

Down and Ards & North Down CYPSP Locality Planning Groups

Fortnightly News

January 2020

Issue 8

Welcome to the 8th 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



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



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

6 week Managing Anxiety course

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

Anyone who is interested can contact me on
07856286455 or email shuggett.phl@gmail.com



Novel Coronavirus, advise if you develop symptoms within 14 days of leaving China;



A new infection has been detected in Wuhan, China

(Novel Coronavirus)

If you have been to Wuhan, China, in the last 14 days and develop ANY of these symptoms, contact a healthcare professional

Any of



If you develop symptoms within 14 days of leaving China, contact a healthcare professional for free advice and treatment, by calling your GP, and tell them that you have travelled to Wuhan.

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

Infant Mental Health, supporting the best start in life



This Infant Mental Health Framework represents a commitment by the Public Health Agency, Health and Social Care Board and Trusts, as well as academic, research, voluntary and community organisations across Northern Ireland, to improve interventions from the antenatal period through to children aged 3 years old. To download a copy search;

https://www.publichealth.hscni.net/sites/default/files/IMH%20Plan%20April%202016_0.pdf



ARK is Northern Ireland's social policy hub.
Established in 2000 by researchers at Queen's
University Belfast and Ulster University, its primary
goal is to increase the accessibility and use of
academic data and research.

Our work includes:

A suite of three annual public attitudes surveys
Conflict Archive on the Internet (CAIN)

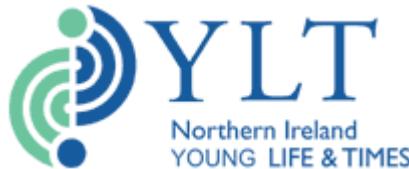
A critical policy unit

A programme of work focused on ageing

A wide range of public engagement activities

For more information search;

<https://www.ark.ac.uk/ARK/>



Young Life and Times Survey

The results of the [2018 YLT survey](#) are now available.

Missed the launch event? Watch it [here!](#)

Topics in the 2018 survey included: Good relations, education, wellbeing, attitudes to paramilitaries and BREXIT.

You can view the results of all previous YLT surveys [here](#).

Our Latest Publications:

- [Citizenship practices and political literacy among young people](#)
- [A Sense of Belonging](#)
- [Volunteering Matters: Young People's Perspectives](#)
- [A welcoming Northern Ireland: Understanding sentiment towards asylum seekers and refugees](#)

If you are looking for a more detailed analysis of YLT data, take a look at our books and contact us if you are interested.

[Dirk Schubotz and Paula Devine \(Eds.\) \(2014\). *Not so different. Teenage attitudes across a decade of change in Northern Ireland*](#)

[Dirk Schubotz and Paula Devine \(Eds.\) \(2008\). *Young people in post-conflict Northern Ireland. The past cannot be changed, but the future can be developed*](#)



The Public Health Agency is pleased to announce the Making Life Better Seminar Series for 2020.

Registration is now open for the following seminars.

Date	Topic	Venue
10am-1pm 12 February 2020	<i>Cross-border Healthcare Intervention Trials in Ireland Network (CHITIN)</i>	Fermanagh House, Enniskillen
10am-1pm 4 March 2020	<i>Giving Every Child the Best Start in Life - What the Research says Part 2</i>	Malone House, Belfast
10am-3pm 24 April 2020	<i>A Whole System Approach to Childhood Obesity</i>	St Columbs Park House, 'Derry

Numbers are limited so early registration is advised.

Please email MLBNetwork@hscni.net to register for the above seminars.

Further details including exact times and agendas will be circulated in due course

REIM Training Solutions



FREE INTERNET SAFETY WORKSHOP FOR TEACHERS

**Monday 10th February
Dungannon Teachers' Centre**

INFORMATION SESSIONS

The Live Here Love Here team will be travelling around the country and stopping off in different locations to tell you more about the Small Grants Scheme. We'll be telling you all about how to apply in April 2020 and how to write that grant winning application!

