

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

# **Fortnightly News**

**Issue 7**

**January 2020**

Welcome to the 7th 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. We have another packed edition of events and programmes for you to share.

Nuala McArdle  
& Noelle Hollywood



# Would you like help understanding your child?



## Solihull Approach Parenting Group

Delivered by Action for Children

**(Parents must live within Down sector area)**

The Solihull Approach Parenting Groups are for parents/carers who have children aged from birth to 18 years, who want to know more about parenting, child development and to understand children's behaviour better.

We will explore issues like:

- **Having fun together**
- **Developmental needs**
- **Behaviour difficulties**
- **Communication**
- **Parenting Styles**
- **Sleep**

The group will be held in the Ballymote Family Centre, Downpatrick and will run for ten weeks with each session lasting two hours. The first session will be held on Thursday 23<sup>rd</sup> January 2020 at 9:30am.

**Telephone: 028 4461 7837**

**Email: [louise.kearney@actionforchildren.org.uk](mailto:louise.kearney@actionforchildren.org.uk)**

**[Julie.Casement@actionforchildren.org.uk](mailto:Julie.Casement@actionforchildren.org.uk)**



Domestic abuse can take many forms and can affect anyone.

If you're experiencing domestic abuse, or know someone who is, **Speak out to stop it.**

CALL THE  
POLICE

101

IN AN EMERGENCY  
ALWAYS CALL  
999

Or call the 24hr Domestic  
and Sexual Violence Helpline

0808 802 1414

[psnl.police.uk/speakout](https://psnl.police.uk/speakout)

**RSP**  
Policing & Community  
Safety Partnerships  
Working in partnership with



Keeping People Safe

# DOMESTIC VIOLENCE; EVERYBODY'S BUSINESS



- Knowing what to look for and spotting the signs means that, individually and collectively, we can make a real difference to people's lives.
- Northern Ireland has experienced the highest number of domestic abuse incidents and crime since recording began.
- One in four women and about one in six men suffer from domestic abuse in their lifetime, yet it remains a hidden issue, cloaked in silence and shame.
- Not only does domestic violence have a devastating impact on the lives of individuals but also their children and society at large.

The aim of this event is, not only, to highlight some of the work being undertaken to support and protect those individuals and families experiencing domestic violence as well as prevent it happening in the first place, but also, to send out the message that each member of our community has a part to play in achieving this.

The event will include a short drama piece about one person's experience of a life lived with domestic abuse.

28th January 2020  
7.00pm - 8.30pm  
Market House  
The Square  
Ballynahinch



Please RSVP by 21st January:  
Patricia.mcmurray@setrust.hscni.net or phone 07872418966

This is a free event and open to all to attend and will include a short drama piece and a hot supper

# Bangor Foodbank have moved.....



**WE HAVE MOVED**  
DOWN THE ROAD INTO A NEW  
**BIGGER**  
MORE **EXCITING** PREMISES

We are excited to announce that we have moved to a new location in Balloo. Our old workplace served us well, but we couldn't be more excited about our new working space. From Monday 6<sup>th</sup> January 2020 our new address will be: 3 Balloo Court, Balloo Drive, Bangor. BT19 7QY. Phone numbers remains the same: 07821 791 674 or 028 9127 674

Bangor N.I.  
**foodbank**

# Young People's Regional Group

The Disabled Children and Young People's Participation Project (DCYPPP) are bringing together young people from across Northern Ireland to share their views and experiences.

The young people's views will be used to influence change and enable their participation into the Children and Young People's Strategic Partnership (CYPSP) Regional Subgroup for Disabilities and Transitions.

## Video Conferencing

We will hold monthly video conference meetings of small groups of young people to discuss published consultations and issues affecting them.

These video conferences can be joined by using any device with an internet connection and a camera. We can send you an invitation link via email which will take you to the virtual meeting room. Times can be arranged to suit groups running on different days.

## Face-to-Face Regional Meetings

Quarterly meetings will be arranged in a central location allowing young people from different organisations to participate in discussions about the issues they would like to influence.

