

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

# Fortnightly News

**February 2020**

## **Issue 11**

Welcome to this 11th 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 information on; events, fundraising and programmes for you to share.

Nuala McArdle  
& Noelle Hollywood

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



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

## Fortnightly News

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.

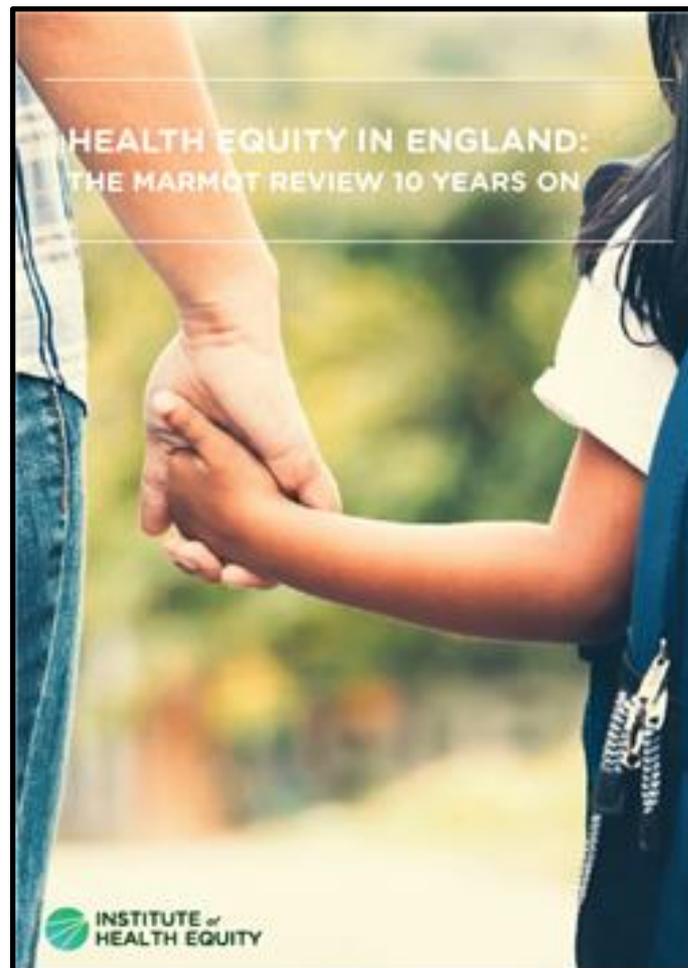
[For more information on' Fortnightly News ' contact noelle.hollywood@setrust.hscni.net](#) or 07872422101

# Health inequality

[www.health.org.uk/publications/reports/the-marmot-review-10-years-on](http://www.health.org.uk/publications/reports/the-marmot-review-10-years-on)

## “Health equality in Northern Ireland should be prioritised by NI Executive”

Belfast Healthy Cities has highlighted that the findings of the Marmot Review of Health Equity in England are “mirrored or worse in Northern Ireland” and have called for the NI Executive to prioritise tackling health inequality in the Programme for Government. It comes after the publication of the [HEALTH EQUITY IN ENGLAND: THE MARMOT REVIEW 10 YEARS ON](#), which outlines how health inequality has widened in the last decade and, in particular, life expectancy for women in poorer communities in England has declined since 2011.





# OLLIE AND HIS SUPER POWERS

## LEARN HOW TO SPEAK "OLLIE"

Meet the author of the revolutionary children's series and child therapist, Alison Knowles.

Hear about the concept behind Ollie and how it is helping children learn how to control their emotions rather than being controlled by them.

Watch some 'Ollie' techniques being demonstrated and pick up tips on the 'Ollie' language to help your child to be the best they can be.

Chat to Alison Knowles, creator of Ollie and his Super Powers, to learn more about how the Ollie concept can help you.

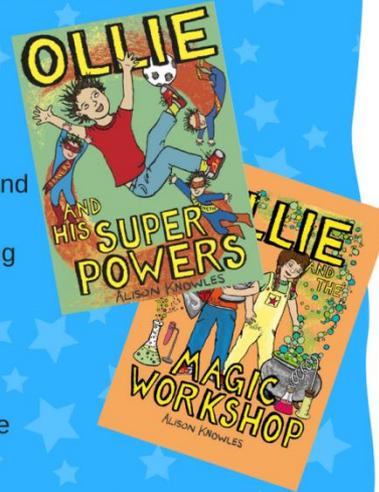
Teachers/Professionals Session - 2pm - 4pm  
Parents Session - 7.00pm - 9.00pm  
Monday 23rd March 2020

**Only 65 seats  
per session**  
BOOK EARLY

Down Leisure Centre

114 Market Street Downpatrick Co. Down BT30 6LZ

For more information contact Avril Annett  
avril.annett@ollieandhissuperpowers.com Mobile: 07912390789



Health & Wellbeing

# Fair

with Kilcooley  
Women's Centre



**Friday 13<sup>th</sup> March 2020**  
**11am-2pm**  
**Bangor Elim Complex**

Join us for our Spring Health Fair with  
lots of information stands and  
wellbeing boosting activities such as...

- Puppy Petting
- Health Checks
- Mini Manicures
- Aromatherapy Oil Blending & Hand Massage
- Indian Head & Shoulder Massages
- Makeup Master Classes and much more!
- Urban Community Chef
- Storytelling Workshops
- Arts & Crafts



We will also be celebrating

**International Women's Day**

so make sure you wear something purple & bring your best smiles for our photo wall!

Tea/Coffee & Sweet Treats also available with all donations supporting The Ulster Hospital Stroke Unit.



