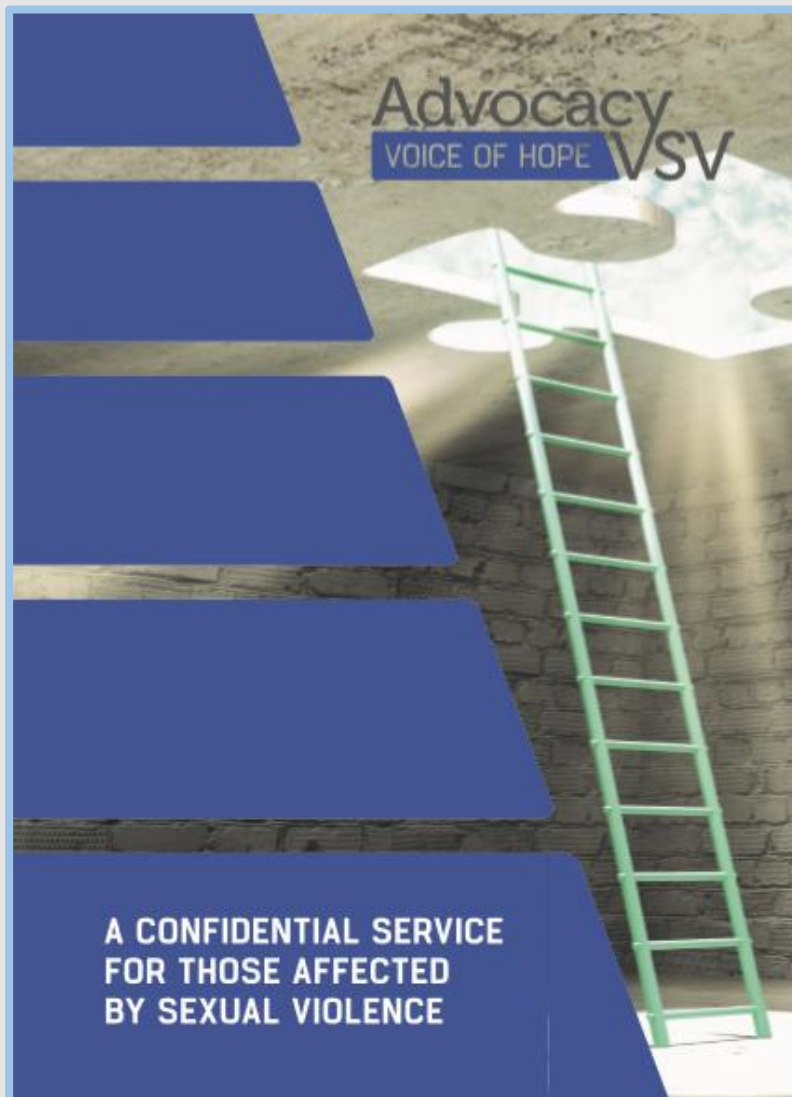
CALL TO REGISTER
0808 8010 722

ARMAGH
TUESDAYS
1st Oct - 19th Nov 2019
8 Weeks
10.00 am - 12 noon

* Due to funding stipulations this programme is only available to mothers at this time

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

To register for the above programme(s), call: 0808 8010 722



Advocacy
VOICE OF HOPE VSV

A CONFIDENTIAL SERVICE
FOR THOSE AFFECTED
BY SEXUAL VIOLENCE

Advocacy
VOICE OF HOPE VSV

We are here to advocate on behalf of victims of sexual violence; supporting them throughout their experience of the criminal justice system.

Based in the Newry and Mourne area we offer support to those living in the southern trust.

We will support, guide and advise individuals on the criminal justice system, health services and victims rights.

Regardless of gender and demographic characteristics, provided individuals are over sixteen we will offer immediate and one-to-one emotional support, professional advice and signposting where required.

We will meet individuals in the privacy and safety of their own homes or where-ever they view a safe place is for them.

On behalf of individuals we will continually link with other agencies involved in their progression through the criminal justice system.

IF YOU FEEL ADVOCACY VSV IS FOR YOU, OR SOMEONE YOU KNOW, CONTACT US ON 07852 594 677 OR FIND US AT WWW.ADVOCACYVSV.COM

w: www.advocacyvsv.com



What?

- The Centre for Independent Living NI (CILNI) is an organisation of disabled people, working to support disabled people choosing to take more control over their arrangements for personal support.

Why?

- We believe that independent living is important and work to raise awareness about Direct Payments (Option 1 under the Self Directed Support framework) as a way for disabled people to have more control over their support and lifestyle choices.

Who?

- Since 2001 we have provided a range of services to disabled people, including older people, people with learning disabilities, disabled parents and parents of disabled children.

Training Opportunities

We can provide free training on use of Direct Payments to anyone in our local communities including statutory sector, community and voluntary sector, schools, colleges, universities or any other interested party.

