

Down and Ards & North Down CYPSP Locality Planning Groups
Fortnightly News

Issue 3

November

Welcome to the 3rd 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 last edition. We have another packed edition of events and programmes for you to share.

Nuala McArdle
& Noelle Hollywood



Active 10

Exercise... made easy

Did you know that walking briskly, even for one minute, counts as exercise? It's easier than you think to fit into your day with our

FREE "Active 10" walking tracker app!

A brisk daily walk is a great excuse to get outside and improve your health. You can start small and build up your time – you might be surprised how much you can do!

Brisk walking is simply walking quicker than usual at a pace that gets your heart pumping. Every minute of activity counts, but aim for at least 10 minutes a day. The Active 10 app is a great way to help you monitor and gradually increase your brisk walking levels over time. You could walk part of your journey home, pop to the shops on foot, or just get some fresh air. No gym memberships and no brightly coloured Lycra needed!



A new community walking trail for all the family to enjoy has been opened at Ballynahinch RFC.



The 1.3km '**Hinch Trail**' located on the grounds of Ballymacarn Park, the home of Ballynahinch RFC, was officially opened on Wednesday 25th September by Newry, Mourne and Down Council chairperson Charlie Casey.

The project is yet another tangible output from **Outdoor Recreation** Northern Ireland's delivery of [Community Trail](#) project on behalf of Newry, Mourne and Down District Council, following on the heels of the **Saul Family Trail** launched in July 2019.

Ballynahinch RFC is located in the foothills of **Slieve Croob**, a popular walking area for locals and tourists alike due to its beauty and historic interest. The new trail is fully accessible to allow and encourage everyone to participate in outdoor activities. It offers the wider Sleive Croob and Rowallane DEAs another location from which community walking clubs and visitors can enjoy the beauty of the local environment. It also further encourages the development of links within the local community, promotes physical activity, and will help increase the awareness of the community trails in the wider district.

To find out more about the benefits of walking outdoors in your area; please find attached link to the first Conference on **The Power of Walking** hosted by **Outdoor Recreation**. <http://bit.ly/32UrFa1>

Or search www.walkni.com for walks



TASTE OF BALLYNAHINCH

MILLBROOK LODGE HOTEL

SUNDAY 24 NOVEMBER 2019, 1PM - 4PM

- Meet the makers of local produce
- Cookery demo by Paula McIntyre
- Family activities

FREE FOOD
AND DRINK
EVENT

Visit the website for more details

www.visitmournemountains.co.uk/TasteofBallynahinch



 @VisitMourneMountains
 @VisitMourne
#VisitBallynahinch



‘Understanding the impact of Alcohol on Pregnancy’

Awareness Raising and Networking Event Entitled:
**UNDERSTANDING THE IMPACT OF ALCOHOL
ON PREGNANCY**

**SAVE THE DATE: Wed Jan 29th 2020
10am - 1pm Newtownards Art Centre**

**To register for the seminar please email:
pamela@sedact.info**

**Read a local story from BBC Radio Ulster Good
Morning Show 11/11/2019**

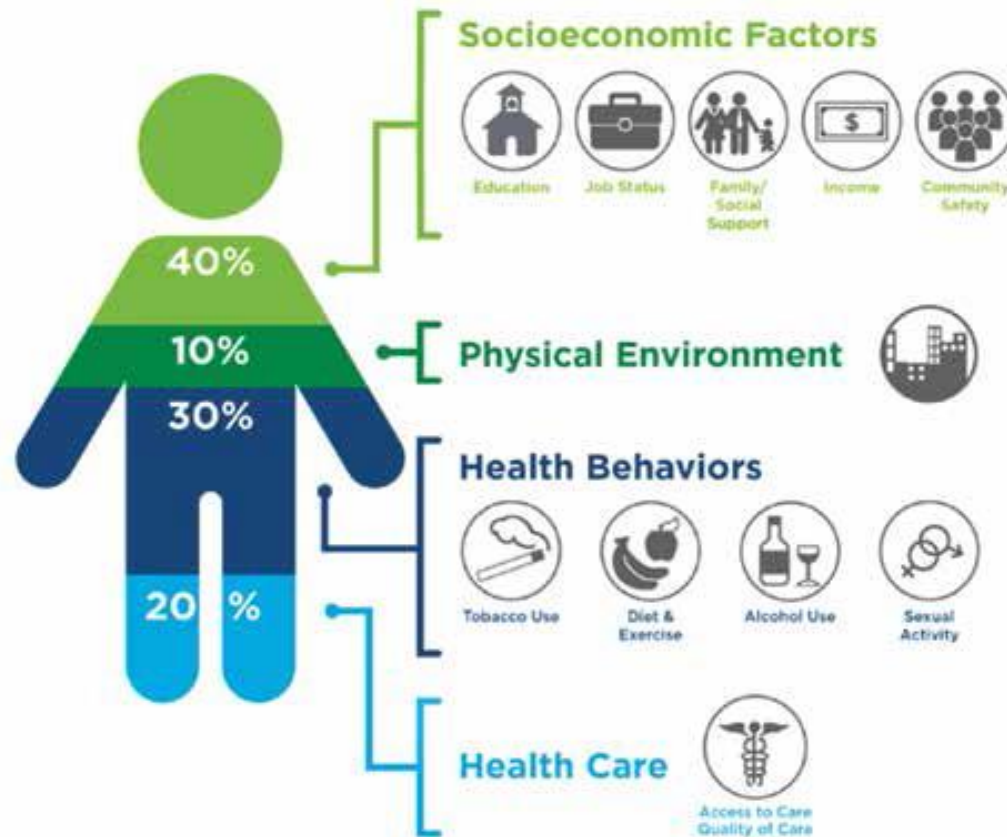
**Fetal alcohol spectrum disorder, The
'heartbreaking' reality**