Council	Venue	Date	Time
Antrim, City, Belfast and Craigavon	Hopkin, Palace Station, The Palace Demesne, Antrim, BT76 4EL	13.03.2020	6.30pm - 8.30pm
Mid and East Antrim	McGinty Hall, Larne Town Hall, Upper Cross Street, Larne, BT40 1JZ	18.03.2020	6.30pm - 8.30pm
Lisburn and Castlereagh	Lagan Valley Island, Lisburn, BT7 4BL	25.03.2020	6.30pm - 8.30pm
Newry, Mourne and Down	Audio Visual Room, Newgate Cinema, 10 - 14 Central Promenade, Newgate BT23 6AA	25.03.2020	6.30pm - 8.30pm
Antrim and North Down	Lanarkberry Park, Portaferry Rd, Ballymoney, BT23 8HQ	26.03.2020	6.30pm - 8.30pm
Fermanagh and Omagh	Bessbrook Centre, Castle Street, Fermanagh, BT94 1EJ	4.03.2020	6.30pm - 8.30pm
Mid Ulster	Burnbane Arts and Cultural Centre, Coalisland, BT98 6DN	1.03.2020	6.30pm - 8.30pm
Derry and Strabane	TBC	TBC	TBC

For more information and to RSVP contact Clara at clara.lavery@keepnorthernirelandbeautiful.org

Save the Date !



NI Helplines Awareness Day

5th February 2020



Public Health
Agency

Project supported by the PHA

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!

Download the free Active 10 app to your smart phone from the App store.

**Save The Date.... For more info and to reserve a place
please email 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 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.mcmurry@setrust.hscni.net





QUEEN'S
UNIVERSITY
BELFAST



Have you used the Regional HSC Hospital Passport? If so we would like to hear from you.

What is the aim of this study?

To develop Best Practice Guidelines, identify and address potential barriers for the further implementation and utilisation of the Regional Health and Social Care (HSC) Hospital Passport for people with learning disabilities.

Who can participate?

People with learning disabilities, families/carers, and healthcare professionals over the age of 18 who have used the Regional HSC Hospital Passport.

What is involved?

An interview to tell us your views and experiences on using the Regional HSC Hospital Passport. Focus groups to hear your views on the proposed Best Practice Guidelines.

What are the benefits of taking part?

This may have an impact on individuals with learning disabilities when they attend hospital.

How do I take part?

If you would like to find out more information, please contact Dr Freda McCormick by email: freda.mccormick@qub.ac.uk or telephone: **02890 972881**

**Do you need urgent help?
Please contact one of
these agencies:**

Lifeline
**Freephone 24/7 crisis
counselling service**
0808 808 8000
www.lifelinehelpline.info

ChildLine
0800 1111
www.childline.org.uk

Addiction NI
028 90 664434
www.addictionni.com

Mind Your Head
www.mindingyourhead.info

**Drugs and Alcohol
Northern Ireland**
www.drugsandalcoholni.info

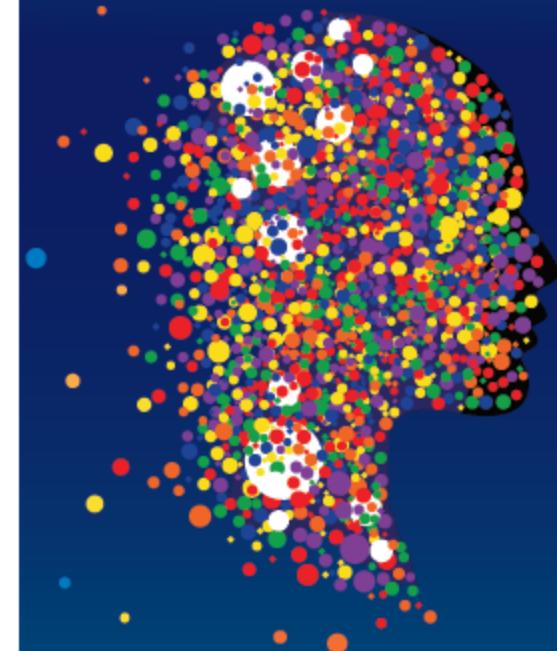
Helplines Network NI
listen • support • inform
www.helplinesnetworkni.com

For further advice on any of the information provided in this leaflet or to book any of the services listed please contact:

Marie-Therese Higgins
Des Jennings
028 9038 3809
wellbeinginsport@sportni.net

Sport Northern Ireland
House of Sport, 2a Upper Malone Road
Belfast BT9 5LA
www.sportni.net

**Programmes to improve
mental health and wellbeing
for people involved in sport
in Northern Ireland**



#WellbeinginSport

HSC Public Health
Agency
Project supported by the PHA

sport
Northern Ireland



Action Mental Health

Sport Northern Ireland, in partnership with Public Health Agency, has engaged with Action Mental Health to offer a 90 minute interactive session that supports the mental health and emotional wellbeing of those involved within Sport Clubs and the wider sporting community.