For more information please contact Emma O'Neill

Email: emma@cilni.org

Website: www.cilni.org



[centreforindependentlivingni](https://www.facebook.com/centreforindependentlivingni)



[cfilni](https://www.twitter.com/cfilni)

"Working together to enhance Independence"

e: emma@cilni.org

STOP FEMALE GENITAL MUTILATION

CIORRÚ BAILL GHINIÚNA BAN

WORKSHOP LEAD

Angie Marriott,
UK Honour Based
Violence and FGM
expert.



St. Mary's University College, Thurs 1st Aug, 11am

Whiterock Children's Centre invite you to a workshop on Female Genital Mutilation (FGM). The aim of this workshop is to raise awareness about FGM in NI and increase detection and reporting, keeping African girls safe. Female Genital Mutilation (FGM) is a safeguarding and Child Protection issue and is illegal in NI. All staff who work with children need to understand: What the practice of FGM is, why it is done, Cultural barriers associated with FGM and how to overcome them, Risks associated with FGM, how to protect and safeguard children, how to report FGM through the safeguarding channels, how to support FGM survivors.

WARNING!! Some distressing content included!!

Event is not suitable for children. Organised by Whiterock Children's Centre. For more information **Contact** lhintz: 028 9043 8438 or lhintz: i.oliden@whiterockchildrenscentre.org

Coláiste Ollscoile Naomh Muire, 1 Lúnasa, 11i.n.

Ba mhór ag Ionad Páistí na Carraige Báine fáilte a chur romhat teacht chuig díospóireacht faoi Chiorrú Baill Ghiniúna Ban (CBB), ábhar atá iontach faisnéiseach agus a bhfuil ábhar machnaimh ann. Tá an ráta ina dtarlaíonn CBB go minic ag méadú go mór (breis agus 90%) i dtíortha fo-Shaháracha amhail an tSomáil agus an tSúdáin. In amanna, tugtar cailíní óga (ag aois bunscoile agus meánscoile) a bhfuil cónaí orthu i dtíortha san Iarthar, ar ais chuig a dtíortha dúchais i rith laethanta saoire scoile agus déantar CBB orthu. Tá leibhéal na haoise ag a ndéantar é seo ag ísliú mar is dócha nach n-inseoidh cailíní faoi 3 bliana d'aois na rudai a tharla dóibh do dhuine ar bith. Beidh sé mar aidhm ag an imeacht seo níos mó daoine a chur an eolas faoin cheist seo. Eagraithe ag Ionad Páistí na Carraige Báine.

Teagmháil: lhintz: 028 9043 8438 or

lhintz: i.oliden@whiterockchildrenscentre.org

e: i.oliden@whiterockchildrenscentre.org



What a great time of the year to think about packing up a picnic and getting outdoors (whatever the weather)!

Being outdoors is good for our overall health and wellbeing and for children outdoor play activity can offer many opportunities:

- Freedom and space can encourage more expansive physical movement amongst children leading to good physical exercise and help prevent obesity
- Playing outdoors also allows children to develop self-confidence, independence, self-esteem and allows them the opportunity to access balance and risk
- Playing outdoors gives children the freedom to shout, make noise and let off steam and being in the open air often offers time away from busy routines or schedules
- Being outdoors is good for eye health; more time spent outdoors is related to reduced rates of short-sightedness (myopia) in children and young people
- Running and chasing which can develop good physical fitness, agility and stamina
- Jumping and running which can help develop bone density, develop large muscle groups and stability
- Climbing which can help develop coordination, balance and strength

View our Play Matters **Playing Outdoors** Briefing Sheet [HERE](#) and our **Outdoor Fun in the Sun** Information Sheet [HERE](#), which has some playful ideas.

As always, please feel free to share, especially with parents. [#playmatters](#)

For further information on the Carers Support Service

Call our helpline and information service, or email us.

Tel: 07826 930508
(The cost of calls to a mobile phone from different operators and mobile providers may vary.)

Email: price@carers.org

Open Monday–Friday, 9am–5pm

If you can't get through because our lines are busy or wish to call outside those hours, you can leave a message, we will call you back within one working day.

Or contact your local Outreach and Information Support Worker

Ruth Allen, Armagh & Dungannon

Email: rallen@carers.org

Tel: 07702 819112

Michelle Moul, Craigavon & Banbridge

Email: mmoult@carers.org

Tel: 07702 819111

Lorraine Murphy, Newry & Mourne

Email: lmurphy@carers.org

Tel: 07702 819109

Carers.org/carers-support-service-northern-ireland

 www.facebook.com/CarersTrust

 www.twitter.com/carerstrustni

About Carers Trust Northern Ireland

Carers Trust Northern Ireland is part of Carers Trust, a major charity for, with and about carers. We work to improve support, services and recognition for anyone living with the challenges of caring, **unpaid**, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Our vision is that **unpaid carers** count and can access the help they need to live their lives.



Looking after someone?

