

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

# **Fortnightly News**

**March 2020**

## **Issue 13**

Welcome to this 13th 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, funding opportunities, 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**



## Positive Approaches to Discipline

This workshop will explore:

- Tips & techniques for managing children's behaviour
- Effective & healthy discipline strategies

*Newtownards*

*Tuesday  
24th March 2020  
7pm - 9pm*

**Call us to register on  
freephone 0808 8010 722**

Available Mon - Thurs 9:30 am - 3:30 pm  
& Fri 9:30 am - 12:30 pm

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



This programme is supported by the Assets Recovery  
Community Scheme



## COVID-19 (coronavirus)

**IF YOU HAVE** a cough, **OR** fever, **OR** shortness of breath **AND** have been to any of these places in the last 14 days:

- China
- Thailand
- Japan
- Republic of Korea (South Korea)
- Hong Kong
- Taiwan
- Singapore
- Malaysia
- Macau
- Laos
- Myanmar
- Cambodia
- Vietnam

Or

- Italy between 19 February and 8 March 2020

Please make your way to your residence, contact your GP by phone, stay indoors and visit [pha.site/coronavirus](http://pha.site/coronavirus) for advice. If you **DO NOT** have any symptoms you do not need to take any action.

If you have been in the past 14 days to:

- Hubei province (including Wuhan), China
- Iran
- Daegu or Cheongdo in South Korea

Or

- Any area of Italy under lockdown between 19 February and 8 March 2020
- Anywhere in Italy since 9 March 2020

Please make your way to your residence, stay indoors and call the NHS helpline on 111 for advice, **EVEN IF YOU DO NOT HAVE SYMPTOMS**. Visit [www.pha.site/coronavirus](http://www.pha.site/coronavirus) for further information.

Public Health Agency, 12-22 Lincolns' Inn Street, Belfast BT2 8BS.  
[www.publichealth.hscni.net](http://www.publichealth.hscni.net)  
 Adapted from material produced by Public Health England.

Find us on:



## Hand-washing technique with soap and water



1 Wet hands with water



2 Apply enough soap to cover all hand surfaces



3 Rub hands palm to palm



4 Rub back of each hand with palm of other hand with fingers interlaced



5 Rub palm to palm with fingers interlaced



6 Rub with back of fingers to opposing palms with fingers interlocked



7 Rub each thumb clasped in opposite hand using a rotational movement



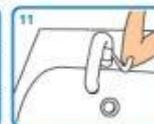
8 Rub tips of fingers in opposite palm in a circular motion