Content:

- Explores attitudes, challenging stigma and misconceptions
- Mental ill health
- Pressure vs Stress
- Identifying positive coping strategies
- Identifying support networks
- Signposting to sources of support

This session can be tailored and delivered to:

- 14-17 year olds and/or
- Adults



Aware

Sport Northern Ireland in partnership with Public Health Agency has engaged with Aware NI to offer a 90 minute session based on understanding how our thoughts, feelings, behaviours and physical wellbeing can be affected when we face a setback. It will focus on how to build our resilience to allow us to:

- Enjoy our successes
- Enjoy the good things in life
- Deal with the difficult things as and when they happen
- Build on our ability and capacity to bounce back

This is a light and Interactive session focusing on the 'Take 5 Steps to Wellbeing'. It teaches this through physical activity, group interaction and information that will support education around resilience and factors that affect our mental health.

This session can be tailored and delivered to:

- 14-17 year olds and/or
- Adults
- Under 13 years



Sporting Chance

Sport Northern Ireland has engaged with Sporting Chance (Established by former Arsenal and England football captain Tony Adams to provide a specialist addiction and recovery facility for athletes) to offer a Lifestyle Education Seminar. This session will introduce athletes to the information and tools they need to avoid the pitfalls and destructive behaviour patterns that can develop in sport.

Content:

- Alcohol, other substance use (non-prescribed and illegal) and gambling (as well as other examples of addictive behaviours)
- Warning signs of addiction and what to do if players recognise these signs in themselves or others
- What defines addiction? Progressive illness and vicious circle
- Coping differences
- Emotional wellbeing and mental health
- Identifying the danger signs in you and in others
- How and where to seek help

This session can be tailored and delivered to suit both males and females across a range of age groups, and is facilitated by an ex player (male or female) featuring the 'Players' story.



**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.

Support for travel and childcare is also available.



www.princes-trust.org.uk

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



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



Every day in Northern Ireland, 4 children experience the death of a parent.
YOU can make a difference in the lives of bereaved children across NI
by volunteering with Cruse Bereavement Care.

**APPLY NOW for the 2020
NI Bereavement Support Foundation (BSF) Course +
Children's & Young People's (CYP) Elective**

Must have at least 100 hours experience working with CYP, and be available for training weekends on:

*8 – 9th February 2020 *29th February *28-29 March *25-26 April 2020 *16th May

For an application pack, contact: maria.mcabee@cruse.org.uk
Application Deadline: 9th January 2020
For more insights, see www.hopeagain.org.uk

Action for Children Young Adults Carers Service



Action For Children are launching a new service for young adults in a caring role. The Young Adult Carers Service will be running throughout the 5 trust areas for any young person between 18-25 in a caring role. We will be delivering services in a range of formats including one to ones, group work, information sessions and much more, all of which will be planned and organised following consultation with the young adult carers themselves. We are keen to hear from the estimated 30,000 active young adult carers in Northern Ireland and would encourage them to get in touch to help us shape the service and to challenge any pre conceived ideas of the type of service a young adult carer may want to be part of. We accept referrals from family members, social workers, health professionals, teachers, tutors, voluntary sector professionals and young adult carers themselves. For more information about the practical and emotional support we offer young adult carers, or to make a referral, please contact:

**Action for Children
Young Adult Carers Service
10 Heron Road
Belfast
BT3 9LE**



**T: 028 9046 0500 (ask to speak to a member of the young adult carers team)
E: youngadultcarers@actionforchildren.org.uk**



Family Mediation NI

Family Mediation NI have revamped the Separation Booklet –

This is a really useful resource for separated families in Northern Ireland for your copy please search;

<https://www.familysupportni.gov.uk/Content/uploads/userUploads/FMNI%20Separation%20Booklet.pdf>

Employers For Childcare

Working **For** Parents

**Find out what help you can
get with your childcare costs**

Call the Family Benefits Advice Service today on 0800 028 3008

Trauma Informed Leadership Programme

For the Community and Voluntary Sector

Sure Starts Managers within CCP, Family Support Hub Coordinators and Locality Planning
Group Planners and Chairs please



The Safeguarding Board for Northern Ireland and the HSC Leadership Centre are delighted to offer a FREE two day leadership masterclass programme in trauma informed practice.

This programme has been designed to be innovative, fresh and a leading edge programme that builds on your existing leadership skills and your understanding of trauma responsive services. It challenges you to think about what high impact and trauma informed leadership means for you, your organisation and our wider system.

How to register

The programme is designed for Chief Executives, Directors, Assistant Directors and Heads of Service.