Carers Trust can help with advice on personal wellbeing, benefits and support, and can signpost for assistance with finance

Funded by



Quality Care - for you, with you

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: Unit 101, 164–180 Union Street, London SE1 0LH
All library photos posed by models.
© Carers Trust 2018.



w: www.carers.org/carers-support-service-northern-ireland

About our Carers Support Service

If you are looking after someone who wouldn't be able to cope on their own our Carers Trust Carers Support Service can help you.

We offer a helpline and information service, training and social events. All our services are **free and confidential** and available to **unpaid** carers aged 18 and over who provide substantial and regular care for anyone with a disability, an illness or who is older or frail. This includes carers who receive carer's allowance.

The service is funded by the **Southern Health and Social Care Trust** and is available to carers of people living in the Southern Trust area.

A carer is anyone who cares, **unpaid**, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.



Our helpline and information service

Getting the right advice, support and information can help you in your caring role and make a big difference. To find out more, call our helpline and information service, or email us.

Tel: 07826 930508

(Calls to a mobile phone from different operators and mobile providers may vary.)

Email: price@carers.org

We will call you back within one working day.

Our friendly and qualified staff will be able to give information on:

- Support and choices available to you as a carer.
- Carer support assessments to help you get the right support.
- Training and social events for carers.
- How to access advice on benefits.
- The Southern Health and Social Care Trust's carer support services.

Whatever your caring situation, we can offer information and advice over the phone or by email which can help you manage your caring role. And if we can't help, we can put you in touch with the service or support organisation that can.

And don't worry if this is the first time you've asked for help, we're here to help you take those first steps to getting the right support for you.

Remember!

All our services are free and confidential

Training and social events for carers

Our regular training and social events across the Southern Trust area are free to carers.

Our welcoming sessions are run by experienced staff and will:

- Help you develop your own caring skills, knowledge and expertise.
- Give you the chance to meet other carers in a relaxed environment.
- Support you to look after your own health and wellbeing.

Sessions are usually held in the daytime, however we can be flexible to meet carers' needs.

Topics for the sessions will cover areas such as:

- The caring role
- Work
- Finance
- How you feel
- Time for yourself
- Managing at home

Please contact us for details of upcoming events or to join our mailing list.



w: www.carers.org/carers-support-service-northern-ireland

What Information about me is kept by the Hub?

The Hub will keep a copy of your referral form. Once your referral has been allocated, we will collect and dispose of all other copies of the referral form. We will ask the organisation who have agreed to provide support to you to confirm that they have started; that you completed the programme with them and if the support was of benefit to your family.

How can I be sure that the Hub respects my confidentiality?

All organisations taking part in the Hub have signed an Information Sharing Protocol that sets out the legal basis for sharing information.

For further information about the Family Support Hub in your locality please contact:

ARMAGH/ DUNGANNON HUB

Pat McGeough
Young People's Partnership Barnardos
39A Abbey Street, Armagh,
BT61 7DY
Tel: 02837522380
Email: familysupporthub@barnardos.org.uk

PORTADOWN/ CRAIGAVON/ BANBRIDGE HUB

Rachel Long/ Lisa Grant
Child and Parenting Support (CAPS) NIACRO
26 Carleton Street, Portadown Co
Armagh, BT62 3EP
Tel: 02838331168
Email: familysupporthub@niacro.co.uk

NEWRY & MOURNE HUB

Jacinta Linden SPACE
24 Monaghan Street, Newry,
BT35 6AA
Tel: 02830835764
Email: familysupporthub@space-ni.com

family Support HUB
SHSCT Area

INFORMATION FOR FAMILIES



CYPSP
Children & Young People's Strategic Partnership

niacro **Believe in children** **space**
Barnardos

November 2014

What is a Family Support Hub?

A group of voluntary, community and statutory organisations who meet to match requests for family support to the most appropriate services. The organisations involved have good knowledge of the support services available to families in the local area. Family Support Hubs intend to:

- ☑ support parents and children at the earliest possible opportunity by ensuring that family support service providers work together.
- ☑ improve access to family support services for all parents and children.
- ☑ help planners know what families need in order to provide better services.

Where are the Hubs and when do Hub meetings take place?

There are three Family Support Hubs in the Southern area who meet once per month as follows:

- ☑ Armagh and Dungannon - last Friday of the month
- ☑ Portadown/ Craigavon/ Banbridge - last Tuesday of the month
- ☑ Newry and Mourne - last Thursday of the month

Who is involved in the Family Support Hub?

Statutory, voluntary and community organisations who provide support services to families.

What are the roles of these organisations?

All of these organisations provide early intervention family support services and could be able to help your family. They also have a good knowledge of other family support providers in the community that could offer help. Social work representatives are also involved to ensure that help from social services can be provided if your family needs it.

How do I make a referral to a Family Support Hub?

A referral to a Family Support Hub can be made by completing a referral form which must have either parental consent, or the consent of the young person if over 16 years old. The completed referral form should be sent to the Family Support Hub in your locality—see overleaf for details.

