

# SOUTHERN AREA LOCALITY PLANNING GROUPS

## ISSUE 14 | 29<sup>TH</sup> AUGUST 2019

Welcome to the 14<sup>th</sup> edition of our information bulletin, **FYI** (*For Your Information*) - the second of our two summer issues for 2019.

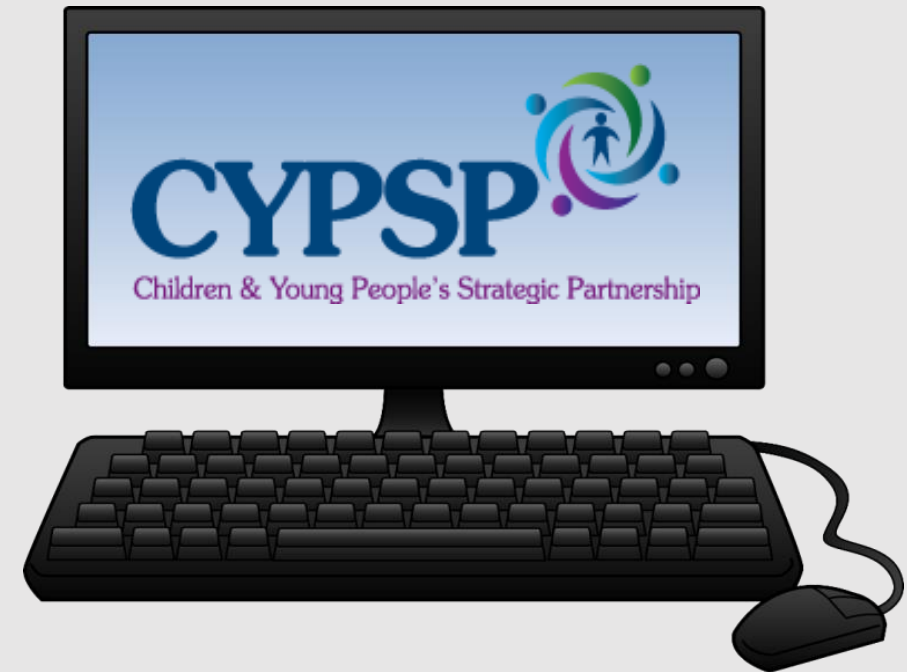
Coinciding with back to school, we will be reverting to our fortnightly bulletins in September, with the upcoming edition being circulated on Thursday 12<sup>th</sup> September 2019.

Looking forward to catching up with all of our LPG members (past, present and pending!), at our post-summer meetings, which recommence in September also.

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

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### September Courses 2019

Date	Course	Times
Thurs 5 <sup>th</sup> Sept	Child Protection Level 2	09:45 - 16:30
Fri 6 <sup>th</sup> & 13 <sup>th</sup> Sept	Mental Health First Aid (2 Day)	09:45 - 16:30
Wed 11 <sup>th</sup> Sept	Risk Assessment and Risk Management	09:45 - 16:30
Thurs 19 <sup>th</sup> Sept	Designated Officer	09:45 - 16:30
Fri 20 <sup>th</sup> Sept	Trauma Informed Relationships in Practice	09:45 - 16:30
Mon 23 <sup>rd</sup> Sept	Child Protection Level 2	09:45 - 16:30
Mon 30 <sup>th</sup> Sept	Child Protection Refresher (Half Day)	09:45 - 13:00

Please note that registration is from 09:45am for a prompt 10am course start

**To Book:** [www.ci-ni.org.uk/training](http://www.ci-ni.org.uk/training)

Please note: these courses are for the voluntary / community & faith sector only.

If you are not eligible, please contact [jenny@ci-ni.org.uk](mailto:jenny@ci-ni.org.uk) if you wish to book a course for your organisation.



Click [HERE](#) to book

## Free School Meals and Uniform Grant

### DID YOU KNOW?

If you receive a qualifying benefit, your child may be eligible for free school meals and assistance towards a school uniform.



### ELIGIBILITY

**Parent(s)/Guardian(s):** you can apply if your child is in full-time education and you are in receipt of a qualifying benefit.

**Student(s):** you can apply if the course you are studying is a full-time course and you are receiving a qualifying benefit in your own name.

### HOW TO APPLY

Application forms and instructions are available at:

-  [www.eani.org.uk/financial-help](http://www.eani.org.uk/financial-help)
-  Jobs and Benefits Offices
-  Your child's school or college
-  Community Advice Centres
-  EA Offices

### CONTACT US

You can call your local Education Authority office:

- EA Belfast Office 028 9056 4000
- EA Ballymena Office 028 2566 1355
- EA Dundonald Office 028 9056 6200
- EA Armagh Office 028 3751 2523
- EA Omagh Office 028 8241 1496



more information is available at:

**[www.eani.org.uk/financial-help](http://www.eani.org.uk/financial-help)**

Eligibility to Free Schools Meals and the Uniform Grant is subject to Dept of Education Criteria and Education Authority approval

w: [www.eani.org.uk/financial-help](http://www.eani.org.uk/financial-help)

## Relationships & Sexuality Education Facilitators Training Course



### The course

This course is designed for people who would like to develop their knowledge and skills to become providers of RSE, as part of their current role and/or in the wider community.