## Get in Touch

To be involved or to find out more information please contact;

[eugene.mone@barnardos.org.uk](mailto:eugene.mone@barnardos.org.uk) or [gemma.finn@barnardos.org.uk](mailto:gemma.finn@barnardos.org.uk)



## MEDIA INITIATIVE FOR CHILDREN

### RESPECTING DIFFERENCE PROGRAMME TRAINING SESSIONS

3rd & 4<sup>th</sup> February 2020 9.30am – 5pm

Conlig Community Centre, Main Street, Conlig BT237PT

lunch provided

**AN OPPORTUNITY FOR EARLY CHILDHOOD CARE AND EDUCATION SETTINGS IN THE LISBURN & CASTLEREAGH AND ARDS & NORTH DOWN COUNCIL AREAS TO PARTICIPATE IN THE EVIDENCE BASED MEDIA INITIATIVE FOR CHILDREN RESPECTING DIFFERENCE PROGRAMME**

#### **What is the Respecting Difference Programme?**

Children need opportunities to discuss and acknowledge the similarities and differences between themselves and others. They also need to be able to express more effectively feelings associated with similarities and differences, including those of feeling left out. The Media Initiative for Children helps children to understand the meaning of acceptance and respect for others. Major research has found

strong and robust evidence that the programme is effective in improving outcomes in young children in relation to their social and emotional development and awareness of and attitudes towards cultural differences. Moreover, these effects represent the added value to early years settings that the programme provides in enhancing social and emotional learning and promoting understanding of, and respect for differences.

**For further information or to register for this event please contact**

**Aveen Owens on [aveeno@early-years.org](mailto:aveeno@early-years.org)**



Newry, Mourne & Down Committee

# Have you been affected by a Road Traffic Collision?

Many people are affected when a serious RTC happens. Each experience is personal and individual but it can help to talk to others who are dealing with the same experience.

**You do not have to feel alone.**

**This support group aims to:**

- ✓ Connect those who have experienced similar situations from a RTC
- ✓ Allow a space to grieve
- ✓ Provide information and help that you need when you need it

**For anyone who has been affected in any way by a RTC.**

**3rd Thursday every month  
beginning on 16th January 2020**  
Mall Suite Canal Court Hotel Newry (2nd Floor)  
**7.00-9.00PM**

**WE MEET  
EVERY  
MONTH IN  
THE CANAL  
COURT**



We would like to introduce you to **The Decider Skills** training.

**The Decider Skills** use Cognitive Behavioural Therapy to teach children, young people and adults skills to recognise their own thoughts, feelings and behaviours, allowing them to monitor and manage their own emotions and mental health. The Skills are designed to enable participants to make effective changes to help manage distress, regulate emotion, increase mindfulness, promote effective communication and help to live a more skilful, less impulsive life.

**The Decider Skills** are being used extensively in Guernsey by adults, children and young people. The model is proving to be a successful one.

**The Decider Skills** are being used widely, especially in the UK and Ireland and extensively by NHS Highland, NHS Fife, NHS Cumbria, NHS Lothian, NHS Forth Valley, Barnardo's, Youth Connection, Mind.

**We are running a 2 day and 1 day workshop in 2020.**

**2 day - 32 skills 28th and 29th January 0930 -16.30 in Londonderry Park, Newtownards.**

**1 day 12 skills on 27th March 09.30 - 16.30hrs in Londonderry Park, Newtownards.**

If you have any queries please contact Ruth on 07758658147 or email:

[skillsbridge101@gmail.com](mailto:skillsbridge101@gmail.com)

We look forward to hearing from you.

Regards,

Ruth Martin and Tara Doherty

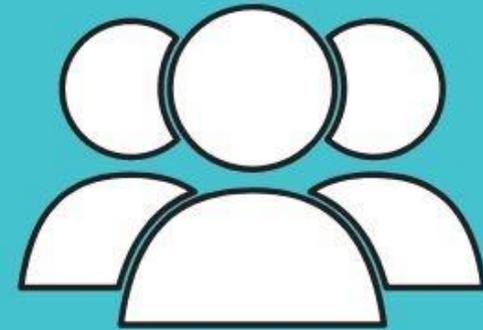
Authorised Decider Trainers

[www.decider.org.uk](http://www.decider.org.uk)



# Digital Admissions Clinics

9 - 21 January 2020



Offering help and support with preschool and primary school online admissions.

