

**Down and Ards & North Down CYPSP Locality Planning Groups**

# Fortnightly News

**Issue 2**

**November 2019**

Welcome to the 2<sup>nd</sup> edition of Fortnightly News, the E-newsletter which promotes, services, programmes and events to improve the outcomes for Children and Young People in your Locality. Thank you for all your kind comments to our 1<sup>st</sup> edition. We have another packed edition of events and programmes for you to share.

Nuala McArdle  
& Noelle Hollywood



working together  
and with families  
**DOWN LOCALITY  
PLANNING GROUP**

If you would like to contribute to Fortnightly News, we would love to include your contributions.

1. Please 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. Fortnightly News will be issued every fortnight, on a Friday morning. Please send your articles for inclusion by 5pm of the Tuesday prior to this.
5. We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
6. Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
7. Please let us know if Fortnightly News has helped your service, event or activity in anyway.

**[For more information on' Fortnightly News ' contact noelle.hollywood@setrust.hscni.net or 07872422101](mailto:noelle.hollywood@setrust.hscni.net)**



**working together  
and with families  
DOWN LOCALITY  
PLANNING GROUP**





Hi, we are now doing a follow up survey from the parental feedback that we received from the regional survey earlier this year. We would like parent's feedback on what support they are accessing and where they would like to find information about services available and what information they need to help support them as a parent.

The survey has now gone live and I would like to ask if you mind sharing this with any of your contacts. Also it would be great if you could let us know if there are any groups of parents and/or events being held in the organization over the coming month that we could go along to. We would like to connect with parents from all the Trust areas to complete the survey, to ensure their voices are included. Please find below the link to the survey. The survey only takes a few minutes to complete.

<https://www.surveymonkey.co.uk/r/cypsp2019>

If you have any questions or need more information, please let me know.

Many thanks for your time.

Kind regards,

**Michelle McGlade-Buick**

***Parent Participation Officer***

**Parenting NI**. 42 Dublin Road . Belfast . BT2 7HN . Northern Ireland

**Head Office** +44 (0)28 9031 0891 **Helpline** 0808 8010 722

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

Parenting for NI trading as Parenting NI

Registered in N.Ireland No: NI30087

Registered Office: 42 Dublin Road, Belfast, BT2 7HN

A Charity: Inland Revenue No. XR93772



Good afternoon folks

I hope you are well.

As many of you will know I have recently started in post as a Community Health Development Practitioner focusing on emotional health and wellbeing.

I have a particular passion for men's health and wellbeing. I have been a member of the 'all island men's health week planning group' for the past 3 years and have thoroughly enjoyed coordinating the many events organised each year within the South Eastern Health and Social Care Trust area to celebrate men's health week and highlight topics specific to men's health.

In my new role I am hoping to develop an email database and contact network of men's groups in the South Eastern Health and Social Care Trust area for information sharing.

Furthermore I am hoping to complete a trust wide scoping exercise to assess what support and training your groups may require.

I would greatly appreciate any advice or if you are able to point me in the right direction of men's groups or contacts that you think would be beneficial.

Finally please do not hesitate to contact me should you have any queries regarding emotional health and wellbeing or men's health.

[Brien.Frazer@setrust.hscni.net](mailto:Brien.Frazer@setrust.hscni.net)

Kind regards

*Brien Frazer*

Community Health Development Practitioner

Emotional Health and Wellbeing

Stewartstown Road Health Centre

212 Stewartstown Road

Dunmurry

BT17 0FB

MOB: 07715807198





# Breastfeeding welcome here

Good for mums, babies and your business

The **Breastfeeding welcome here** scheme is an initiative which aims to make it easier for mums to recognise places where they can breastfeed their baby when they are out and about by displaying a window sticker;

Breastfeeding has really important health benefits for babies and mums.

If your business or organisation would like to join the scheme please search;

[www.breastfedbabies.org](http://www.breastfedbabies.org)

or email

[alison.mccusker@hscni.net](mailto:alison.mccusker@hscni.net) for an application pack



**Breastfeeding**  
Good for baby. Good for mum



Community Development  
& Health Network

# 25th AGM & Networking Event

**25** YEARS ON  
Inequalities **Still** Matter

Tuesday 12th November 2019

Crumlin Road Gaol, Belfast

9.30am to 2pm

Keynote Speaker: Professor Jennie Popay

To book your place, email [info@cdhn.org](mailto:info@cdhn.org)  
or give us a call on **028 3026 4606**



# **PUBLIC HEALTH ROUNDTABLE**

Round Table on a Public Health Approach  
to Palliative and End of Life Care on the  
island of Ireland

**Dec 3<sup>rd</sup> 2019**

**9.30 | 15.30**

Ballymascanlon House Hotel  
Carlingford Road, Dundalk, Co. Louth

**If you wish to register for the above event please complete the following  
and return to Bernadette Pirihi [bpirihi@aiahpc.org](mailto:bpirihi@aiahpc.org) by Tuesday 19 November**



There is a new **Physical Activity Training Guide** offering training in; Chi-me, Chair based activity, Early Movers, and many more for a copy of the guide and advice on how to apply please contact ; [jayne.mckillen@setrust.hscni.net](mailto:jayne.mckillen@setrust.hscni.net)

I highlight that we have a number of places for BOCCIA Training on 12 November 9.45 - 1.30 at Knockbracken Hall, KHCCP.