### Topics include:

Sexual Health conditions  
HIV: Transmission and Living with HIV  
Sexually transmitted infections (STIs)  
Contraception methods  
Relationships and Sexuality Education (RSE)  
Training and facilitation skills  
Sexual Health Services

### ACCREDITATION

This course has been accredited by the Open College network (OCN) as a Certificate in Relationships and Sexuality Education with 10 credits at Level 3

To complete this accreditation requires full attendance at 10 training days along with personal study and completion of course assignments

### Who should apply?

Applications are welcome from people working in either statutory or voluntary sectors who want to provide RSE with young people/adults. Places are restricted to 10 participants

### Training Costs

ACET has been funded by the Public Health Agency (PHA) to provide this accredited course. Priority will be given to applicants working/volunteering/living in the Belfast area, but the course is also open to applicants from ALL areas. As this course is funded by the PHA it is free of charge to participants.

### Dates for 2019

All training days will be held at CFC, Hollywood Road, Belfast BT4 2AN from 10.00am – 4.00pm on the following dates:

Sept: Wed 18<sup>th</sup>, 25<sup>th</sup>  
Oct: Wed 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>  
Nov: Wed 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

### I'm Interested – what next?

For further information please contact Nigel Armstrong at [nigel@acet-ni.com](mailto:nigel@acet-ni.com) or telephone on (028) 90428575



ACET (Northern Ireland) Ltd.  
58a High Street  
Hollywood  
BT18 9AE  
Northern Ireland



e: [nigel@acet-ni.com](mailto:nigel@acet-ni.com)

## REIM Digital and Online Safety awareness training

Thursday 5<sup>th</sup> September  
2019

2.00pm – 4.30pm

Or

Wednesday 11<sup>th</sup> December  
2019

10.00am – 12.30pm

Promoting Wellbeing  
Training room  
St Luke's site  
71 Loughgall Road  
ARMAGH BT61 7NQ

Please return your application to:  
[pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)  
before Wednesday 21<sup>st</sup>  
August 2019



REIM Training Solutions

This workshop encompasses the key aspects of digital and online safeguarding.

It is designed to provide professionals who work with children and young people with up-to-date information and knowledge on the issues that young people may be facing in their on-line life and the potential dangers of using the Internet.

The workshop will cover:

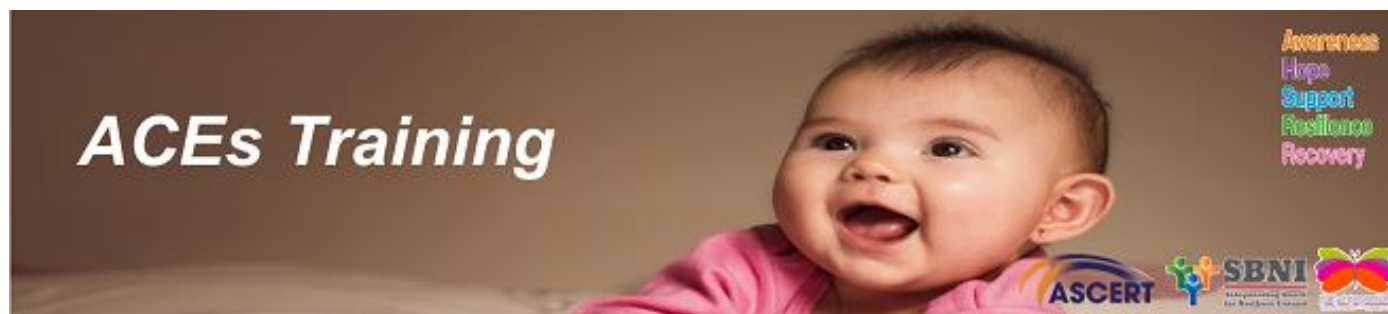
- How the use of social media and the internet by professionals can have an impact on their professional and personal lives.
- Social media, gaming and apps – the risks.
- Child sexual exploitation.
- Privacy.
- Digital consent, sexting, sending and receiving messages.
- Digital laws and safeguarding.

The format will be a combination of real life case studies, group work and presentations.

The workshop is open to all services, organisations and individuals working to support parents and young people.

The course can facilitate teams, for further information contact: [lyndsey.hasson@southerntrust.hscni.net](mailto:lyndsey.hasson@southerntrust.hscni.net)

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



ASCERT is currently delighted to be working alongside The Safeguarding Board of Northern Ireland to deliver their Adverse Childhood Experiences training.

This training is the fourth workstream within the Early Intervention Transformation Programme (EITP). The EITP is a Delivering Social Change / Atlantic Philanthropies Signature Programme.

The training comprises of a 3 hour Level 1 awareness session, 3 hour Level 2 skills-based session, and a 2 day Train the Trainer.

The delivery of the Level 1 is well under way and has been really well received.

The delivery of the Level 2 training will commence in September.

The Level 2 training is only available for those who have completed the Level 1 course or Karen Treisman ACE training.

The ACEs training is a province wide initiative.

The project completes in March and it is hoped that a legacy of Adverse Childhood Experiences training will continue to upskill those practitioners working with children and young people who are being impacted by Adverse Childhood Experiences.

Click [HERE](#) to sign up



The Training Room at **Start360** presents  
**'An Introduction to Helping Related Trauma.'**

This interactive one-day workshop is an opportunity for all carers, helping professionals, and managers to assess and address the impact their work has on their emotional wellbeing. We will explore ways to reduce the risk of being personally impacted by the traumatic experiences of those we support.

The training also provides a broad overview of how we can become more trauma informed at service and organisational level.

Through discussion and reflection, we can discover how and why caregivers and helpers are affected by another person's suffering.