**THIS EVENT IS FREE FOR ALL!**

**Kilcooley**  
WOMEN'S CENTRE

**HSC** Public Health Agency  
Project supported by the PHA

**For more information contact:**

Kirsty - Tel: 028 9147 8292  
kirsty@kilcooleywomenscentre.co.uk

Follow us:  

# Bangor Support Group.

**AutismNI**  
Northern Ireland's Autism Charity



- Parents, Carers (pre & post diagnosis) & Professionals sharing experiences and information
- Invaluable peer support
- Develop strategies and learn new skills
- Facilitation by parent Volunteers

Join us at our monthly  
Support Group Meeting;

**Date:** Friday 27th March 2020

**Time:** 10:30am to 12:00pm

**Venue:** Peninsula Healthy Living  
Centre, 4 Church Grove,  
Kircubbin, BT22 2SU

FOR MORE INFORMATION:

**t. 028 9040 1729**  
(Option 1)

**e. [info@autismni.org](mailto:info@autismni.org)**



Facebook:  
[/AutismNI](https://www.facebook.com/AutismNI)



Twitter:  
[@AutismNIPAPA](https://twitter.com/AutismNIPAPA)

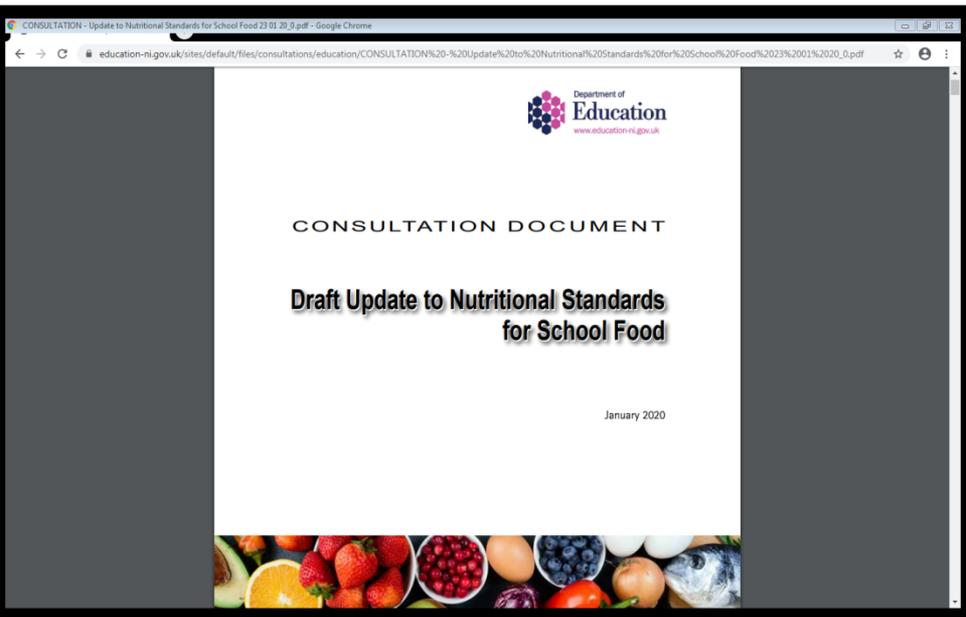


Instagram:  
[autism\\_ni](https://www.instagram.com/autism_ni)

**[WWW.AUTISMNI.ORG](http://WWW.AUTISMNI.ORG)**

# Nutritional Standards for School Food

<https://www.education-ni.gov.uk/consultations/update-nutritional-standards-school-food>



The Department of Education is seeking views on proposals to update the nutritional standards of food provided in grant-aided schools. Education Minister, Peter Weir, said: **“Since the standards were introduced 12 years ago, evidence and research has shown that we should eat more fruit, vegetables and dietary fibre whilst reducing the amount of sugar, salt, fat and processed meats. It is important that we update the existing Nutritional Standards to ensure that all food provided in schools is in keeping with up-to-date government guidance on healthy eating.”**

**“The benefits of a healthy diet are well known and can not only help maintain a healthy weight but can reduce the risk of ill-health including diseases such as Type 2 diabetes. A healthy diet can have a critical role in cognitive development and can help improve the mental wellbeing of children and young people by increasing self-esteem and improving mood.”**

**The consultation will run until Friday 27 March.** It is planned, subject to the outcome of this consultation and the availability of funding, that these changes will be implemented with effect from September 2020.



## This Girl Can teams up with parkrun to celebrate International Women's Day

Women and girls are being encouraged to celebrate International Women's Day by joining their local parkrun. On Saturday 7 March, This Girl Can is teaming up with parkrun to put on hundreds of events across the UK to inspire and attract women.

parkrun's records show that of the 1.8 million women who are registered with parkrun, 650,000 are yet to take part, and that despite females making up 52% of their registrations, they only account for 44% of completed parkruns.

This International Women's Day parkruns across the UK will be showing their support with female volunteer teams, a brief for all newcomers, selfie frames and a suggested purple dress code.

As a result, we're encouraging women who take part to share their experience online, and there'll be a social media campaign to accompany the International Women's Day parkrun addressing and breaking down barriers faced by women and girls when accessing physical activity.



**of brisk walking  
every day  
can reduce  
stress**



**Even a short walk can help reduce stress and improve your mood.  
Give your mental health a boost by hopping off the bus or train a  
couple of stops early and walking the rest of the way to work.**