What details are shared with the Hub?

Your details are only shared with the organisations involved in the Hub with your consent. In order to consent to your details being shared, you will be asked by the person making the referral on your behalf to sign the form. The information shared on the referral form is necessary to allow the Hub to decide the best type of service to meet your needs. If significant concerns emerge about you or any child in your family it may be necessary to share information about your circumstances without your consent. This will only ever occur if it is considered necessary to protect a child and you will be advised of this.

What happens after the Hub meeting?

We will write to you to confirm which organisation can help your family and will send a copy of this letter to whoever referred you. The organisation who has agreed to offer you support will contact you directly to arrange to meet with you.

If you wish to make a referral, please contact the appropriate coordinator listed above

To download the Family Support Hub **Referral Form**, click [HERE](#)

To view the Southern Trust Family Support Hub **Video**, click [HERE](#)

The screenshot shows the Family Support NI website. At the top, there's a navigation bar with 'familysupport NI .gov.uk' and links for 'Family Support' and 'Childcare'. Below this, a light blue banner contains text about finding services and a telephone number: 0800 389 1701. A 'Lifeline' logo with the number 0808 808 8000 is also present. A green box states 'Site safe'. The footer includes contact information for the Health and Social Care Board (HSCB) and a 'Send Online Message' button. A language selection dropdown menu is open, listing various languages including Afrikaans, Albanian, Amharic, Arabic, Armenian, Azerbaijani, Basque, Belarusian, Bengali, Bosnian, Bulgarian, Catalan, Cebuano, Chichewa, Chinese (Simplified), Chinese (Traditional), Corsican, Croatian, Czech, and a 'Select Language' option at the bottom. A large blue arrow points to this dropdown menu.

familysupport NI .gov.uk

Child sexual exploitation in N Ireland

Family Support Childcare

Helping You Find the Services You Need

Information on a wide range of family support services and registered childcare provision in Northern Ireland

your gateway team in your local Health and Social Care Trust.

confidential advice and support:

Telephone number: 0800 389 1701

Are YOU worried or in despair?

Visit NIDirect for more: [Child sexual exploitation – protecting children and young people](#)

Lifeline
0808 808 8000

Please call lifeline. Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair.

Site safe

All organisations on this website have declared to the Health and Social Care Board (HSCB) that they have clear policy and procedures for safeguarding children.

Health and Social Care Board

Department of Health An Roinn Stáinte Máinnystrie O Poustie

Select Language

- Afrikaans
- Albanian
- Amharic
- Arabic
- Armenian
- Azerbaijani
- Basque
- Belarusian
- Bengali
- Bosnian
- Bulgarian
- Catalan
- Cebuano
- Chichewa
- Chinese (Simplified)
- Chinese (Traditional)
- Corsican
- Croatian
- Czech
- Select Language

Powered by Google Translate

Contact Us

Family Support NI
Health and Social Care Board,
Gransha Park House,
Gransha Park,
Clooney Road,
Derry, BT47 6FN

Tel: 0845 600 6483

[Send Online Message](#)

Follow

[Facebook](#) [Twitter](#)

Useful option for Front Line Staff...

English not your first language?

Do you know you can translate information on the **Family Support NI** website (www.familysupportni.gov.uk) to a variety of different languages?



DRAFT Northern Ireland Children and Young People's Plan 2019-2021



CYPSP would be very interested in your feedback on the **DRAFT Northern Ireland Children and Young People's Plan 2019-2021**.

It is important to us to hear what you have to say about what the partnership should be addressing as we work to improve outcomes for the children and young people across Northern Ireland.

Our primary collection method for responses will be **Survey Monkey** (Click [HERE](#)), however we are happy to receive comments in any format. If you require this document in an alternative format (such as large print, easy read or in other languages) please contact:-

Valerie Maxwell

Children's Services Planning Information Manager

Tower Hill

Armagh

Tel: 028 95363168

E-mail: cypsp@hscni.net

Please complete and submit your response by **Friday 30th August 2019**.

To view the **DRAFT Northern Ireland Children and Young People's Plan 2019-2021**, click [HERE](#)



Parents, carers, family members...

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



**FREE LOCAL HELPLINE
0808 8020 400**

Chat online: www.ci-ni.org.uk

Email: parentline@ci-ni.org.uk

OPEN 6 DAYS A WEEK:

Mon-Thurs 9am-9pm

Fri 9am-5pm

Sat 9am-1pm



The internet has become a part of everyday life, and it's hard for the younger generation to imagine a day without it.

Used for the right reasons, having access to the online world has so many benefits for children. As well as playing games, children can increase their knowledge and also keep in touch with friends. However, there are risks parents should be aware of.