**When**

17th September 2019  
9.30am-4.30pm

**Where**

Start360 6-10 William  
St Belfast BT1 1PR

**Additional Information**

Please note there are  
only 16 places available  
on this course

Refreshments and  
Lunch are provided

e: [learning.development@start360](mailto:learning.development@start360) / Book [HERE](#)

## FREE CAPACITY BUILDING TRAINING

As part of the Elevate Programme, the team will deliver four practical and interactive Programmes in each HSC Trust area. This is a free, interactive and activity-based two-day training programme focusing on community development as a way to reduce health inequalities. Participants must be available for both days of the training.



### What will the sessions cover?

- Understanding the values and principles of community development
- Understanding what health inequalities are, why they exist and how they look in your community
- How to know you are making a difference in your community and how to share this learning with others
- How to action plan and take ideas forward in your local community

### Who is the training for?

Anyone with an interest in community development and health inequalities including staff and volunteers in voluntary organisations, community groups, councils, health and social care and government agencies.

**PLEASE NOTE THERE  
ARE LIMITED SPACES  
ON EACH TRAINING  
PROGRAMME**

Click [HERE](#) for dates and to book your place



See how the new Hungry Little Minds campaign is helping parents to set their children up nicely for school with fun tips and activities.

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



THE  
DIANA  
AWARD

### HOW DO I NOMINATE?

Nominations must be made before the **12 March 2020 deadline** at

[www.diana-award.org.uk/nomination-centre/](http://www.diana-award.org.uk/nomination-centre/) where further information about the nomination process and our programmes can also be found.

We would also welcome your support in helping us spread the word even further, encouraging others to nominate for The Diana Award so that we can celebrate the amazing things that your young people are doing!

### WHAT IS THE DIANA AWARD?

The Diana Award is the most prestigious accolade a young person can receive for their social action or humanitarian work. The Award is the longest running award for young people that is given to individuals and groups through a retrospective nomination process only. We believe this is special. Young people do not work towards the award, rather they demonstrate their suitability through their actions, without any expectation of reward.

### WHO CAN RECEIVE THE DIANA AWARD?

We are excited to invite you to shine a spotlight on an unsung hero by nominating a young person from your organisation. The Award is open to young people aged 9 - 25 who have been engaged in at least 12 months of activities, who are selflessly transforming the lives of others, often in the face of adversity. We know that there are many young people in Northern Ireland who fit this criteria and we believe that they deserve recognition on a global platform.

### WHAT ARE THE BENEFITS?

Young people who receive The Diana Award are presented with a personalised certificate and invited to attend a sparkling award ceremony, if located in the UK. Diana Award Holders are also presented with an invitation to Althorp House, Princess Diana's childhood home. These invitations are gifted to Diana Award Holders in kind by Princess Diana's, brother Earl Spencer, in recognition of their continuation of Diana's legacy.

Organisations who make a successful nomination also gain the opportunity to raise their profile by being featured in The Diana Award Roll of Honour released to the media by The Diana Award in July every year.

The Award is also a vehicle for inspiring many more young people to engage in social action, mobilising new generations to make a positive change in the world, as Princess Diana believed they could. Click [HERE](#) for a full list of the 2019 Diana Award Holders.



## What do students do on Team?

They complete a series of 7 units:

- |               |   |
|---------------|---|
| <b>Unit 1</b> | <b>Planning for Personal Development</b><br>Students complete plans and goals, reviewing them at regular intervals and meeting with Team Leaders to reflect and achieve. This is a visible scale for skill improvement and finishes by setting future goals and resources.  |
| <b>Unit 2</b> | <b>Team Work</b><br>This unit centres around improving team working skills and allows students to use experience in the classroom and on residential to facilitate this. Residential happens in the second week to speed up the bonding process.  |
| <b>Unit 3</b> | <b>Community Projects</b><br>This unit is dedicated to facilitating a project that students design, fundraise for, and carry out. It takes 3 weeks of planning and practical application and will allow students to choose a cause of their choice to create a project that will leave a lasting impact on the community. In the last year alone we have worked to support Syrian Refugees by making school supply kits, creating activity packs for the Royal Hospital for Sick Children, The 174 Trust by creating a sensory garden, PIPS mental health, creating a full youth programme and Tiny Life, by creating 50 packs to support families of premature babies. |
| <b>Unit 4</b> | <b>Work Experience</b><br>Two full weeks work experience in a field of choice.  |

- |               |  |
|---------------|--|
| <b>Unit 5</b> | <b>Career Planning</b><br>Students learn here how to complete application forms, search for jobs, match up qualifications with requirements, complete a full working CV and stage a mock job interview. Students completing this unit, leave it focused on their next steps and where they aim to be after Team.   |
| <b>Unit 6</b> | <b>Supporting Others in the Community</b><br>This unit is similar to the Community Project, except students take on 2 smaller challenges. We have carried out many challenges, such as throwing a party for Christmas/Easter/Hallowe'en for disadvantaged children, or young carers or the elderly, raising awareness for a number of causes, cleaning communal areas of cancer units and nursing homes or even painting and redecorating local centres. |
| <b>Unit 7</b> | <b>Presentation Skills</b><br>This last unit is a build up to a celebration for completing Team, where students involved are invited to show off all they have accomplished in whichever way they see fit. This gives students an opportunity to celebrate and present their time on Team, and set their aim and goals for the future.   |



e: [JaVincent@belfastmet.ac.uk](mailto:JaVincent@belfastmet.ac.uk)



## Background of the Team Programme at Belfast Met

The Team Programme at Belfast Met has been running now for over 13 years – with more than 100 teams completing the course. It is a 12 week programme, aiming to get young people into work, further education or higher education, depending on needs. We have worked with a number of different students from a multitude of backgrounds – university leavers, school leavers and school.