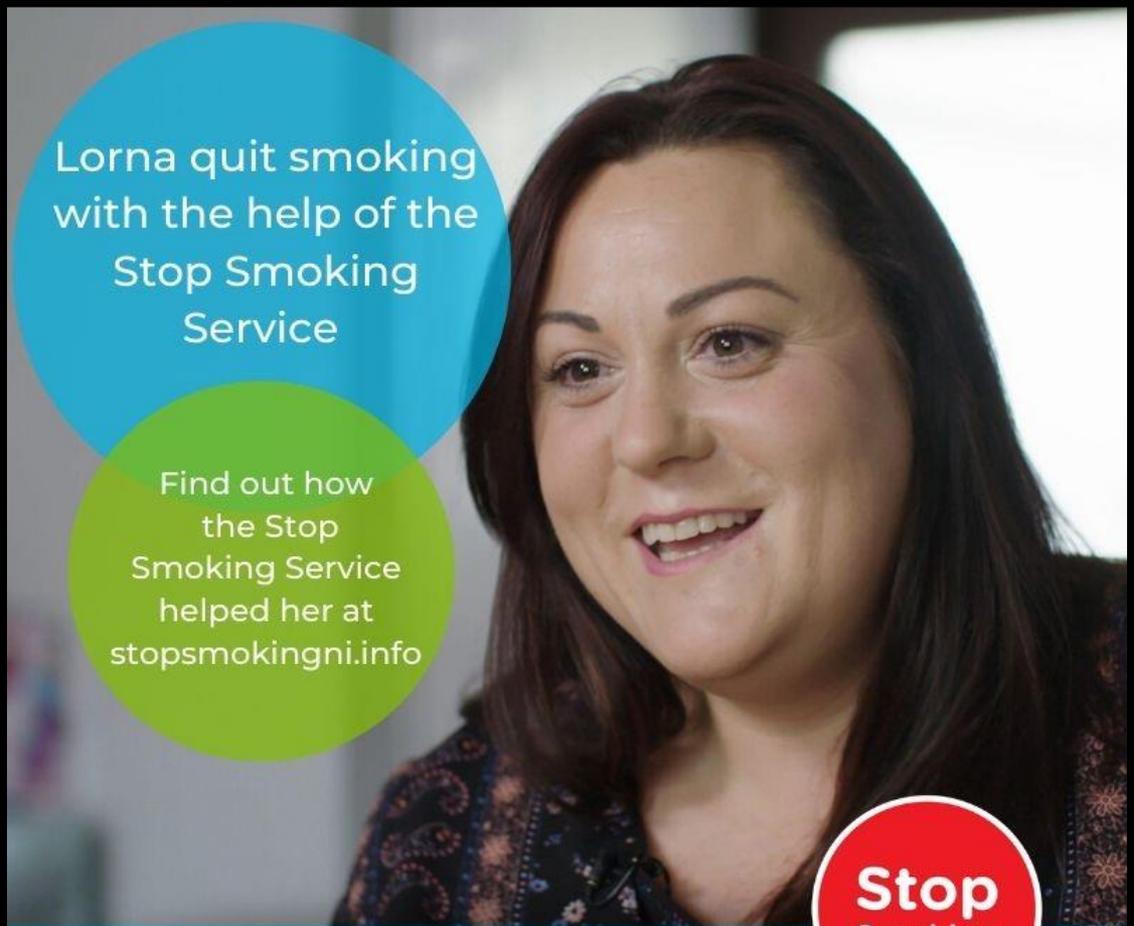


# Physical activity guidelines for children and young people

- Children and young people should engage in moderate-to-vigorous intensity physical activity for an average of at least **60 minutes per day across the week**. This can include all forms of activity such as **physical education, active travel, after-school activities, play and sports**.
- Children and young people should engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.
- Children and young people should aim to minimise the amount of time spent being sedentary, and when physically possible should break up long periods of not moving with at least light physical activity.

These Department of Health guidelines are designed to help professionals and practitioners working with children and young people understand the type and amount of physical activity children and young people should do to benefit their health.





Lorna quit smoking  
with the help of the  
Stop Smoking  
Service

Find out how  
the Stop  
Smoking Service  
helped her at  
[stopsmokingni.info](http://stopsmokingni.info)

 Public Health  
Agency





## **MADE Group**

**Cordially invite you to a workshop to Share, Explore and Plan how we can make a difference in education in Ards and North Down.**

**This is the start of a journey – an opportunity, not to find ‘oven-ready’ solutions, but to share and to learn and move forward together.**

**Thursday 5th March 9.30am – 12.45pm**

**Registration from 9am.**

**Londonderry Park**

**Pavilion,**

**Portaferry Road,**

**Newtownards**

**RSVP Lisa to book a place & hospitality; [lisa@lisburnymca.com](mailto:lisa@lisburnymca.com)**



## **Parent & Children's 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)

#### **Sensory Strategies Workshop**

**Warren Children's Centre, Lisburn**

**12<sup>th</sup> March 2020 at 10:00am**

**[Link will go live at 7.30pm tonight](#)**

**[Link: https://www.eventbrite.co.uk/e/95348266231](https://www.eventbrite.co.uk/e/95348266231)**

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

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

**Bookings will not be taken via email or phone.**



## **Parent & Children's 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 in ASD: Anxiety & Anger**

**Warren Children's Centre, Lisburn**

**30<sup>th</sup> March 2020 at 09.30am**

**Strictly 1x Parent only**

**LINK WILL GO LIVE AT 7.30PM TONIGHT**

**Link: <https://www.eventbrite.co.uk/e/96918362431>**

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

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

**Bookings will not be taken via email or phone.**



### VOLUNTEERS NEEDED

What does a volunteer do?  
Some volunteers volunteer directly with families. Others volunteer in our charity shops, family groups, in our office helping with admin and by offering specific skills such as PR, technical support and fundraising. If you could spare 2-3 hours a week give us a call.  
Volunteer Course starting soon.

Contact us today to find out more  
**Facebook - Home Start Down District**  
**02844 615727**

Charity No. 2637166  
14-15 Innovation House, Down Business Park, 46 Belfast Road, DOWNPATRICK, BT30 9UP



# 6 week Managing Anxiety course

- Starting Tuesday 25th February
- From 12.30-2pm
- Kircubbin Community Centre.

Anyone who is interested can contact me on 07856286455 or email [shuggett.phl@gmail.com](mailto:shuggett.phl@gmail.com)

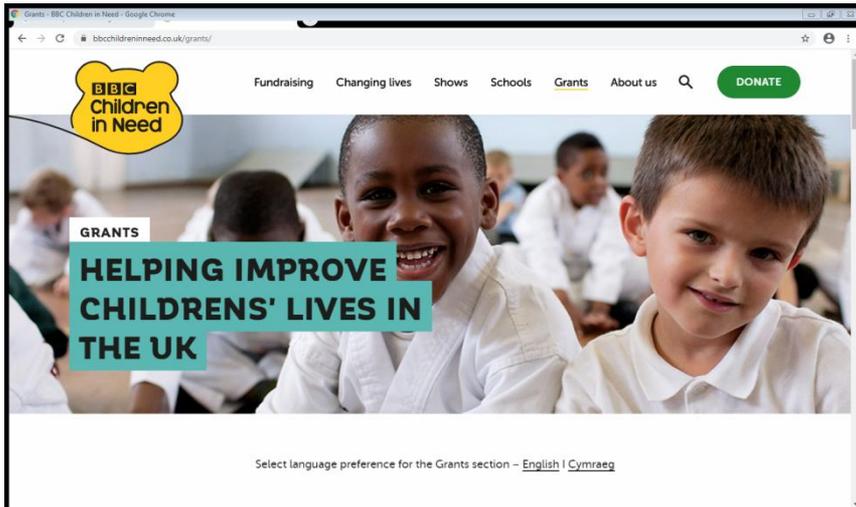


# BBC Children in Need



Thinking about making a Grant Application? Before you apply – Talk to us

Understanding how BBC Children in Need helps improve children's lives will help you talk to us about your project. By talking clearly about your activities and how they make differences that improve children's lives, you help us better understand your intentions when we make a decision about your application. More importantly, once you have a grant, it will help us talk to you about the ongoing development of your project and its continued positive impact on children's lives.