For a full list of clinics visit [eani.org.uk/admissions](http://eani.org.uk/admissions)

# **SAVE THE DATE SEXUAL HEALTH WEEK**

Gender Identity Seminar

Health/Education/Community/Family

Cultural competence for service delivery in  
2020

Barriers, Best Practice & Learning

**Morning of 12th February 2020** in

**Lagan Valley Island Lisburn**

For more details contact:

**[Gabrielle.oneill@setrust.hscni.net](mailto:Gabrielle.oneill@setrust.hscni.net)**

# **Parent Workshops**

## **Children with ASD: Special Topics**

(You must live within the South Eastern Trust area and your child must have a confirmed diagnosis of an Autism Spectrum Disorder)

**Emotional Regulation: Anger & Anxiety in Children**

**Training Room 1, Downshire Hospital, Downpatrick**

**Tuesday 4<sup>th</sup> February at 09:30am**

**Link: <https://www.eventbrite.co.uk/e/89741078983>**

**LINK WILL GO LIVE AT 7.30 TONIGHT**

### **How to book a place:**

Follow the link to Eventbrite and fill in your details and answer the asked questions.

**No bookings will be taken via email or phone**

# SAVE THE DATE

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Awareness Raising and Networking Event Entitled:

**UNDERSTANDING THE IMPACT OF ALCOHOL ON PREGNANCY**

**SAVE THE DATE : Wed Jan 29<sup>th</sup> 2020**

**10am - 1pm Londonderry Room @ Newtownards Art Centre**

**KEYNOTE SPEAKER:**

*Walter Robinson - Research Lecturer Practitioner & Doctoral Student - Joint appointment with Ulster University & South Eastern Health & Social Care Trust*

The Seminar will feature Poster Presentations, Side Stalls & Discussion Groups

To register for the seminar please email: [pamela@sedact.info](mailto:pamela@sedact.info)



Co-hosted by: South Eastern Health & Social Care Trust, Ulster University and Ards and North Down Local Authority

# Children's Emotional Health Workshop

Children who have positive emotional health and wellbeing tend to have better outcomes in life. This workshop encourages parents of children to recognise the importance of their children's mental health, exploring how parents can provide opportunities for children's emotional development.

**SPECIAL OFFER** 2 hour workshop now only **£250**

Book now to have this workshop delivered to parents you work with. **parentingni.org**

**Contact Maria Rogan on  
028 9031 0891 or  
email [maria@parentingni.org](mailto:maria@parentingni.org)**



**What is Implementation Fidelity?**  
**Why does it matter?**  
**Whose job is it?**  
**Are there frameworks for success?**

With an increasing focus on using evidence-based interventions to best meet the needs of our communities and client populations comes the responsibility to ensure that we deliver them in practice as the developers and researchers intended, in other words, with 'fidelity'.

This full day training session supports managers and administrators in their efforts to introduce, embed or scale-up evidence based interventions by exploring the theory of 'implementation science', explaining the link between fidelity and outcomes and identifying practical ways of bridging the 'science to service' gap and creating enabling contexts for success.

**Date: Tuesday 28 January**

**Venue: NICVA, Belfast**

**Timings: 09.30 - 16.00**

<https://fidelity28jan.eventbrite.co.uk>

\*\*\*Please note\*\*\*

*Places are limited to Community/Voluntary and Public Sector and will be allocated on a first come, first served basis.*

If you are unable to use Eventbrite and require invoicing separately, please note that an administration charge of £20.00 will be incurred.

If you register and do not attend, your registration fee will not be refunded unless you give advance warning of at least 7 working days.

Any queries, please contact Lisa McArthur - [lmcarthur@ncb.org.uk](mailto:lmcarthur@ncb.org.uk) T: 028 9087 5006





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

- 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!
- Less words, bigger pictures!
- We do not advertise or endorse those events or programmes which are privately funded as a business.
- 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.
- We may have to decline to advertise information which is not applicable to better outcomes for children and young people.
- Your feedback is welcome. (We are not perfect, but will strive to be as good as we can.)
- 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](mailto:noelle.hollywood@setrust.hscni.net) or [07872422101](tel:07872422101)