## Who runs Team?

Team is run by Belfast Met, Prince's Trust and is ESF funded. Every student gets a Team Leader, 1- 2 Assistant Team Leaders (most often), and a Programme Executive. Team Leaders and Assistant Team Leaders are the everyday point of contact. They deliver the qualification (see below), lead the team on projects and residential and facilitate the day to running of Team. Programme Executives come from the Trust, and regularly meet students with a focus on outcomes, helping them to apply for jobs, college courses and funding. Often the flag up potential roles and places and encourage students to apply.

## What do students achieve and get from Team?

Students attending Team can potentially gain up to three Level 2 qualifications. The first is in Team Work, Community Skills and Employability, delivered by the Team Leaders, and the second is in an Essential Skill area (usually English or Maths, with a scope to substitute ESOL if required).

Students receiving EMA, or claiming benefits are still entitled to do so and the course should not impact this.

In addition to this, students can claim back travel, childcare costs (up to £50 per week per child - limited to 3 children - or the costs of using a nursery or private childminder), and a full, free residential. This lasts for 3 days and typically enjoys water sports or outdoor pursuits such as ziplines, body boarding, canoeing, abseiling, rock climbing, coasteering, rodeo bulls, archery and zorbing.

They also receive the opportunity to attend alcohol/drug awareness classes, suicide prevention and mental health training, relationship classes, meetings with the Attorney general and an opportunity for day trips. Attendance at these further courses and classes are NOT essential and will not jeopardise the rest of the course.

## Perks of Joining

- Gain up to three Level 2 qualifications
- Payments available for childcare & travel
- 2 weeks work experience in a field of your choice
- FREE 3 day residential
- Leave with up-to-date and professional CVs designed with industry professionals
- Available to all 16-24 year olds out of full-time employment & education



Text your name to 07436 584 965 to speak to our team leader about starting your new journey!

e: [JaVincent@belfastmet.ac.uk](mailto:JaVincent@belfastmet.ac.uk)

## 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



### 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.

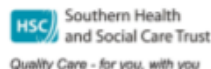
#### goodfood toolkit Facilitator Training

**Day** Tuesday 10<sup>th</sup> 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](mailto: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 complements 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 1<sup>st</sup> week where I went through my cupboards, 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 19<sup>th</sup> 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](mailto: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](mailto:cookit@southerntrust.hscni.net)

A living, working, active landscape  
valued by everyone.



#### Rural Micro Capital Grant Scheme 2019

This Scheme is funded under the Department of Agriculture, Environment and Rural Affairs Tackling Rural Poverty and Social Isolation Programme.

Micro Capital grants of **between £200 and £1,500** are available to rural community-led, voluntary organisations for projects tackling issues of local poverty and / or social isolation.

The total project cost **must not exceed £3,000**.

Projects must clearly address an issue of rural poverty and / or social isolation and applicants **must provide a minimum of 15% match funding**.

The scheme is being delivered by the Rural Support Networks on behalf of the Department of Agriculture, Environment and Rural Affairs. Application forms, guidance notes and further advice and information is available from the **Rural Support Network in your council area, details below**.

#### Key objectives

The Rural Micro Capital Grant Scheme 2019 has been designed to:

- Help rural community-led, voluntary groups to address local issues of **access poverty, financial poverty** and **social isolation**; and
- Improve the lives of rural communities, and in particular the wellbeing of isolated individuals.

Projects must focus on one of the following three themes:

- Modernisation (of premises / assets)
- Information Communication Technology (ICT)
- Health and Wellbeing

The Rural Micro Capital Grant Scheme 2019 will be open for applications from **Monday 2 September until 4pm on Friday 27 September 2019**.

For further information about the Rural Micro Capital Grant Scheme 2019, please contact the Rural Support Network for your council area.

Guidance Notes and Application Forms for the Rural Micro Capital Grant Scheme 2019 can be downloaded from your local Rural Support Network websites.

If you are unable to download the Guidance Notes and Application Form, the documents are available by e-mailing or phoning the Rural Support Network in your council area. PTO;

Council Area	Rural Support Network
Antrim & Newtownabbey Borough Council Mid & East Antrim Borough Council Causeway Coast & Glens Borough Council	Northern Area Community Network (NACN) <a href="http://www.nacn.org">www.nacn.org</a> Tel: 028 2177 2100 e-mail: <a href="mailto:grants@nacn.org">grants@nacn.org</a>
Armagh, Banbridge & Craigavon Council	The Armagh, Down and Antrim Network (TADA) <a href="http://www.tadasupportnetwork.com">www.tadasupportnetwork.com</a> Tel: 028 3839 8888 e-mail: <a href="mailto:microgrants@tadarsn.com">microgrants@tadarsn.com</a>
Derry & Strabane Council;	Rural Area Partnership in Derry (RAPID) <a href="http://www.rapidni.com">www.rapidni.com</a> Tel: 028 7133 7149 e-mail: <a href="mailto:michelle@rapidni.com">michelle@rapidni.com</a>
Fermanagh & Omagh Council;	Omagh Forum for Rural Associations (OFRA) <a href="http://www.omaghforum.org">www.omaghforum.org</a> Tel: 028 8825 1559 e-mail: <a href="mailto:info@omaghforum.org">info@omaghforum.org</a>
Mid Ulster Council;	Cookstown and Western Shores Area Network (CWSAN) <a href="http://www.cwsan.org">www.cwsan.org</a> Tel: 028 8773 8845 e-mail: <a href="mailto:microgrants@cwsan.org">microgrants@cwsan.org</a>  Community Organisation of South Tyrone and Area (COSTA) <a href="http://www.costaruralsupportnetwork.org">www.costaruralsupportnetwork.org</a> Tel: 028 8555 6880 e-mail: <a href="mailto:info.costa@btconnect.com">info.costa@btconnect.com</a>
Newry, Mourne & Down Council; North Down & Ards Council; Lisburn & Castlereagh Council	County Down Rural Community Network (CDRCN) <a href="http://www.countydownruralcommunitynetwork.com">www.countydownruralcommunitynetwork.com</a> Tel: 028 4461 2311 e-mail: <a href="mailto:info@countydownrcn.com">info@countydownrcn.com</a>