BBC Children in Need  
Broadcasting House  
Ormeau Avenue  
Belfast  
BT2 8HQ  
Tel: **028 9033 8221**



[www.bbcchildreninneed.co.uk](http://www.bbcchildreninneed.co.uk)

## **Belfast City Airport Community Fund**

Would your Community organisation like more information on the Community Fund?

Previous projects range from schools to sports teams, community centres to choirs and educational campaigns and exciting event programmes.”

To apply to the Community Fund please search;

[www.belfastcityairport.com/Community/Community-Fund](http://www.belfastcityairport.com/Community/Community-Fund)



Children in Northern Ireland and Relate NI have been commissioned by the Health and Social Care Board to deliver a regional parenting helpline. The helpline is called Parentline NI, it is for parents, carers and family members.

ParentLine NI is here for all parents, offering support, guidance or advice, wherever you are on the parenting journey.

Parentline NI is open from 9am to 9pm Monday to Thursday, 9-5pm Friday and 9am to 1pm on Saturday. Our Service is available through a range of different channels including telephone, face to face and online.

**Call us for FREE on: 0808 8020 400**

**Chat online at [www.ci-ni.org.uk/parentline-ni](http://www.ci-ni.org.uk/parentline-ni)**

Flyers and posters are available on request, email [parentline@ci-ni.org.uk](mailto:parentline@ci-ni.org.uk)



**WE ARE LOOKING FOR**  
**SATURDAY CLUB LEADERS**  
**FOR OUR**  
**SAINTFIELD AND**  
**DOWNPATRICK CLUBS**

The clubs are for disabled and non-disabled children who are between the age of 5-12 years. This is a 10hr a month post. The club runs twice a month for 2 hrs and 6hrs prep time is given. The aim of the club is for the children to have fun through play .

Job and personal profile can be found on;  
[barnardos.org.uk/jobs](http://barnardos.org.uk/jobs)

For further information contact;  
Siobhan Stratton  
02890658105  
email: [siobhan.stratton@barnardos.org.uk](mailto:siobhan.stratton@barnardos.org.uk)

# TRIB FEST

IN AID OF



Wednesday 25<sup>th</sup> March 2020  
Bangor Elim Complex  
Doors open 7:00. Show starts 7:30



COMPERE  
**JOE MAC**  
ACTS INCLUDE  
**KENNY ROGERS**



CONSPIRACY NASHVILLE  
FLASHBACK TO THE 80'S  
LIVE CHARITY AUCTION



Tickets Available Online Now at [www.ticketsource.co.uk/bfcsevents](http://www.ticketsource.co.uk/bfcsevents) (small booking fee applies) or from Top Spot Newtownards, McMullans Brunswick Road Bangor, Pickie Fun Park Café and Bangor Elim Church.



# Free community event for you and your dog

Wed 4<sup>th</sup> March 2020  
Bridge Community Centre,  
27 Braeside Gardens,  
Killyleagh,  
Downpatrick,  
BT30 9QE  
11am – 3pm



- + Microchipping & advice on updating your details
- + Advice about dog ownership

All for free!

[www.dogstrust.org.uk/checkupandchip](http://www.dogstrust.org.uk/checkupandchip)

In association



Microchipping offer open to dog owners aged 18 or over regardless of benefit status, subject to availability and resources of the charity. All breeds of dogs are welcome; however, Dogs Trust will not chip active hunting hounds or litters of puppies. We ask that puppies under 6 months old are fully vaccinated and proof of vaccinations are brought along to the event. If your puppy has recently been vaccinated, they must be carried for the 10 days following their final vaccination. Dogs over 6 months old do not require proof of vaccination. The Promoter: Dogs Trust, 17 Wakley Street, London, EC1V 7RQ Reg. Charity Number 227523 and SC037843

# Staywell Guide to Colds & Flu

Rest up  
and stay at home



Drink plenty of  
fluids



Blow your nose  
Catch it, Bin it, Kill it



Wash hands  
regularly



Talk to your  
Pharmacist



Flu Vaccine

Get the free flu vaccine if  
you're in one of the  
'At Risk' groups





# Stay warm and well during cold spell

- wear multiple layers of clothing
- eat well - food is a source of energy which helps to keep your body warm
- heat your main living room to around 18-21°C
- make sure your heating is safe and beware of carbon monoxide poisoning
- when you go outside wear a coat, hat, scarf and gloves
- check on older or vulnerable neighbours

[pha.site/badweather](http://pha.site/badweather)