9 Rub each wrist with opposite hand



10 Rinse hands with water



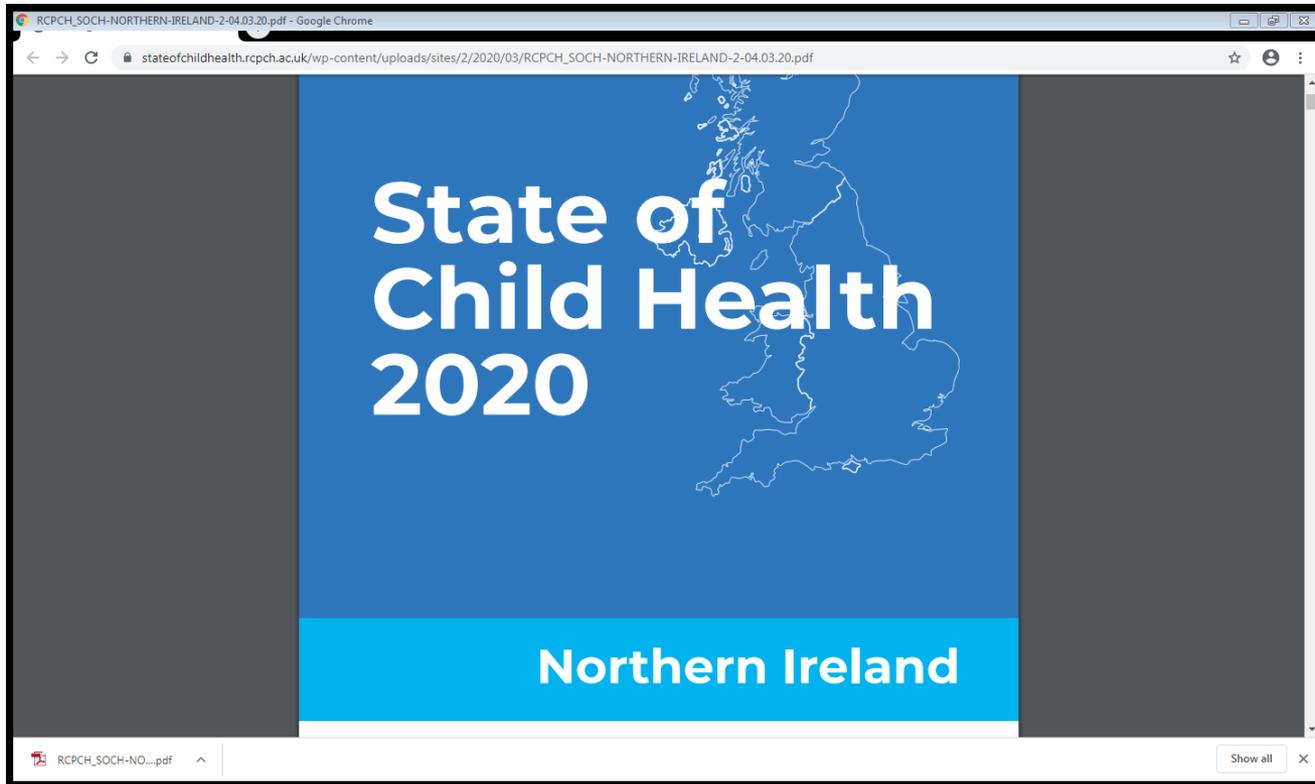
11 Use elbow to turn off tap



12 Dry thoroughly with a single-use towel



13 Hand washing should take 15-30 seconds



[https://stateofchildhealth.rcpch.ac.uk/wp-content/uploads/sites/2/2020/03/RCPCH\\_SOCH-NORTHERN-IRELAND-2-04.03.20.pdf](https://stateofchildhealth.rcpch.ac.uk/wp-content/uploads/sites/2/2020/03/RCPCH_SOCH-NORTHERN-IRELAND-2-04.03.20.pdf)

# Special Educational Needs Helpline



028 9598 5960

Open Monday - Friday  
from 9am - 5pm

# Saintfield Community Centre

## Run by local volunteers from the community

Hi Folks

A new youth club will be running out of the community centre in very near future The group is looking for volunteers to help supervise and run the club

Would love to hear from anyone who is interested

Maybe

Adults who have great memories of their youth club and want to create similar memories for the current young people in in Saintfield Anybody looking to gain experience in youth work by volunteering Young people looking for An opportunity to volunteer for their Duke of Edinburgh award Someone who would like to see more opportunities for young people in the village

07568268986

Please pm if you believe you can help



This project was part funded under Priority 6 (LEADER) of the Northern Ireland Rural Development Programme 2014-2020 by the Department of Agriculture, Environment and Rural Affairs and the European Union.

A project supported by the European Union's PEACE IV Programme, managed by the Special EU Programmes Body (SEUPB).



APRIL 2018 - MARCH 2019

**1.6 MILLION**

**EMERGENCY FOOD PARCELS**  
**WERE GIVEN TO PEOPLE IN**  
**CRISIS BY TRUSSELL TRUST**  
**FOOD BANKS**



make the  call

to ensure you're getting all the money  
and supports you're entitled to

**0800 232 1271**



St Vincent  
de Paul Society

England and Wales

Turning Concern into Action



# Information Coffee Morning

Stakeholder  
Engagement Event

**Tuesday 24<sup>th</sup> March 2020, 10am-11am**  
**SERC Newcastle Campus**  
**Castlewellan Road, BT33 0UR**

**Please RSVP by Monday 16 March 2020**

Please inform us of any dietary requirements or restrictions

We would love to see you there!