**The Closing Date for Applications is 4PM on Friday 27 September 2019**

Information on the scheme is also available on the Department of Agriculture, Environment and Rural Affairs website <https://www.daera-ni.gov.uk/topics/rural-development>

w: [www.daera-ni.gov.uk/topics/rural-development](https://www.daera-ni.gov.uk/topics/rural-development)



ATTENDANCE AT  
BOTH TRAINING  
DATES (8<sup>TH</sup> & 15<sup>TH</sup>  
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](mailto:connections@sdact.info)  
Website: [www.drugsandalcoholni.com](http://www.drugsandalcoholni.com)



e: [connections@sdact.info](mailto:connections@sdact.info)

## SAVE THE DATE 'GOOD BEGINNINGS'



### Southern Area Infant Mental Health Strategy Launch

Friday 29<sup>th</sup> November 2019  
Details to follow

e: [Martina.McCooey@southerntrust.hscni.net](mailto:Martina.McCooey@southerntrust.hscni.net)

Parents, carers, family members...

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

**0808 8020 400**



"I had no idea this support was available to Dads, now I know what I need to do to increase contact with my kids."

*Separated dad*

"I can't express the relief I feel now that I have spoken with you Kathy, I can see my situation a lot clearer now."

*Mum to 3 kids under 16*

"I always feel like I am in safe hands when I call ParentLine."

*Mum to twins under 5*

"It's so comforting to know that I am not alone on this new parenting journey, thank you for making me feel like an individual again."

*Anonymous*

w: [www.ci-ni.org.uk](http://www.ci-ni.org.uk) / e: [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)

## Teen Programmes

**Programme:** Strengthening Families

Attendees: Parents, Carers &amp; 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](http://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](mailto:Lorraine.ONeill2@eani.org.uk) / [Martina.McCooey@southerntrust.hscni.net](mailto:Martina.McCooey@southerntrust.hscni.net)

## Southern Trust Programmes 2019/20

Programme	Type/Age range	Start Date	Duration/ Time	Location	Referrals/Enquires	Additional info
<b>EARLY YEARS Mellow Mums (Parents/Carers &amp; Children)</b>	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
<b>INCREDIBLE YEARS (Parents /carers)</b>	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
<b>EARLY YEARS/ School Age Incredible Years ADHD Programme (Parents/Carers)</b>	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
<b>SCHOOL AGE Incredible Years (Parents/Carers)</b>	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

w: [www.cypsp.org/ebpp](http://www.cypsp.org/ebpp)