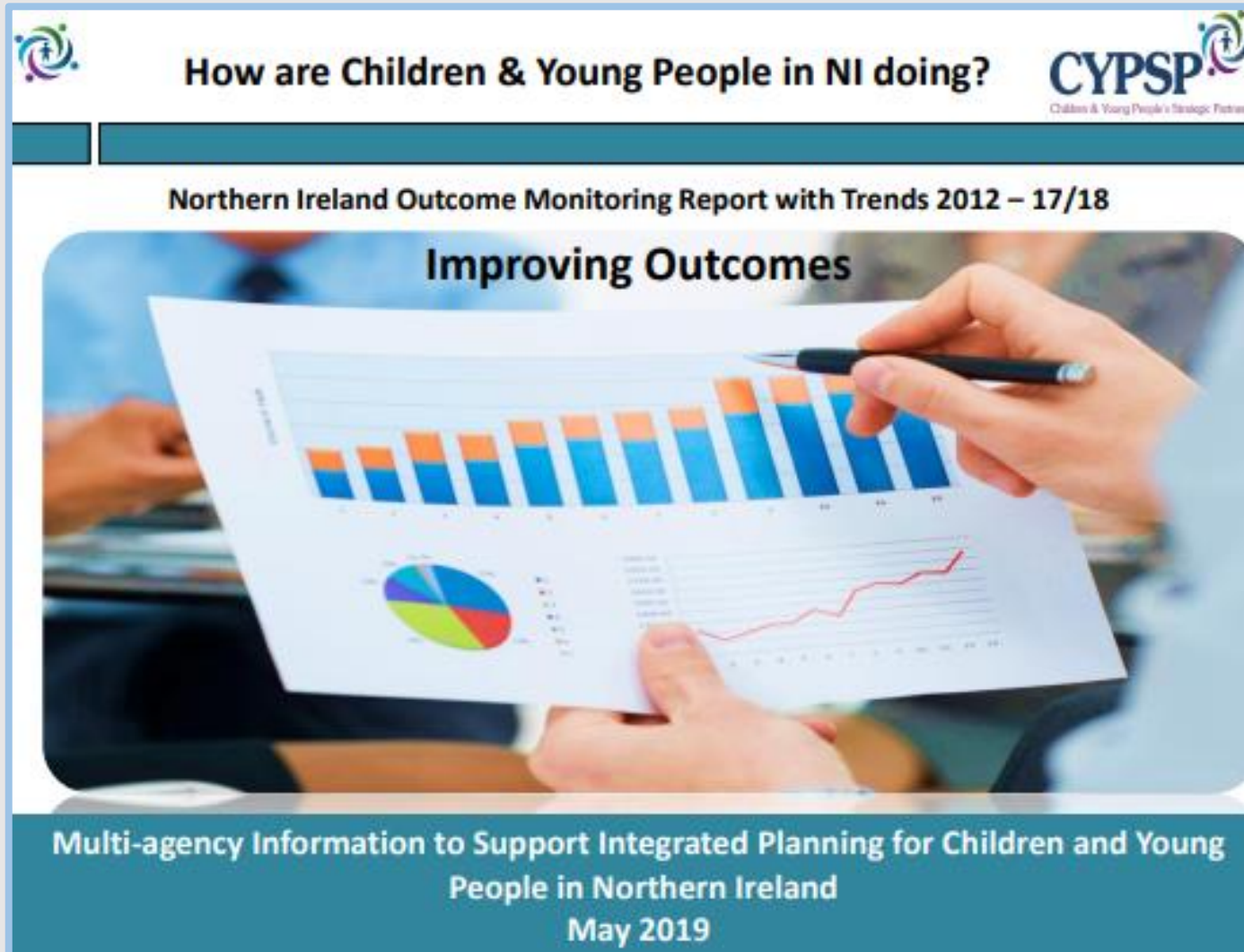
#2

**Digital Declutter:
How to keep your
child safe online**



Listen to ParentLine Podcast Episode 2 [HERE](#), where Ciaran Traynor, Social Worker, offers tips to ensure younger members of your family develop good internet habits and stay safe online.

w: www.ci-ni.org.uk / e: parentline@ci-ni.org.uk



To view the NI Children and Young People's Outcomes Monitoring Report, click [HERE](#)



First Steps
Women's Centre

OPEN DAYS

Education, Training & Support Services

I.T.



WELLBEING



Monday 5th August 2019— Thursday 8th August 2019

10.00am - 4.00pm



THIS PROJECT IS PART FUNDED THROUGH THE NORTHERN IRELAND EUROPEAN SOCIAL FUND PROGRAMME 2014-2020 AND THE DEPARTMENT FOR THE ECONOMY

e: fswc.enquiries@gmail.com

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



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.
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/change4thatlasts

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 Craig Road, Cookstown
BT80 8QG

M: 07703813655
T: 028 96709300

E: alison@midulsterwomensaid.org.uk
W: www.midulsterwomensaid.org.uk

UPCOMING TRAINING DATES:

17TH & 24TH AUG

7TH & 14TH SEP

20TH & 27TH SEP

15TH & 22ND OCT

9TH & 16TH NOV

e: alison@midulsterwomensaid.org.uk



Supporting separated dads in NI

PARENTING APART PROGRAMME

Six week parenting programme supporting dads to minimise the impact of separation on children