<https://www.bbc.co.uk/news/uk-northern-ireland-50316180>

Director of Public Health Annual Report 2018

download full report from www.publichealth.hscni.net

What Goes Into Your Health?



Active Fun for Everyone

A new leaflet on improving activity in children and young people with physical disabilities has been produced by the Public Health Agency.

Being active is important for everyone. Regular activity throughout our lives will help us keep as healthy as possible for longer. To get the most benefit, it's vital to get into the habit of being active early on in life. It can sometimes need a bit more thought and effort to enable children and young people with disabilities to be physically active – this doesn't mean they can't take part in fun activities and sports.

For more information download leaflet from;
www.cypsp.hscni.net or www.publichealth.hscni.net





**Family divided by separation,
divorce difference or dispute?**

☎ 028 9024 3265

Email: enquiry@familymediationni.org.uk • www.familymediationni.org.uk

Family Mediation NI

Find an agreement everyone can live with.

Contact Family Mediation NI for a better outcome.

- Maintain good relations between parents and children during and after separation
- Reduce emotional stress and financial cost of relationship breakdown
- Find agreement with best outcomes for children at the heart of the process
- 'Wider Family' mediation available across the generations
- Venues across Northern Ireland. Make Family Mediation NI your first choice



**Health and Social
Care Board**

Adult Child to Parent Violence Awareness Raising Session



**Wednesday 15th January 2020, 10.00am - 1pm
Training Room 2, Downshire Hospital**

This awareness raising session aims to look at the issue of adult child to parent violence. Adult child to parent violence is a form of domestic abuse. It is when the adult child behaves in an abusive and/or violent manner leaving the parent feeling frightened, threatened, intimidated and controlled. The session will explain the legal position, the current response from the statutory and voluntary sectors and look at next steps. The session is for staff and volunteers in the voluntary, community and statutory sectors and is free to attend.

**To reserve a place please email:
patricia.mcmurray@setrust.hscni.net**



New Life Counselling is a voluntary counselling organisation committed to supporting the emotional health and wellbeing needs of its clients through the provision of counselling and therapeutic services. New Life Counselling provides counselling services for children, young people, adults and families.

- **Age range - from 5 years of age**
- **Contact number 028 9039 1630**
- **Geographical area covered - Northern Ireland**

(clients must be willing to come to one of our centres in Belfast and SEHSCT areas)

Website; www.newlifecounselling.net

Email ; info@newlifecounselling.net

Patient and Client Council's Freshers' Fair

22nd November 2019

From 18th to 22nd November 2019, HSC organisations across the region are joining to celebrate the important contribution of Personal and Public Involvement in shaping, supporting and improving the provision of Health and Social Care in Northern Ireland.

As part of this week of celebrations the Patient and Client Council are hosting an 'Involvement Fresher's Fair*'.

Have you heard the phrase 'Involvement in Health and Social Care' being used without ever really understanding what involvement entails?

Do you feel motivated to make a difference or an impact in your local Health and Social Care Services but don't quite know where you would start?

Have you been a part of involvement work in the past and feel you have advice for those who are new to the process?

Or alternatively do you or your organisation have an amazing opportunity for members of the public to bring their perspective or expertise to your table: making a real change to your service or organisation?

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If any of the above applies then this is the event for you!

This event is for those who are new to involvement and have an interest in finding out more about getting involved.

We also welcome those who have experience of getting involved and have a few pearls of wisdom!

Come to network with one another, enjoy some food and hear from organisations that have opportunities for involvement.

Please note that if you are an organisation with an involvement opportunity you would like to showcase at this event, or feel could be suitable, we would like to hear from you.

Please get in touch on 02895 360210 or email laura.donohue@hscni.net
Patient and Client Council
Your voice in health and social care

The event is taking place at:

Grosvenor House, Belfast, 5 Glengall Street, BT12 5AD

From 1pm-3pm on Friday 22nd November 2019.