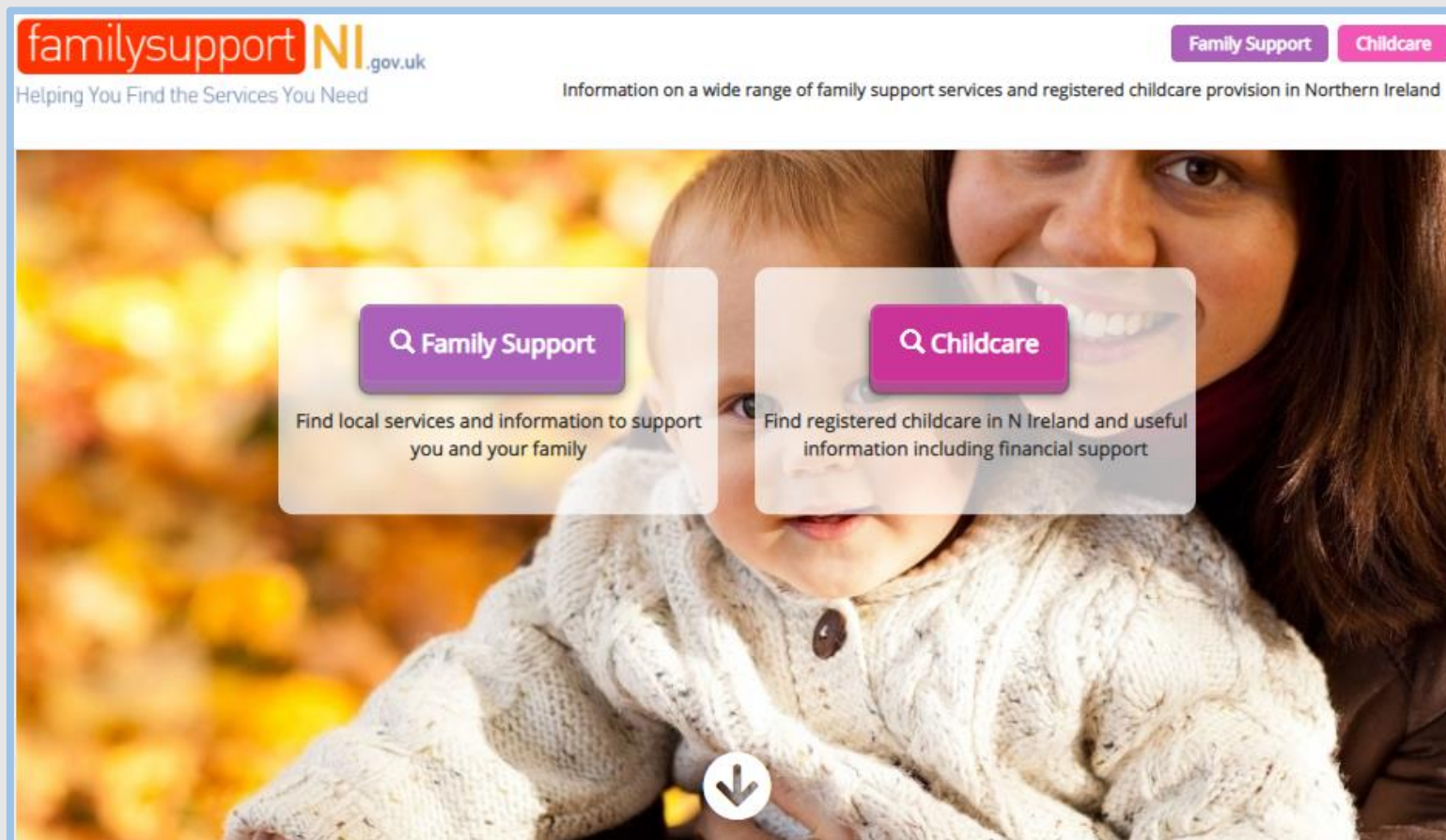




## Celebrating 40 Years of Supporting Parents

Parenting NI is excited to be reaching the milestone of its 40<sup>th</sup> Birthday next month. Established in September 1979 Parenting NI (formerly Parents Advice Centre) was established by a group of innovative and dedicated volunteers who identified the need and founded an organisation that put parents at the heart. Forty years on, the organisation continues to go from strength to strength – a team of 30 dedicated staff deliver a diverse range of quality services which have been specifically developed and tailored to meet parent's needs. Parenting NI are uniquely positioned as the only dedicated parenting charity in Northern Ireland, and want to use this platform to reach as many parents and families as possible to promote the importance of 'Celebrating Parents'. This theme has been chosen for both Parenting NI's birthday year and also Parenting Week this October.

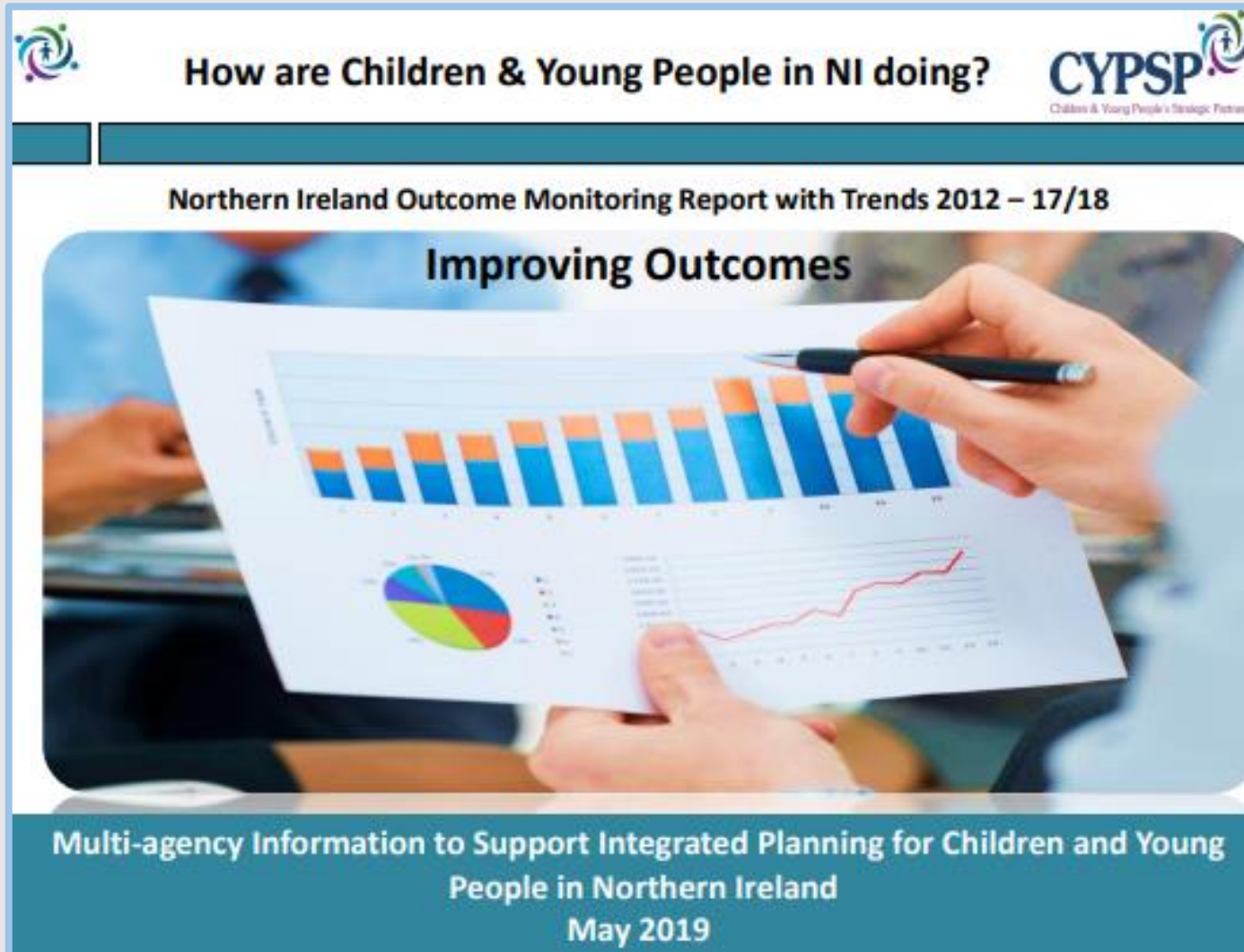
e: [info@parentingni.org](mailto:info@parentingni.org)