The programme explores:

- ✓ Emotional impact
- ✓ Parenting roles
- ✓ Changes in relationships
- ✓ Legalities
- ✓ Financial impact
- ✓ Moving on

ArKe SureStart

Armagh City Shopping Centre, Thomas Street, Armagh

Six week course starting
Wednesday 18th September from 6-8pm
Requests for places on the programme can be made by calling
freephone 0808 8010 722

For more information visit:
parentingni.org



ParentingNI



CHEEKY BLINDERS

27th JULY 8pm - 11pm **COST FREE**

AGE: 13 - 17 **FREE**

FOR TICKETS:

facebook.com/epicentrearmagh/events

search cheeky blinders

Event planned for young people by young people

Disco
Live Band
Free Food
Mocktails
Photobooth

For more information
see facebook page,
or contact Epicentre:
028 3751 1400

Logos at the bottom: Peace Northern Ireland - Ireland, ea, Believe in children, react, Armagh City and District Council, Southern Health and Social Care Trust, People, SPRING, START, YouthAction, Communities.

CHEEKY BLINDERS

Armagh YSI (Youth Space Initiative) is a cross-community project involving young people from across Armagh who are working to make a difference for young people by helping them have a voice on what activities and facilities they'd like to see for their age-group. Cheeky Blinders is a free social event run by the group of young people for young people in Armagh.

When:

Saturday 27th July, 8pm - 11pm

Who can go?

All young people aged 13 - 17

Cost?

Free

How?

Tickets in advance only!

To book go to:

facebook.com/epicentrearmagh/events
eventbrite.co.uk (search cheeky blinders)

Where?

Epicentre Armagh



"This is an evening of fun but we also want to find out what young people want to see in our town. We have been working hard, checking out projects in other towns, and we want to give young people in Armagh a voice in making it happen"

The group currently meets at the Epicentre with support by the Education Authority Youth Services. This project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body. It is supported by local organisations working together including REACT, Youth Action, Southern Health & Social Care Trust, Spring, Barnardos, Start 360, and the Children & Young People's Partnership.

The project is coordinated by Armagh Neighbourhood Renewal Programme, ABC Council.

The event is fully supervised, for more information call the Epicentre Tel. 3751 1400



e: Janice.Simpson@southerntrust.hscni.net

Click [HERE](#) to book (Tickets in advance ONLY!)



CoH-Sync Project Overview

Connected Health is delighted to be working with the Southern Health and Social Care Trust to deliver this project.

CoH-Sync is short for Community Health Synchronisation, this project aims to have a positive impact on the Health and well-being of individuals and communities, by empowering them to take responsibility and control of their own health and well being. CoH Sync is a cross border health project that focus on; Physical Activity, Smoking, Alcohol, Nutrition and Mental Health.

What We Do

Help you live a healthier lifestyle by providing you with:

- A free, confidential and personal health & well-being plan.
- One-to-one support from a Community Health Facilitator/Trainer.
- Connect you to your local community.
- Provide you with encouragement and support to keep you on track with your health goals.

Who is CoH-Sync for?

Open to anyone in the Armagh/Dungannon area aged 18 years and over.

Get in Touch

- Sinead Donnelly – Senior Health Facilitator | Sinead.Donnelly@connected-health.co.uk
- Laura Winter – Health Facilitator | Laura.Winter@connected-health.co.uk
- Andrea Milligan-Health Facilitator | Andrea.milligan@connected-health.co.uk
- Nicola Mitchell- Health Facilitator | nicola.mitchelle@connected-health.co.uk



e: laura.winter@connected-health.co.uk



Community Health Sync Project



DONEGAL LOCAL DEVELOPMENT CLG



HSC Health and Social Care



Interreg



Cawthra

CoH-Sync Project Partner Organisations

Western Health & Social Care Trust

Health Service Executive

Public Health Agency

Southern Health & Social Care Trust

NHS Dumfries & Galloway

Health & Social Care Board

CoH-Sync Project Delivery Partners

Donegal Local Development CLG.

Monaghan Integrated Development.

Breifni Integrated Development.

NHS Dumfries & Galloway.

Connected Health.



Local Community Health & Well-being Hub Contact Details.

Connected Health (Armagh/Dungannon)
 Tel: 077 7843 2972
 E: sinead.donnely@connected-health.co.uk
 W: www.connected-health.co.uk

Monaghan
 Monaghan Integrated Development,
 Monaghan Road,
 Castleblayney,
 Co. Monaghan.
 A75 NA02
 Tel: 042 9749500
 Kevin (087) 7189396
 Brandy (087) 3311833
 Eleanor (087) 3941080
 E: info@midl.ie

Cavan
 Breifni Integrated Development,
 Unit 6A Corlughan Business Park,
 Ballinagh Road,
 Cavan Town.
 Tel: 049 4331029
 Michael (087) 7208796
 Raymond (087) 7206469
 Juliette (087) 2187965
 E: info@breifniint.ie



Community Health Sync Project

Supporting Cross-Border Health

ConnectedHealth

Breifni

A project supported by the European Union's INTERREG VA Programme, managed by the Special EU Programme Body.