For registration please complete the attached form and send to [jayne.mckillen@setrust.hscni.net](mailto:jayne.mckillen@setrust.hscni.net)

Many thanks

Jayne McKillen  
Community Health Development Worker  
Physical Activity



# Self-care pharmacy project – Insight gathering sessions

Community Development and Health Network (CDHN) has been funded by Health and Social Care Board (HSCB) to deliver the Self-Care Pharmacy project. The project aims to **improve the knowledge and understanding of self-care for minor ailments through a health literacy approach**. The project is part of a strategy from the Department of Health to put pharmacy first and support self-care for minor ailments. You can find out more [here](#). One of the main elements of the project is Design thinking. This is an approach to solving problems which allows everybody engaged in the process to be a creative thinker. It is most useful when tackling problems that are ill-defined or unknown – in this case, improving health literacy and increasing people’s capacity to self-care.

We are seeking GPs and GP staff, Pharmacist and Pharmacy staff and Emergency Department staff to take part in an **insight gathering session** to hear their experiences of what it is like in their role, their views on how patients’ self-care for minor ailments and why some people choose to visit the GP or Emergency Department for minor ailments before self-care or visiting a pharmacy.

**Insight gathering session dates:** Dates have been specifically aimed at different groups, however, anyone from the health service with an interest can attend, we have NIAS, GP out of hours and MDT social workers who will be attending. People can also attend a different group if it is more suitable for them

Who?	When?	Where?	What time?
GP Practice managers & receptionists	Wed 6 Nov	Belfast, Wellington Park Hotel	09:30 - Tea/coffee and scones 10:00 to 11:00 - Insight gathering
Emergency Department staff	Thu 07 Nov	Armagh, Armagh City Hotel	09:30 - Tea/coffee and scones 10:00 to 11:00 - Insight gathering
GPs	Wed 13 Nov	Belfast, Wellington Park Hotel	18:30 - Light supper 19:00 to 20:00 - Insight gathering
Pharmacists, pharmacy technicians & pharmacy wellbeing staff	Tue 19 Nov	Belfast, Wellington Park Hotel	18:30 - Light supper 19:00 to 20:00 - Insight gathering
GP Practice managers and receptionists	Wed 20 Nov	L'derry/Derry, Waterfoot Hotel	09:30 - Tea/coffee and scones 10:00 to 11:00 - Insight gathering
Pharmacists, pharmacy technicians & pharmacy wellbeing staff*	Thu 21 Nov	Omagh, Silverbirch Hotel	18:30 - Light supper 19:00 to 20:00 - Insight gathering

\*Please note the date for Pharmacy workshop in Omagh has changed

# Hunger and Poverty Report



Some of you will remember attending the Hunger and Poverty Conference in March 2019 at Thriving Life Church, others included in this email may have an interest in the outworking's of the event and have been included for this reason.

The Hunger and Poverty Conference Report provides a background on the guest speakers who presented as well as the findings from the workshop undertaken. I would like to take this opportunity to thank all who attended for participating in the event and progressing the discussion on tackling poverty and hunger in Ards and North Down Borough Council.

The findings will be taken forward by the Poverty Forum who are due to meet next on the 13 November.

If you would like a copy of the report please contact Emma Farnan;

**Emma Farnan**  
**Community Planning Officer**

**P:** 0300 013 3333 Ext: 40702  
**E:** [emma.farnan@ardsandnorthdown.gov.uk](mailto:emma.farnan@ardsandnorthdown.gov.uk)  
**T:** @ANDbigconversation





Invites you to  
'Super Dads'  
A 5 week programme for Dads/Grandads  
With children aged under 4 years

Outdoor Garden      Arts & Crafts  
Rhyme Time          Sport Activities  
Games

SureStart Mount Crescent  
Wednesdays  
6<sup>th</sup> November to 4<sup>th</sup> December  
10-11am

For more information please contact SureStart on  
02844613630

# Creating Child Friendly Environments

Placemaking For a Healthier Belfast Seminar, Monday 2 December



Placemaking for a Healthier Belfast  
*Creating Child Friendly Environments*

Monday 2 December 2019

9.00am - 1.30pm

Assembly Buildings, 2-10 Fisherwick Place, Belfast

The built environment has an important influence on a child's development, particularly through its adverse impacts on health challenges that affect children disproportionately, such as obesity, asthma, unintentional injuries and mental health and well-being.

Child friendly placemaking is about the need for planning authorities and professionals working to shape the built environment to consider children as a way to create places that are healthier as well as more inclusive, equitable and people centred. Such an approach goes beyond the protection of basic children's rights and promotes a wider definition of children's well-being.

This seminar aims to promote the concept and good practice of child friendly placemaking among policymakers, planners and health professionals.