The team at [www.familysupportni.gov.uk](http://www.familysupportni.gov.uk) are proud to announce the launch of their new and improved website, making it easier for people in NI to find out about Family Support services and ALL REGISTERED childcare providers in NI.

If you require any more information about the website or would like some leaflets / posters, please contact us at [info@familysupportni.gov.uk](mailto:info@familysupportni.gov.uk) or tel. 0845 600 648.

Watch the promotional animation clip outlining the functions / benefits of the new website [HERE](#).



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



**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 SDACT Connections Service in partnership with Mid Ulster PCSP would like to take this opportunity to invite your organisation to attend a morning of networking. The event 'Connections' will take place on **Tuesday 17<sup>th</sup> September 2019, 10am – 12noon** at the Junction, Dungannon. We are asking providers to arrive 30 minutes early to set up before the event commences.

The Aim of the event is to promote understanding and working arrangements across all organisations. It is hoped that participants will:

- Learn more about the services provided by organisations working in Dungannon and surrounding areas.
- Understand how to refer and signpost people to these organisations and promote alternate therapy.
- Develop partnerships and working arrangements.

We are asking each provider if possible, to bring along a stand with information i.e. leaflets, promotional materials etc. as there will be an opportunity for participants to network throughout the morning.

Please reply to [lucinda.mcgininis@start360.org](mailto:lucinda.mcgininis@start360.org) by Friday 6<sup>th</sup> September 2019 confirming:

- 1 If you are able to attend and host an information stand
- 2 You are not able to attend

If you would like further information, contact Lucinda on 07553367359.

e: [lucinda.mcgininis@start360.org](mailto:lucinda.mcgininis@start360.org)

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/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 Cragg Road, Cookstown  
BT80 8QG

M: 07703813655  
T: 028 96709300

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

### UPCOMING TRAINING

#### DATES:

7<sup>TH</sup> & 14<sup>TH</sup> SEP

20<sup>TH</sup> & 27<sup>TH</sup> SEP

15<sup>TH</sup> & 22<sup>ND</sup> OCT

9<sup>TH</sup> & 16<sup>TH</sup> NOV

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



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

 ParentingNI

 COMMUNITY FUND

e: [Janice.Simpson@southerntrust.hscni.net](mailto:Janice.Simpson@southerntrust.hscni.net)



# Keen to improve health in your local community? Already volunteering?

*Gain the knowledge and skills you need to make an impact - become a Community Health Champion!*

Community Health Champions are volunteers “who bring their ability to relate to people and their own life experience to transform health and well-being in their communities”  
(Altogether Better)

This can be through signposting to resources, encouraging healthier lifestyle choices or through tackling some of the wider social causes of poor health outcomes.

## Why complete the training?

- Better understand what influences health in your community
- Increase your impact as a volunteer
- Help reduce inequalities in health
- Increase uptake of health services
- Make a positive impact on individuals by sharing health messages and signposting
- Increase your own employability through certified training



## Community Health Champion training programme

- Five 2 ½ hour sessions of practical, discussion-based training
- Develop your own action plan, with our support
- Report on an activity as a Community Health Champion
- SHSCT certification

Our support doesn't stop there. If you need 1-2-1 support, advice or further training, this will be available to all certified Community Health Champions to help you address health issues you identify in your local community.



# Community Health Champion Training



**Dates:** Tuesday 17, 24, September, 1, 8, 15 October 2019

**Time:** 6.30pm – 9pm

**Venue:** Gardeners Hall, Victoria Way, Milltown, Dungannon

Find out more from Lisa McAliskey,  
Community Health Improvement Officer  
T. 02838 3756 3952  
E. [lisa.mcaliskey@southerntrust.hscni.net](mailto:lisa.mcaliskey@southerntrust.hscni.net)

e: [lisa.mcaliskey@southerntrust.hscni.net](mailto:lisa.mcaliskey@southerntrust.hscni.net)



**Behaviour, is it just a phase or is it a problem?**



**Free talk for parents**

The psychologist with The Changing Lives Initiative is delivering a free talk for parents who are concerned about their child's attention, impulsive and hyperactive behaviour.

**Wednesday, 4<sup>th</sup> September @ 6pm**  
Carrickmacross Library

**Thursday, 5<sup>th</sup> September @ 10:30am**  
Dundalk Library


**Thursday, 5<sup>th</sup> September @ 6:30pm**  
Sean Holywood Arts Centre, Newry  
(Beside Town Hall)

[www.eventbrite.com](http://www.eventbrite.com) or call (042) 9502220 The session looks at behaviours consistent with ADHD, offers positive parenting strategies and presents information on a new, free intervention programme.