**Thinking of a new project? Haven't got the funds?  
Why not apply to the ASDA foundation!**

How to Apply | Asda Foundation - Google Chrome  
asdafoundation.org/how-to-apply

**ASDA** foundation

Foundation Grants Case Studies **How to Apply**

**Transforming Communities and Improving Lives Grants**

Grant Criteria Guidelines

How to - Non Government Entity Application Form

How to - Government Entity Application Form

Example Application Form Completed

**Green Token Giving**

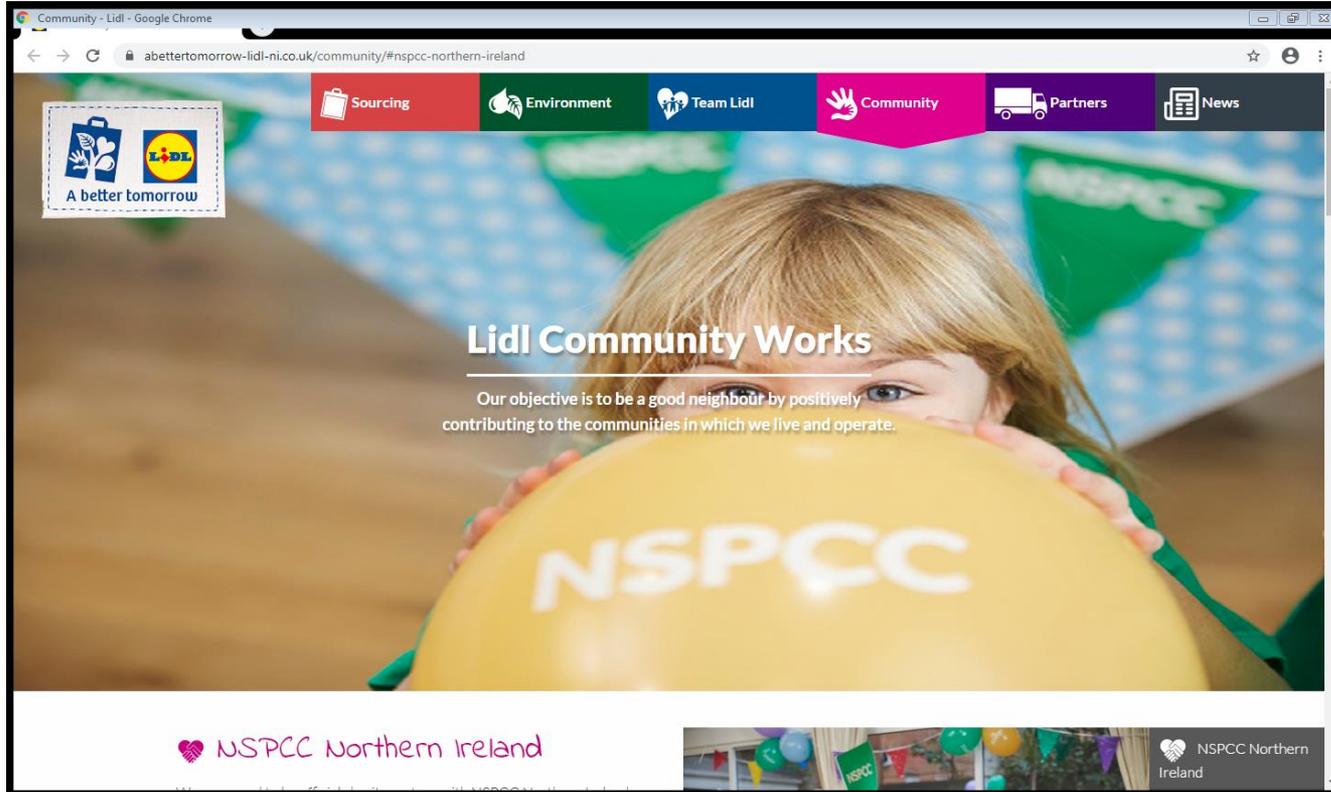
More info

**Emergency Funds**

Please contact your local [Asda store](#) for Emergency Fund support

[For further information on foundation grants please search;  
www.asdafoundation.org/foundation-grants](http://www.asdafoundation.org/foundation-grants)

# Need financial help with a new project? Why not apply to Lidl Community Works



[For more information on Lidl community grants please search;](#)

[www.abettertomorrow-lidl-ni.co.uk/community/#nspcc-northern-ireland](http://www.abettertomorrow-lidl-ni.co.uk/community/#nspcc-northern-ireland)



## **SMALL GRANT SUPPORT FOR YOUR COMMUNITY**

Tesco community grants fund a number of local projects right across the Northern Ireland.

Projects that bring benefit to their community will get the green light – these range from improving community buildings and outdoor spaces to buying new equipment, training coaches or volunteers and hosting community events.

Administration of the local funding is being managed by community charity, [Groundwork](#), which specialises in transforming communities and the local environment for the better. For more information, please search;

[tescobagsofhelp.org.uk/](http://tescobagsofhelp.org.uk/)



## INVITATION

### Creating a Trauma Informed Care Environment Seminar

*A place of physical and psychological safety*

4 March 2020

9.30am-13.00pm

**Stormont Hotel, Belfast**

*(Includes refreshments at registration and lunch)*

#### **Keynote speakers include:**

☒ Mandy Davis, Director of Trauma Informed Oregon

☒ Suzanne Mooney, Systemic Practice and Family Therapy Programme Director, Queens University Belfast

#### **Registration**

If you would like to attend this seminar please register the following details; name, job title, organisation, contact details & special requirements by email to

[Lia.Mckenzie@hscni.net](mailto:Lia.Mckenzie@hscni.net) **no later than 21 February 2020.**

**Save The Date.... For more info and to reserve a place please email [patricia.mcmurry@setrust.hscni.net](mailto:patricia.mcmurry@setrust.hscni.net)**

This event is free to attend



**Date: 3rd March**  
**Time: 10am – 3.30pm**  
**Venue: Strangford Arms Hotel**

## **STALKING**

In November the The Department of Justice published a report on public responses to the creation of a new stalking offence in Northern Ireland. Lucy Kay (Aurora New Dawn) who collaborated on the consultation and will speak at this event on the Stalking Advocacy Service, partnership working with Hampshire Stalking Clinic and Stalker profiles

**For more information and to reserve a place**

**Email: [patricia.mcmurray@setrust.hscni.net](mailto:patricia.mcmurray@setrust.hscni.net)**





**YOUTH  
CAN  
DO IT**

## PROGRAMMES JAN - MAR '20

### Security

8th Jan, Belfast   
19th Feb, Ballymena, ages 18-30  
Two week course / SIA License

### Enterprise

15th Jan & 20th Feb, Belfast  
4th March, Newtownabbey and Lurgan,  
ages 16-30  
Business idea? Free ongoing support /  
mentoring / low interest loans

### Fairbridge +

21st Jan, Belfast, ages 16-25  
Boost confidence / learn new skills / one  
to one support

### Make-up

22nd Jan, Belfast  
12th Feb, Antrim, ages 16-30  
Meet new people / learn new skills

### Ready to work

23rd Jan, Belfast, 16-30   
Two day employability programme / job  
opportunities

### Wellbeing

5th Feb, Lurgan, ages 16-30  
Wellbeing and nutrition workshop

**We also offer one to one support to help young people live, learn and earn.  
For more info, call 0800 842 842 or email [outreachni@princes-trust.org.uk](mailto:outreachni@princes-trust.org.uk).**