**Speakers include**

To register, please email

[Caroline Scott](mailto:caroline@belfasthealthycities.com)

[caroline@belfasthealthycities.com](mailto:caroline@belfasthealthycities.com)

stating any access, dietary or other requirements



## Public Notice

### Call for Financial Assistance 2020-2021

(Subject to funding availability and approval)

Newry, Mourne and Down District Council invites applications for financial assistance towards the programme areas outlined below:

- Minor Grants Community Works Schemes
- Community Capital Schemes
- Summer Schemes
- Irish Language
- Minority Communities
- Local Biodiversity Enhancement
- Tourism Events
- Tourism Marketing Partnership Fund
- Community Engagement
- Community Events and Festivals

Application forms can be downloaded from [www.newrymouredown.org](http://www.newrymouredown.org) or collected from reception at the Downpatrick and Newry Council office addresses below.

Opening date: **Monday 4 November 2019**

Closing date: **Monday 9 December 2019 at 12noon**

Completed applications must be returned to the reception in either of the Council office addresses below.

Late applications will not be considered.

Workshops on the application process will take place at the following venues starting at **6.30pm**:

**Tuesday 12 November - Millbrook Lodge Hotel, Ballynahinch**

**Thursday 14 November - Canal Court Hotel, Newry**

**Tuesday 19 November - Kilmorey Arms Hotel, Kilkeel**

For further information on the application process, please contact:

The Programmes Unit

T: 028 3031 3024

E: [programmesunit@nmandd.org](mailto:programmesunit@nmandd.org)

---

Liam Hannaway, Chief Executive

**Ofis an Iúir, Newry Office**

O'Hagan House, Monaghan Row, Newry BT35 8DJ

**Ofis Dhún Pádraig, Downpatrick Office**

Downshire Civic Centre, Downshire Estate,  
Ardglass Road, Downpatrick BT30 6GQ

[www.newrymouredown.org](http://www.newrymouredown.org)



Northern Ireland  
Executive

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

**T:buc**

Changing for the better, together

## **T:BUC Funding Forums for 2020/21 applications**

The 2020/21 competitions for T:BUC Camps, and Central Good Relations funding programmes are due to open at the end of November 2019. To help you apply, the Executive Office will be hosting three T:BUC Funding Forums in local council areas.

The T:BUC Funding Forums are a great way to find out more about the good relations funding that is available and how to apply for it. Executive Office staff will be available at each forum to talk about your good relations project, with timed slots available each day between 1.00 pm to 7.00 pm.

Register now at <http://tbucevents.eventbrite.com/>

Representatives from the Community Relations Council and Education Authority will also be in attendance.

Places are limited so you must register to attend and early registration is recommended. When you register, you will be asked to choose a time slot, between 1.00 pm – 3.00 pm, 3.00 pm – 5.00 pm or 5.00 pm – 7.00 pm. You can come any time in your chosen slot.



[www.early-years.org](http://www.early-years.org)

 @earlyyearsorg  earlyyearsorg  
 @earlyyearsorg  earlyyearsorg

# Leadership and Governance Conference and AGM

**Friday 29 November 2019**

La Mon Hotel, 41 Gransha Road,  
Castlereagh, Belfast

To book a place please contact;  
Event Manager Joanna Gray on  
02890662825 or

Email [joannag@early-years.org](mailto:joannag@early-years.org)

For more information search;

[www.early-years.org/conference2019](http://www.early-years.org/conference2019)

[www.early-years.org](http://www.early-years.org)

 @earlyyearsorg  earlyyearsorg  
 @earlyyearsorg  earlyyearsorg

2 day training course in **HIV, STIs and Contraception**. The course is accredited at Level 2 by the Open College Network, and as it is funded by the Public Health Agency, places are **free** to those working in the Southeastern Trust area. It will be of benefit to anyone working or volunteering in either the statutory or voluntary sectors who would like to increase their understanding of sexual health issues.

The course will run on:

**Thursdays 16<sup>th</sup> and 23<sup>rd</sup> January 2020 at 2<sup>nd</sup> Saintfield Presbyterian Church Halls, from 10.00am-4.00pm on both days.**

More details on the attached flyer and application form.

**This will be the only run of this course in this area in 2019-20, so if you're interested, please do book your place early.**

Please also circulate this email to any colleagues or contacts you feel would be interested in this opportunity.

Thanks,

*Jonny Mitchell*  
**ACET (Northern Ireland) Ltd**



58a High Street  
Holywood  
BT18 9AE

T: 028 9042 8575  
Mobile: 07977997668



**Getting in Touch with us:**

**Email: [recovery.college@setrust.hscni.net](mailto:recovery.college@setrust.hscni.net)**

**Phone (028) 9041 3872**

**Facebook: South Eastern Recovery College**

The SET Recovery College offers free educational courses about mental health and recovery which are designed to increase your knowledge and skills and promote self-management.

Courses are available to anyone with an interest in mental health and wellbeing including: service users; family members and staff.

Each course is co-produced and co-facilitated by Recovery College Tutors. At least one tutor will have lived experience of mental health recovery and the other will have learned experience of the subject area. Both tutors have a special interest in mental health recovery.

The Recovery College promotes three themes: **hope, opportunity and control.**