Community Health Sync Project

A new cross-border area intervention to support positive health & well-being and prevention of ill health.

CAWT CoH-Sync Project Overview

CoH-Sync is short for 'Community Health Synchronisation' and this project aims to have a positive impact on the health and well-being of individuals and communities.

What we want to do

Help you live a healthier lifestyle by providing you with:

- A free, confidential and personal health & well-being plan.
- One-to-one support from a Community Health Facilitator/Trainer.

'Starting to watch more carefully what I am eating and trying to keep active'.
John, 39

- Provide a pathway to a healthier you.
- Deliver a local community approach to health & well-being.
- Connect you to your local community.
- Provide you with encouragement and support to help keep you on track with your health goals.

CoH-Sync is a cross-border community health project that focuses on








Who is CoH-Sync for?

Armagh/Dungannon (Connected Health) is open to anyone 18 years old and over (Adults only).
 Monaghan (MID) and Cavan (Breifni) participants: Open to everyone in your community.

How CoH-Sync can Benefit you?

- Feel better about yourself
- Increase your confidence
- Be more active and healthier
- Set realistic goals
- Eat healthier
- Connect with your community
- Build new relationships

'First time I found time to exercise, I love it. I have got fitter and lost weight'.
Patricia, 56

Your Next Step. You Decide!

- Contact a Community Health & Well-Being Hub in your community OR chat with your health professional for more information or referral.
- Start your health journey with us.
- It could not be easier, so take the next step and get in touch.



It couldn't be easier, so take the next step and get in touch!

e: laura.winter@connected-health.co.uk

YOUTH ENGAGEMENT SERVICE

SOUTH ARMAGH

SUMMER BLAST

WORKSHOPS, OUTDOOR ACTIVITIES + TRIPS!

1st - 3rd YEARS | 30 SPACES AVAILABLE!

(For those finishing 1st, 2nd + 3rd year in June 2016)

REGISTRATION NIGHT
**TUESDAY 21ST
MAY @ 7.00PM** | £15 PER WEEK

Venue: Silverbridge Community Resource Centre

**DATES: 22ND-26TH JULY +
29TH JULY-2ND AUGUST**

Times: 11am - 4pm (Trip times will vary)

For further information please contact: Lizzy - Magnet YAC Youth Engagement Service
Tel: (028)30252214 / Email: yes.magnetyac@gmail.com

e: gemma.magnetyac@gmail.com

Community Pathway Summer Scheme

22nd of July to 23rd of August

Dates for the Summer Scheme

- o 22nd of July : Families Together (0-8 years old)
- o 29th of July : Siblings Programme (8-12 years old)
- o 5th of August : 4-8 year old Programme
- o 12th of August : Wider Worlds Programme (8-12 years old)
- o 19th of August : Reaching Further Programme (13-18 years old)



Five week Summer Scheme catering for Children and Young people and their siblings with a disability or awaiting a diagnosis.

Fun filled week with plenty of onsite and offsite activities including:

Music programmes, Sensory play, Baking and Food Art, Gardening and Outdoor play, Sports day, Jewellery making, Drama and Story time.

£20 per child secures your booking. If interested please contact

Sineadw@early-years.org or on 07712237645 or Ashley at ashleyb@early-years.org 07702824489 for application and further information. Closing date for application before 28th of June.



Wheelie Active/Junior Paralympic

Saturdays from 22nd of June to 31st August

10-11am in Newry Leisure Centre / 4-12 years old / 1 pound per child
Fun games for children with any physical disability. The programme also include non-disabled peers of the children taking part, for example a brother, sister or friend.

Boccia

Saturdays from 22nd of June to 31st August

11.15-12.15pm in Newry Leisure Centre / 1 pound per child
Fun games for children with physical disabilities. The programme also include non-disabled peers of the children taking part, for example a brother, sister or friend.


Inclusive Cycling

Saturdays from 22nd of June to 31st August


1-2pm in St. Colman's Track in Newry / 2 pounds per child
Inclusive bikes for people with physical, sensory or learning disabilities. The programme also include non-disabled peers of those ones taking part, for example a brother, sister, parent or friend.

e: Sineadw@early-years.org / ashleyb@early-years.org

e: amcalinden@dsni.co.uk



Young Men's Group




Young Men's Legacy Programme

Exploring Masculinity
And What It Is To Be
A Young Man!


Newry, Mourne
Down District


14-25
Years old?


All Young Men
Welcome



Contact:
Geraint Griffiths
Young Men's Development Worker
Phone: 028 37511624
Email: Geraint@youthaction.org







e: Geraint@youthaction.org

SLIEVE GULLION EXCLUSIVE SUMMER OFFER





HALL HIRE WITH FREE COACHING

Is your group planning a visit to
Slieve Gullion this summer
but worried the weather might ruin your plans?