If you would like to attend the programme please register your interest with Lia.McKenzie@hscni.net no later than 31 January 2020.

Places are limited so we encourage you to register asap

Date: 25 and 26 February 2020

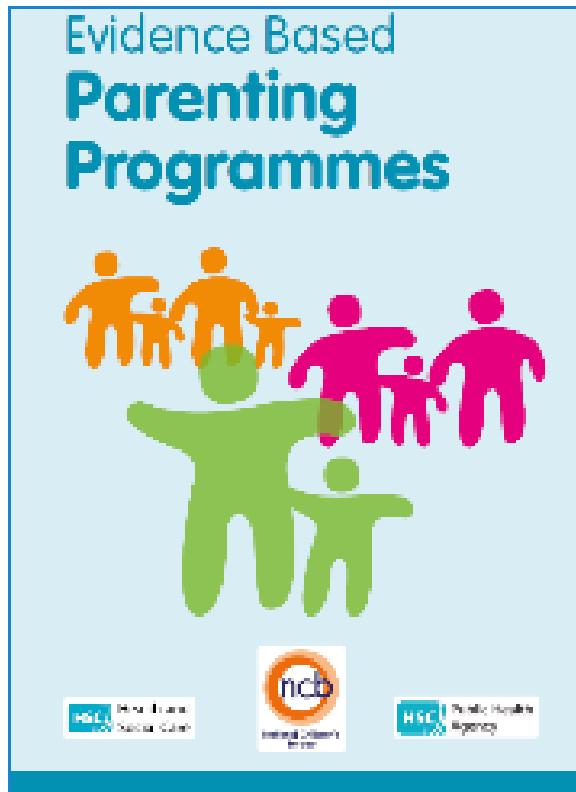
Time: 9.30am - 16.00pm

Venue: Lough Neagh Discovery Centre

To register please contact: Lia.McKenzie@hscni.net



www.cypsp.hscni.net/ebpp/



Looking for an Parenting Programme in the South Eastern Trust Area?

Search;<http://www.cypsp.hscni.net/parentsupport>

There you will find details of the parenting programmes being delivered across the region by voluntary, community and statutory services.

Programmes being delivered in South Eastern Trust are in dark green.

Click on the programme and it will let you know the venue and contact details to be able to signpost parents/ carers.

This booklet can also be accessed at the link, when you go to the link click on the image and it will provide an overview of all the programmes. Please contact joanne.garrett@setrust.hscni.net if you have any queries.

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)

FREE 6-week stress management programme

- Do you have problems with stress, low mood, panic, anxiety, sleeping difficulties, problems coping at home, work or school, tension?
- If you are currently suffering from stress, know someone who is or just want to be better equipped, then this is the course for you!
- The class runs once a week for 6 weeks and teaches skills and techniques for managing stress.

When: Tuesday 4 February 2020 - Tuesday 10 March 2020

Where: Saintfield Community Centre, 29 Belfast Road, Saintfield, BT24 7NL

Time: 11.00am - 12.30pm

No booking required - Just turn up

Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future

Stress Control is a class **not** 'group therapy' – you do **not** have to talk about personal difficulties in front of others

Come along by yourself or feel free to bring a friend or family member with you.



Gender Identity Seminar

Health/Education/Community/Family

Cultural Competence for Service Delivery in 2020

Barriers, Best Practice & Learning

9.15am – 12.30

12th February 2020

Lagan Valley Island Lisburn

To Register Please Contact : Gabrielle.oneill@setrust.hscni.net

9.30 am *Registration: Tea & Coffee*

9.45 *Welcome - Gabrielle O'Neill SEHSCT*
Health Development Specialist – Sexual Health & Disability

9.50 *Nicola Doran & Alison Bell SAIL NI*
A decade of support and services: The Family Perspective

10.35 *Ellen Murray Executive Director Transgender NI*
Changes in trans healthcare, provision & practice, the community sectors response -
Bringing Human Rights & Dignity to the core of trans health care provision in
Northern Ireland.

11.20 *Comfort break*

11.30 *Katrin Lehmann KOI Clinical Nurse Specialist Family Therapist*
Treatment Seeking Gender Variant Young People – Clinical & research Perspectives.

12.15 *Panel Discussion*

12.30 *Closing Comments – Gabrielle O' Neill SEHSCT*

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

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

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

For further information please contact The Pathway Fund office on 028 9066 2825 (option 2) or email 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.**

Play for All

Saturday Club Leader

Downpatrick

Barnardo's 'Play for All' Saturday Clubs are for children with learning difficulties, sensory impairments and medical conditions between the ages of five and twelve.