There is a way out of abusive relationships said the Interim Chief Executive of Nexus NI who is encouraging people who may be experiencing domestic or sexual abuse to take the next step and get help by calling the **Domestic and Sexual Abuse Helpline**

A poster for the Domestic and Sexual Abuse Helpline. The background is dark with a close-up, grayscale image of a person's eye looking down. The text is in yellow and white. The main title 'domestic and sexual abuse helpline' is in yellow, with 'helpline' in white. Below it is the phone number '0808 802 1414' in white. Underneath the number is the text 'Freephone confidential 24/7 helpline' in a smaller white font. At the bottom left is 'Call now.' in white. At the bottom right is the website 'dsa helpline.org' in a small white font.

**domestic and
sexual abuse
helpline**
0808 802 1414
Freephone confidential 24/7 helpline
Call now.
dsa helpline.org

PCSPs (Policing and Community Safety Partnerships) are local bodies made up of Councillors and independent people from each council area who work to make your community safer. They do this by focussing on the policing and community safety issues that matter most in your area. Search Facebook for latest local PCSP news in your area.



Fostering

Fostering can brighten a child's world

There are children and young people in our communities living in very difficult circumstances. Fostering provides children and young people who cannot live with their own families with an alternative home where they can feel valued, respected and cared for.

Foster Carers come from all walks of life and backgrounds.

The Trust is now looking for flexible, resilient individuals and couples who can give time, love, fun and security. We need respite, short-term and long-term carers for children of all ages, including sibling groups and those with disabilities. We welcome enquiries whether you are single, married/co-habiting, do or do not have children of your own. Applications will be considered irrespective of religious/ethnic background or sexual orientation.

In return, we offer:

- Financial Allowances
- 24 Hour Support; and
- Expert Training



If you are interested in caring for a child, you probably have lots of questions.

You can find out much more about fostering for the South Eastern Trust by calling the Fostering Duty Officer on 028 9127 0672 or by visiting <http://www.adoptionandfostering.hscni.net>

I want to become a childminder

If you are interested in becoming a Childminder, please contact;

The Early Years Team at the number below.

The office is open from 9.00am - 5.00pm Monday to Friday.

You can speak to a member of the team by telephone below or if necessary an appointment can be made.

Early Years Team

Grove House

Antrim Road

BALLYNAHINCH

BT24 8BA

Telephone: (028) 4451 3807**email:** Early.Years@setrust.hscni.net



If you require a list of registered daycare in your area, please visit www.familysupport-ni.gov.uk where you will find this information.





We are currently recruiting for a
Playwork Supervisor,

Maternity Cover, the closing date is 15th
November 1pm. For more information, or to
get an application pack, email
jess@northdownymca.org.

Please feel free to share across your networks.

Regards,
Julie-Ann

Julie-Ann Skinner
Community Worker
YMCA North Down
10-12 High Street
BANGOR, BT20 5AY
Tel: 028 91454290 (Option 5)
Mob: 07591840539



 ParentingNI
**PRACTITIONER
TRAINING**

- EXPLORING:**
- IMPORTANCE OF INVOLVING PARENTS
 - BENEFITS OF PARENTAL PARTICIPATION
 - MODEL OF BEST PRACTICE
 - BARRIERS/ CHALLENGES
 - PEER LEARNING
 - GROUP WORK



ENGAGING EFFECTIVELY WITH PARENTS

**THURSDAY 28TH NOVEMBER
OMAGH ENTERPRISE
CENTRE, GREAT NORTHERN
ROAD, OMAGH, BT78 5LU
10AM - 1PM**

TO REGISTER

EMAIL
MICHELLEM@PARENTINGNI.ORG
OR ELAINE@PARENTINGNI.ORG

CYPSP
Children & Young People's Strategic Partnership

CYPSP
Children & Young People's Strategic Partnership



Free Debt Help

- #LetsTalkAboutDebt
- Freephone 0800 028 1881
- Text 'ACTION' to 81025
- www.adviceni.net
- Email; debt@adviceni.net.net

Opening Hours; Monday-Friday 9am-5pm

Antibiotics are important medicines used to kill bacterial infections

Antibiotics DO NOT kill viruses like cold and flu.

Taking antibiotics that you do not need, e.g. to treat viral infections can lead to antibiotic resistance.

Resistance occurs when bacteria are no longer killed by antibiotics. As a result some antibiotics have become less effective against the bacterial infections they were designed to treat.

Infections caused by resistant bacteria can be very difficult to treat.

In recent years few new antibiotics have been discovered. We need to protect the antibiotics we have, to ensure they continue to work now and in the future.