This project is supported by the European Union's INTERREG VA Programme, managed by the Special EU Programmes

To book your place on your preferred location, click [Carrickmacross](#), [Dundalk](#) or [Newry](#)



## NEWRY & MOURNE YOUTH COUNCIL




**2019-20**

**NEWRY & MOURNE YOUTH COUNCIL ARE RECRUITING NEW MEMBERS**

**AGES 15-19**

ARE YOU INTERESTED IN ISSUES AFFECTING YOUNG PEOPLE?  
DO YOU WANT TO MAKE CHANGE IN YOUR COMMUNITY?  
CONTACT US TODAY TO GET YOUR APPLICATION FORM!!



**f** Newry & Mourne Youth Council **t** @Newryyc

**s** @Newryyc **i** @Newryyc **e** [rosie.carey@eani.org.uk](mailto:rosie.carey@eani.org.uk)

**ea** Education Authority **Ystia** Youth and Future Talent Awards

**APPLY BY 13TH SEP**

e: [rosie.carey@eani.org.uk](mailto:rosie.carey@eani.org.uk)

# BASE

Communities Leading Change Participatory Budgeting campaign, gave residents in the Newry, Mourne & Down District an opportunity to decide which projects they would like to see funded to address an issue in their local area.

In November 2018 via the pilot Youth Leading Change, 24 groups submitted a project idea for a short videos to address these highlighted issues for the benefit youth in the district. Over 2000 votes were cast online and Clanrye Group's BASE project was one of 15 successful bids.

BASE - Be Aware Support Educate is a short video aimed at increasing young people's awareness of drugs and mental health. It was produced by Slack Press and our Regener8 participants have done an amazing job as the actors in the video.



Funding was provided by Newry, Mourne and Down District Council, Southern Trust, South Eastern Trust, NI Housing Executive, Department for Communities and were supported by County Down Rural Community Network and Confederation for Community Groups. This project was also part funded by International Fund for Ireland (Rural Action).

We would like to thank PIPS Hope and Support, Davina's Ark, Dunlewey, PSNI, Magnet Centre, Simon Community, St. Oliver Plunkets Youth Group and Threeways Community Organisation for taking part in the video and for helping to bring it all to life.

A very special thank you goes out to Slack Press who produced the video, our Regener8 participants who were our bright shining stars and our staff who worked exceptionally hard to bring it all together.

Watch the video [HERE](#)



### Beginners Tae Kwon Do classes for Dads!

Thursday 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> September 19

Time: 20:00 – 21:00

Silverbridge Resource Centre,



Sure Start are delighted to offer our Dads the opportunity to take part in **beginners** Tae Kwon Do classes with Cathal Fegan.

TaeKwon-do has many health benefits including:

- Improved muscle tone and appearance.
- Increased strength and stamina.
- Improved confidence.
- Improved flexibility.
- Improved agility and reflexes.
- Improved concentration and self-esteem.
- Improved leadership skills.
- Greater discipline.

Book your place now: 028 3083 0022

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

t: 028 3083 0022





**The Sensory Room**  
13a Church Sq Rathfriland



**Opening September 2019**  
Rathfriland & District Regeneration Co Ltd

The space is designed to offer a relaxing and stimulating environment for children with special needs.

It is available to be booked for hourly sessions by individual families or with support through your health worker.

Contact us for further details and to register your interest on:

FB: Rathfriland Regeneration  
E: [rathfrilandregeneration@outlook.com](mailto:rathfrilandregeneration@outlook.com)  
TEXT: 07706196868

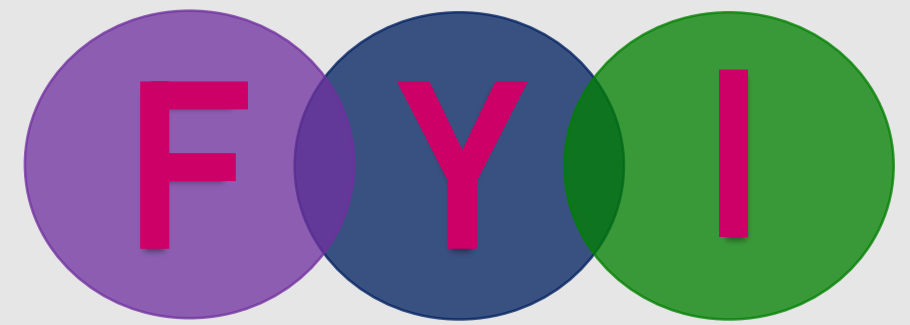
"This project is supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB)."



e: [RathfrilandRegeneration@outlook.com](mailto:RathfrilandRegeneration@outlook.com)

# SOUTHERN AREA LOCALITY PLANNING GROUPS

## ISSUE 14 | 29<sup>TH</sup> AUGUST 2019



## 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<sup>th</sup> Sep @ Promoting Wellbeing Training Room, St. Luke's
- Newry:** Wed 11<sup>th</sup> Sep @ Newry Gateway Club
- Dungannon:** Thur 12<sup>th</sup> Sep @ Venue TBC
- South Armagh:** Tue 17<sup>th</sup> Sep @ Newtownhamilton Community Centre
- Banbridge:** Tue 1<sup>st</sup> Oct @ Banbridge Old Town Hall
- Craigavon:** Tue 8<sup>th</sup> 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](mailto:localityplanning@ci-ni.org.uk)

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