**Support for travel and childcare is also available.**

### Retail M&S

10th Feb, Belfast, Lisburn and  
Derry/Londonderry, ages 16-25  
Four weeks in store work experience /  
placements available in various  
locations

### Fire Service

12th Feb, Belfast   
26th Feb, Derry/Londonderry,  
ages 16 - 30  
Meet new people / learn new skills

### Retail

3rd March, Belfast   
4th March, Newry, ages 18-30  
Four weeks in store work experience /  
placements available in various  
locations

### Team programme

Ongoing, across NI, ages 16-25  
12 week personal development  
programme

### Development Awards

Ongoing, across NI, ages 16-30  
Grants to help young people into  
education, training or employment



[www.princes-trust.org.uk](http://www.princes-trust.org.uk)



Department for the  
Economy  
[www.economy-ni.gov.uk](http://www.economy-ni.gov.uk)

This project is part funded through the Northern Ireland European Social Fund 2014 - 2020 and the Department for the Economy

The NHS logo, consisting of the letters 'NHS' in white on a blue rectangular background.

# Get protected against measles

Contact your  
GP practice  
about the  
MMR vaccination.

**HELP US  
HELP YOU**  
GET PROTECTED



# Domestic Violence & Abuse... What About Men?

## Awareness Session

Tuesday 24th March (1.30pm – 3pm)

Training Room 2,  
Downshire Hospital,  
Ardglass Road  
Downpatrick



## Find out more about:

- The nature and extent of domestic abuse perpetrated against men
- The types, indicators and impact of abuse
- The barriers to seeking help
- Services available to male victims

This event is free and open to anyone working in the statutory, voluntary or community sectors.

To book a place please contact:  
[Patricia.mcmurray@setrust.hscni.net](mailto:Patricia.mcmurray@setrust.hscni.net)



**Roots of Empathy** is an evidence-based classroom programme that has been shown to reduce levels of aggression among school children, while also improving social and emotional competence and increasing empathy. At the heart of the programme are a baby and parent from the local community, who visit the classroom on a monthly basis throughout the year. A trained instructor coaches students to observe the baby's development and label the baby's feelings. This 'emotional literacy' lays the foundations for more safe and caring classrooms.

Children become more competent in understanding their own feelings and the feelings of others (empathy) and are therefore less likely to physically, psychologically and emotionally hurt each other through bullying.

There are 30 Primary School Programmes funded by the Public Health Agency across the South Eastern Health & Social Care Trust Area.

If you are a Parent, Primary School Principal, Teacher, or Classroom Assistant and would like more information please contact;

[Noelle.hollywood@setrust.hscni.net](mailto:Noelle.hollywood@setrust.hscni.net)

# Let's talk...CONSENT!

Before taking part in any sexual activity always get consent.



Yes



Consent can be withdrawn at any time – it's always okay to change your mind.



No

Be aware of how alcohol and drugs can lower inhibitions and affect decision making.

Know the law!

**#LetsTalkSEX**



I'm not ready...

Sex

## Let's talk... 'The Talk'

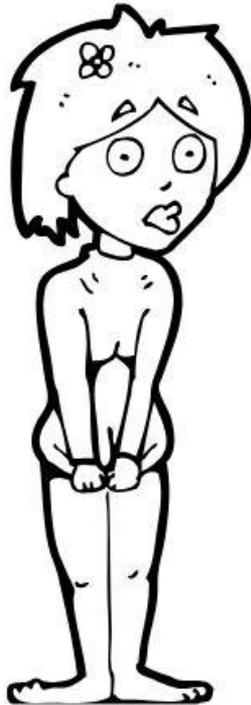
**Struggling to talk to your child about all things relationships and sex? Check out these tips:**

- **Make sure it's a conversation** – ensure that you take time to listen to what they are saying and their point of view.
- **Take advantage of opportunities** – everyday things such as their favourite show, celebrity or music can provide openings for discussion – make yourself aware of what's going on in their life.
- **Show respect for their opinions** – you might not agree but it important to help them think things through rather than tell them what to do.
- **Don't make judgements** – conversations starting with 'that was stupid' are unlikely to go well.
- **Be there to help** – ask them what you can do to help.



**#LetsTalkSEX**

**Having unprotected sex increases your chances of getting an STI - don't take the risk!**



**Having your skirt tucked into your knickers is embarrassing... asking them to wear a condom isn't!**

**#Choosetoprotectyourself**

**#Alwaysuseacondom**

**#LetsTalkSEX**

# The Pathway Fund 2020/21

The outcomes of the Pathway Fund are:

- Improved development of children who are at risk of not reaching their full potential within the school system;
- An enhanced, more sustainable early years sector.

Please note only applications received by post will be accepted.

Please ensure correct postage is paid prior to sending documents and proof of postage is retained.

Application forms and guidance notes will be available to download at [www.early-years.org/pathway-fund](http://www.early-years.org/pathway-fund)

1. This will be assessed using the most disadvantaged (Super Output) areas, as defined by the NI Multiple Deprivation Measure 2017 and the Education Skills and Training Deprivation ranking 2017.

To check your postcodes in Super Output Areas please visit [www.ninis2.nisra.gov.uk/public/AreaProfile.aspx?Menu=True](http://www.ninis2.nisra.gov.uk/public/AreaProfile.aspx?Menu=True)

2 The principles of the Code of Practice for Reducing Bureaucracy in Grant Funding to the Voluntary and Community Sector 2015 are available from [www.early-years.org/pathway-fund](http://www.early-years.org/pathway-fund)

**For further information please contact The Pathway Fund office** on **028 9066 2825** (option 2) or email [thepathwayfund@earlyyears.org](mailto:thepathwayfund@earlyyears.org)



# Barnardo's Fostering Week



**Become a foster carer and change a child's life today.**

## **Barnardo's Northern Ireland Fostering Service team**

### **Barnardo's Northern Ireland Fostering Service**

230b Belmont Road  
Belfast  
BT4 2AW

**Telephone: 028 9065 2288**

Office hours are Monday to Friday, 9am to 5pm

**By choosing to become a foster carer you can make a huge difference to  
a child's life – and yours.**

# DRUG AND ALCOHOL SUPPORT SERVICES

SOUTH EASTERN HEALTH AND SOCIAL CARE TRUST AREA

Date of publication: JUNE 2019

Disclaimer: Whilst every effort has been made to ensure the accuracy of the information provided in this directory, we do not accept any responsibility or liability for any errors that have occurred. It is recommended that you always check directly with providers that their service or registration meets your requirements.