**BECOME AN
ANTIBIOTIC GUARDIAN**

Keep Antibiotics Working



**Review ALL
Antibiotics
Within 48-72 Hrs**

For more information on
antibiotic resistance please search;
www.antibioticguardian.com

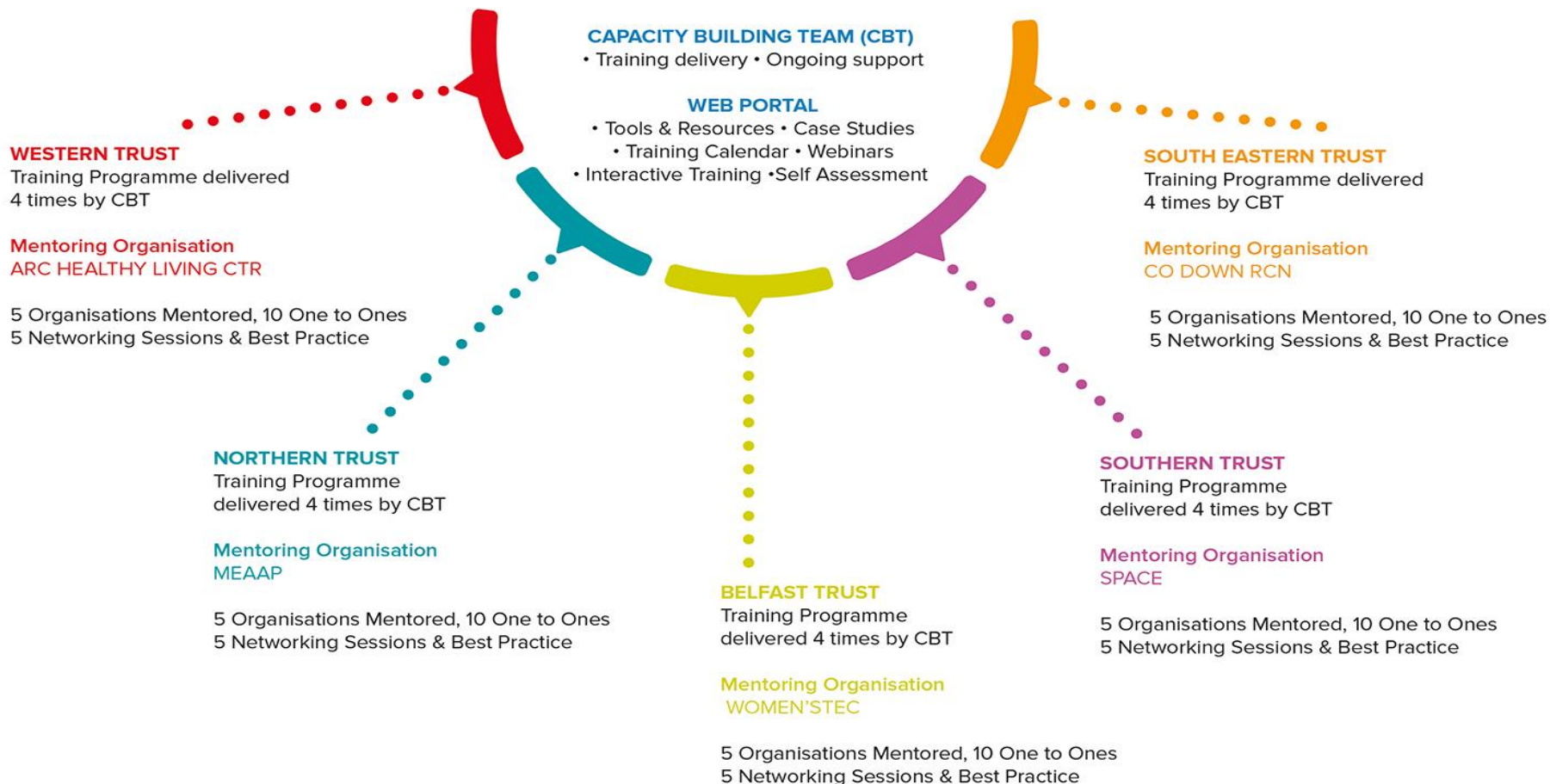
November 18th-24th 2019 is

World Antibiotic Awareness Week





Community Development Capacity Building Programme



For more information on Elevate please contact; Catherine Murnin at catherinemurnin@chdn.org



Can you please share the following link with your members and encourage them to share –

Also if you'd like to share with your own families and friends and encourage them to complete it too would be great.

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

'Roots of Empathy' founder Mary Gordon visit



On 15th November, SEHSCT hosted a visit from Roots of Empathy founder Mary Gordon. She made a brief appearance, to address a gathering from the RoE team, thanking them for all their hard work in delivering the programme to 140 primary schools across Northern Ireland, 30 primary schools across the South Eastern Trust Area.

For more information on RoE please search;
uk.rootsofempathy.org/roots-of-empathy



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