Take advantage of our summer offer.

£50

FOR £50, YOUR GROUP WILL RECEIVE:

- ROOM HIRE FOR YOUR VISIT*
- SPORTS COACH FOR 1 HOUR SESSION
- 10% OFF PURCHASES AT THE HUT

To book contact Sarah on 028 3089 8119 or
sarah.mccullough@clanryegroup.com

Sports activities can be tailored to your need. Coaches can provide fun
games through sport, dance, and general fitness class.
**T&C's apply*

BOOKING ESSENTIAL

e: sarah.mccullough@clanryegroup.com



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



Session	Topic	Date
1	Getting to know you	Thurs 4th July
2	Physical Activity	Thurs 11th July
3	The Eatwell Guide	Thurs 18th July
4	Gimme 5- Fruit and Vegetables	Thurs 25th July
5	Reflecting on Mealtimes	Thurs 1st Aug
6+7	Supermarket Tour & Food Labelling	Tues 6th Aug
8	Lunchboxes	Thurs 8th Aug
9	Healthy Routines	Thurs 15th Aug
10	Ready Steady Cook, Quiztastic	Thurs 22nd Aug
11	Sharing and Reflection	Thurs 29th Aug
16	Follow up session	Thurs 3rd Oct
24	Follow up session	Thurs 28th Nov
36	Follow up session	Thurs 20th Feb

FREE FRISBEE, WATER BOTTLE, HIGHLIGHTER, SHOPPING BAG, NOTEBOOK & BEACHBALL for those who attend all 11 weeks.

For more information & to register contact Diane on 07791334012



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

t: 07791334012

Sustain
@Portadown Market

School Uniform Exchange

**2-4pm Sunday
4th August 2019**

email: sustain@portadown2000.com

e: sustain@portadown2000.com



ABC Inclusive Summer Schemes

Inclusive sports and physical activity opportunities for children with a disability, along with siblings and friends.

Craigavon Scheme
Craigavon Leisure Centre
Ages 7-11 years
21st & 22nd August 2019
10am - 3pm
£10pp

Armagh Scheme
Epicentre, Armagh
Ages 12-16 years
13th & 14th August 2019
10am - 3pm
£10pp

As this is primarily a sport and physical activity summer scheme participants should have an interest in this.
1:1 care will not be provided so children must be able to attend independently or have a friend/ sibling to assist.

Please register your interest with
Colleen Connolly, Inclusive Sports and Leisure Officer
on Email: colleenconnolly@dsni.co.uk or 028 3832 2205.



e: colleenconnolly@dsni.co.uk /
rmcquillan@liveactiveni.co.uk



Have your say on the Get Moving ABC Framework!

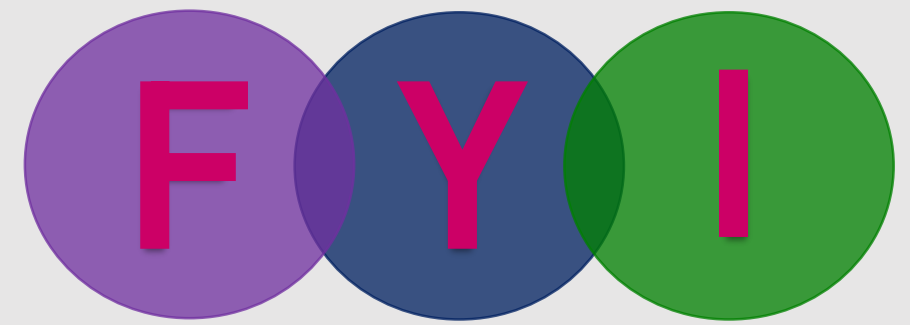


As part of the Community Plan for Armagh City, Banbridge and Craigavon, the Get Moving ABC Partners (Council, Education, Health and Community Volunteer Sector) are developing a collaborative framework to engage everyone in physical activity and get them moving.

As part of this consultation we would like to ensure that everyone has an opportunity to express their views.

The consultation will be open from **Monday 22 July - Friday 2 August** and can be found at the link below It will only take a couple of minutes to complete and we would encourage everyone to have their say.

To give us your views on the **Get Moving ABC Framework**, click [HERE](#)



For Your Information

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.

Upcoming LPG Meetings

Armagh:	Thur 5 th Sep @ Promoting Wellbeing Training Room, St. Luke's
Newry:	Wed 11 th Sep @ Venue TBC
Dungannon:	Thur 12 th Sep @ Venue TBC
South Armagh:	Tue 17 th Sep @ Newtownhamilton Community Centre
Banbridge:	Tue 1 st Oct @ Banbridge Old Town Hall
Craigavon:	Tue 8 th Oct @ Brownlow Community Hub
All LPG meetings start at 10am 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