This publication can also be downloaded from [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



## Services for Adults

### MARC Project

Drop in service for chronic drinkers in the North Down and Ards area offering basic care, housing and crisis support.

#### The Link

☎ Tel: 028 9182 1124

### South Eastern Outreach Team

Low threshold service aimed at those who misuse alcohol and/or drugs at harmful levels and/or in harmful ways but who are unable to commit to formal treatment (including chronic drinkers and injecting drug users).

#### Open Access/Self Referrals Accepted

### Simon Community

☎ Tel: 074 3575 4307

☎ Tel: 074 3575 4302

☎ Tel: 074 3575 4301

### Community Based Adult (Step 2) Service

One to one therapeutic treatment and support service for alcohol and/or drug misuse. Family members can also get advice and support - regardless of whether their significant other is seeking help.

#### Open Access/Self Referrals Accepted

### Dunlewey Addictions Service

☎ Tel: 028 9039 2547

☎ Tel: 077 0817 6225

### Statutory Addiction Service

Provided by a range of specialist teams within community and hospital settings.

#### GP & Mental Health Professional

#### Referrals

### SEHSCT

☎ Tel: 028 9151 2159 (Newtownards)

☎ Tel: 028 9266 8607 (Lisburn)

☎ Tel: 028 4451 3921 (Down)

Residential treatment is accessible through the statutory addiction service.

#### Addiction Service Referrals

Ward 15, Downshire

☎ Tel: 028 4451 3922

## Young People/Family

### Bangor Youth Engagement Service (YES)

A youth friendly, holistic health and wellbeing service where young people, aged 11-25, have opportunities to socialise and to get advice and support on a range of issues.

#### Open Access

### Extern (based in Bangor YMCA)

☎ Tel: 028 9145 4290

### Strengthening Families Programme

Parents and children participate in the programme, both separately in teen and parent sessions, and then together in family sessions (7 week programme).

#### Targeted at At-Risk/Vulnerable Families

### SEHSCT

☎ Tel: 028 9250 1357

### Targeted Lifeskills Service

Groupwork programmes for young people, aged 11-25, focussed on lifeskills and harm reduction.

### LYMCA

☎ Tel: 028 9267 0918

### Steps 2 Cope

Online support and self help resources for young people, aged 11-18, affected by a parent's use of alcohol.

### ASCERT & Barnardos

☎ www.stepstocope.co.uk

### DAISY

One to one and group therapeutic treatment and support service for children and young people aged 11-25. Family members can also get advice and support - regardless of whether their significant other is seeking help.

#### Open Access/Self Referrals Accepted

### Start 360 & ASCERT

☎ Tel: 028 9043 5815

### Pharos

Therapeutic treatment and support for families and children affected by parental alcohol and/or drug misuse.

#### Social Services/Addiction Services Referrals

### Barnardos

☎ Tel: 028 9066 3470

### DAMHS (Drug and Alcohol Mental Health Service)

Offering a range of therapeutic support services for young people aged under 18 with significant mental health and substance misuse difficulties.

#### GP/CAMHS Referrals

### BHSCT DAMHS

☎ Tel: 028 9063 8000

## Specific Groups

### Needle and Syringe Exchange Sites

#### Clear Pharmacy

📍 5 Church Street, Bangor

☎ Tel: 028 9127 1820

#### Gordon's Pharmacy

📍 35-37 Market Street, Downpatrick

☎ Tel: 028 4461 2014

📍 56 Bow Street, Lisburn

☎ Tel: 028 9267 4747

📍 2a Regent Street, Newtownards

☎ Tel: 028 9181 3217

### Group Support

Call or go online to find a meeting near you:

#### Alcoholics Anonymous

12 Step Programme/Group Meetings

☎ www.alcoholicsanonymous.ie

#### AlAnon

Group Support for Family Members

☎ Tel: 028 9068 2368

☎ www.al-anonuk.org.uk

#### Alateen

Group Support for Teenagers

☎ Tel: 028 9068 2368

☎ www.al-anonuk.org.uk/alateen

#### Narcotics Anonymous

12 Step Programme/Group Meetings

☎ Tel: 078 1017 2991

☎ www.na-ireland.org

### Community/Stakeholder Support

#### South Eastern Drug and Alcohol Coordination Team/Connections Service (SEDACT Connections)

The DACT Connections Service provides information, advice, signposting and awareness raising initiatives to a range of community and stakeholder partners.

☎ Tel: 0800 254 5123 (ASCERT)

☎ www.drugsandalcoholni.info

☎ connections@sedact.info

### Workforce Development Training

A range of drug and alcohol training courses for those working with adults, children and young people.

#### ASCERT

☎ Tel: 0800 254 5123

### Drink, Work and Me

Offers one to one and online support alongside training to enable employers to recognise the impact of alcohol related harm on the individual and the workplace.

#### Addiction NI

☎ 028 9066 4434

☎ www.drinkworkandme.com

For more detailed information on services available in your HSCT area visit [www.drugsandalcoholni.info](http://www.drugsandalcoholni.info)



\*Addressing drugs and alcohol together\*

In Crisis? Call **Lifeline** FREE 24/7 HELPLINE  
0808 808 8000

# Community Information Events

**FREE**

**FREE HEALTH CHECKS**

**TEA & COFFEE**

**HEALTH AND WELLBEING**

**NEWCASTLE CENTRE**  
20th February 2020  
11am-2pm

**SAINTFIELD COMMUNITY CENTRE**  
26th February 2020  
11am-3pm

**SERC DOWNPATRICK**  
13th March 2020  
11am-2pm

*Please come along to meet with the new multi-disciplinary teams in your local GP practices and learn more about services available in your local community.*



 #MDT #DeliveringTogether

 South Eastern Health and Social Care Trust

# COVID-19 (coronavirus)

If you have been to: **China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia, Macau** in the last 14 days; or **Northern Italy (not including, Pisa, Florence and Rimini), Vietnam, Cambodia, Laos, Myanmar** since February 19th 2020;

and have any of these symptoms:



Cough



Fever



Difficulty breathing

- Please contact your GP **BY PHONE**.
- If you are NOT registered with a GP in Northern Ireland, please contact your local Emergency Department by checking [pha.site/emergency-healthcare-nidirect](http://pha.site/emergency-healthcare-nidirect)
- **Please do NOT attend the surgery or hospital without phoning in advance.**
- If it is a medical emergency, call 999 and inform the call handler of your recent travel.