- The children can bring along siblings, cousins or friends. The aim of the clubs is to provide play and fun activities for the children, to assist in the development of their self-esteem and to provide lasting health and wellbeing benefits.

Location of Post

- Downpatrick Saturday Club is located in the Presbyterian Church Hall, Fountain Street, Downpatrick, BT30 6AW

History of Service

- **Play for All** is a Barnardo's inclusive play and leisure service for disabled children that has been operating for over fifteen years. It is funded by and operates in partnership with South Eastern Childcare Partnership.
- **Play for All** promotes and creates play, art, and leisure opportunities for disabled children and their siblings and friends through the medium of Saturday Clubs.
- The clubs are located in Bangor, Downpatrick, Gilnahirk Hannahstown and Saintfield and run from September to June

Initial Specific Responsibilities

- The Saturday Club Leader is responsible for the running of the Saturday Club 12pm – 4pm, on the second and fourth Saturday afternoons of each month from September to June and leading a small team of Barnardo's volunteers.
- Approved volunteers are afforded the opportunity to assist and engage with the children thereby raising their awareness of the needs of disabled children and potentially increasing future capacity in this area of work.
- The post is for ten hours a month which incorporates time for club preparation, keeping records and supervision/support meetings.
- The Saturday Club Leader is responsible to and supported by the Play for All Coordinator and will attend group supervision meetings with other club leaders a number of times a year.

Essential shortlisting requirements for the post

- NVQ Level 3 in Early Years or Play Work or Youth Work
- Experience of working with disabled children and children with autism in an inclusive way
- Experience of working with children in a group setting
- Experience of leading a team or group

Interviews

- Interviews are scheduled for Tuesday 10th of February at 230c Belmont Road. If shortlisted for interview you will be notified one week beforehand.
- For further information please contact:

Barnardo's Choices for Children

230 Belmont Road

Belfast BT4 2AW

Office: 028 90658105

Email: sioghan.stratton@barnardos.org.uk

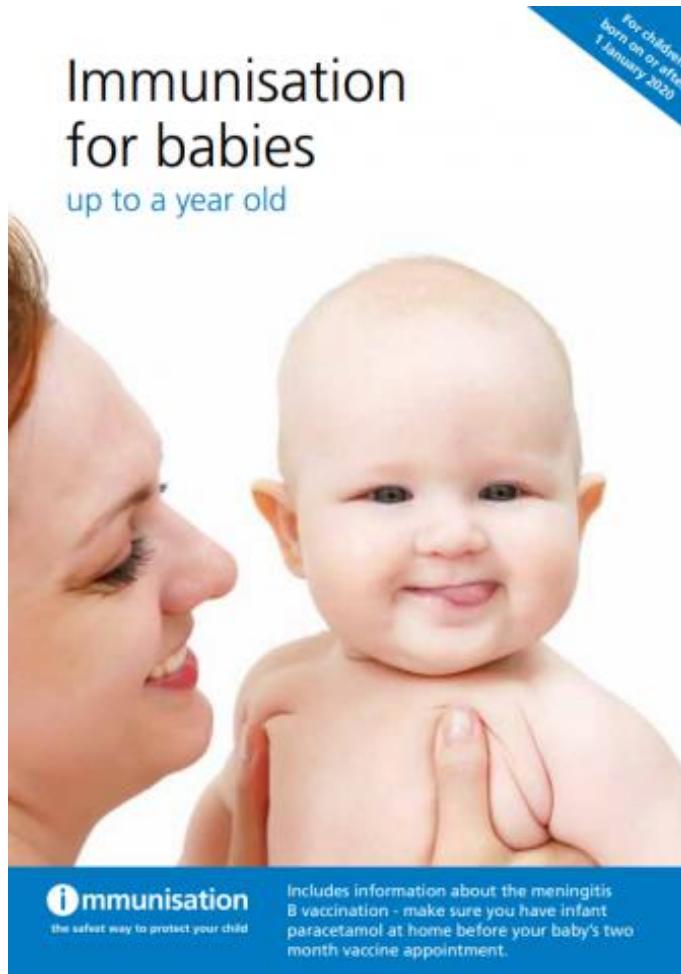
Help is at Hand

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

This booklet provides information on the routine immunisations that are given to babies up to a year old to protect them from serious childhood diseases.



For your copy search; <https://www.publichealth.hscni.net/sites/default/files/2019-12/Immunisation%20for%20babies%20up%20to%201%20year%20old.pdf>