Even if you have no symptoms, if you have been to:

- Hubei Province (including Wuhan), China in the last 14 days; or
- Iran, specific lockdown areas in Northern Italy, or special care zones of South Korea since February 19th 2020; please return home, contact the helpline on 0300 200 7885 and follow the advice below.



Stay indoors and avoid contact with others as much as possible for 14 days after you arrive.



Do not go to work, school or public areas



Avoid visitors in your home



Do not use public transport or taxis

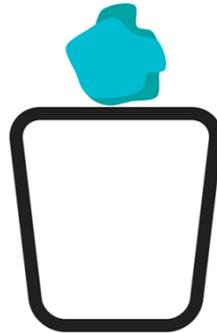




Public Health  
Agency



**CATCH IT.**



**BIN IT.**



**KILL IT.**



<https://www.mindingyourhead.info>

# Focus on alcohol

A guide to drinking and health

**REDUCE THE RISK  
KNOW YOUR LIMITS**

**GOOD NIGHT OUT**

**GET HOME SAFELY**

**SOCIAL DRINKING**

**CUTTING DOWN**

**MOUTH CANCER**

**DEHYDRATION**

**ROAD DEATHS**

**HEAD INJURIES**

**HANGOVER**

**ALCOHOL**

**ACCIDENTAL**

**FIRE DEATHS**

**LIVER DISEASE**

**TAKE CARE**

**OF YOURSELF**

**WEEKLY GUIDELINES**

**WHAT'S IN A DRINK?**

**HOW MUCH IS TOO MUCH?**

**PLANNING A PREGNANCY**

**HEART HEALTH**

**DRINKING AT HOME**

**PLANNING AHEAD**

**BLOOD PRESSURE**

**CALORIES**

**HARMFUL TO YOUR BABY**

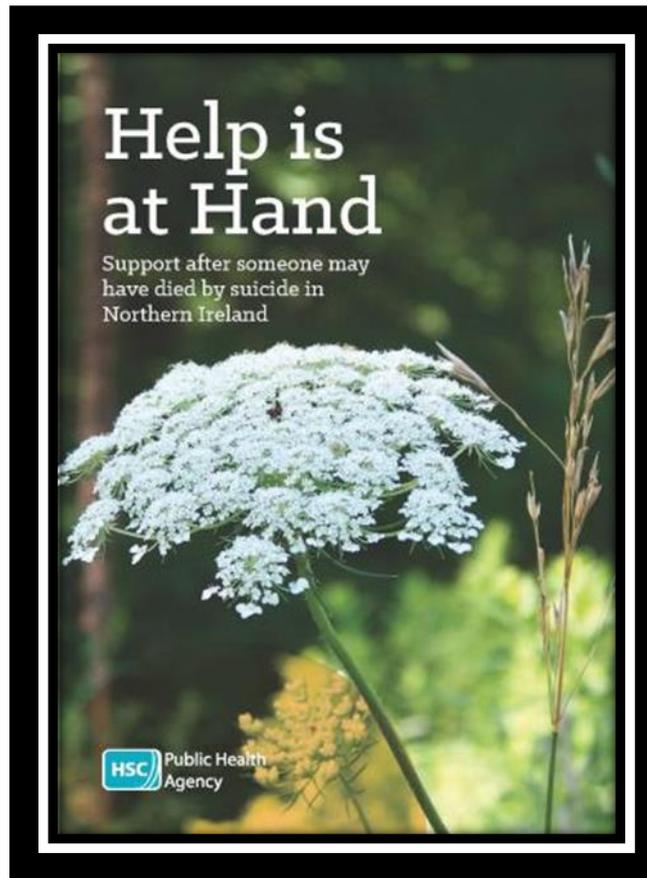
**COUNTING UNITS**



Public Health  
Agency

# Help is at Hand

The purpose of this new booklet from the Public Health Agency is to provide practical guidance and emotional support following a possible death by suicide.



[https://www.publichealth.hscni.net/sites/default/files/2020-01/Help\\_is\\_at\\_hand\\_B5\\_Booklet\\_01\\_20.pdf](https://www.publichealth.hscni.net/sites/default/files/2020-01/Help_is_at_hand_B5_Booklet_01_20.pdf)

•  
**Save the Date**

•  
**Global Health Conference**

Titanic Conference Centre  
Belfast

•  
**SDGs+5: Healthy People on a Healthy Planet**

**24/25 September 2020**  
.....

*Queen's University Belfast, the Irish Global Health Network and partners will host a two day conference in Belfast. More details to follow.....*



## HOW DO I NOMINATE?

Nominations must be made before the 12 March 2020 deadline at;  
[www.dianaaward.org.uk/nomination-centre](http://www.dianaaward.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!

# Locality Planning Meetings for 2020

## Ards & North Down LPG

25<sup>th</sup> March

20<sup>th</sup> May

23<sup>rd</sup> September

25<sup>th</sup> November

10am -12

Meeting hosted by various members, venues to be confirmed

## Down LPG

1<sup>st</sup> April

3<sup>rd</sup> June

7<sup>th</sup> October

2<sup>nd</sup> December

10am -12

Meetings held in Ballymote Centre (above Supervalu) Downpatrick

# SPRING SELF-CARE



Eat & Healthy

Treat yourself



Listen to birdsong

Things that make you happy

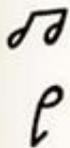


Water your dreams & goals

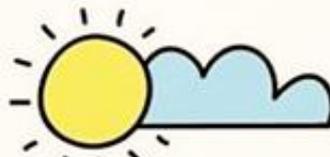
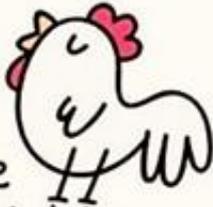


Focus on your growth

Go star-gazing



Create a nourishing morning routine



Spend time in the sunshine



Spring clean your home

Read a good book



Blessing Manifesting

Blessing Manifesting

book