[www.serc.ac.uk](http://www.serc.ac.uk)

Thanks  
FIONA NEELY [FNeely@serc.ac.uk](mailto:FNeely@serc.ac.uk)  
Community Development Officer

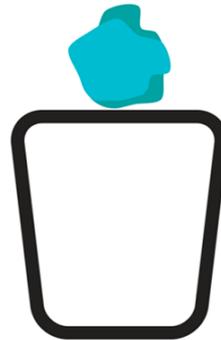
direct dial: 028 92 626757  
tel: 028 9267 7225 Ext 1808



Public Health  
Agency



**CATCH IT.**



**BIN IT.**



**KILL IT.**

# 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)



Facebook:  
/AutismNI



Twitter:  
@AutismNIPAPA



Instagram:  
autism\_ni

**e. info@autismni.org**

**WWW.AUTISMNI.ORG**

Autism NI is a company limited by guarantee (Company Number NI 058548).  
Registered with The Charity Commission for Northern Ireland NIC100240.



## **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.**



**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.**

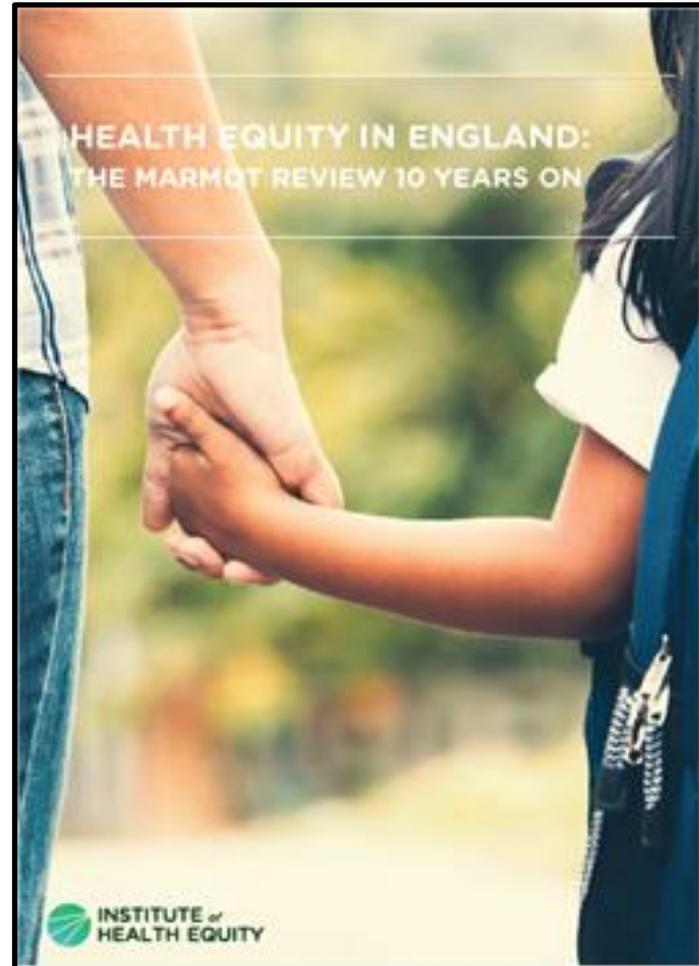


# Health inequality

[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.



**Peninsula Healthy Living Partnership** are launching a **Wellbeing Social Group**

starting Wednesday 18th March 10--12

Kircubbin Community Centre

You are warmly invited to join us weekly for a bit of craic and to moan about our aches, pains, ailments and more!

**The Wellbeing Social Group** is open to all ages and welcomes anyone wanting to **connect** with new people.

Each week we will have general topics to discuss, these will be led by the group.

Using the **Take 5** concept we'll learn new skills and gather information about wellbeing;

- **Take notice** of the people and the world around us
- **Keep learning** don't be afraid to try something new.
- We may even get a little **active**, working on the poly tunnels, some games and exercise.
- **Giving** our time and attention to all that is on offer.

We will aim to improve wellbeing and generally **have a laugh** along the way.

We will have guest speakers and workshops throughout,  
starting with

**The British Heart Foundation on 18th March**

**Dementia NI  
Real Lives Event  
Learning from those who live with dementia  
Monday 6 April, 12-2pm  
Lagan Valley Island, Lisburn**

( Free Event, Registration and refreshments from 11.30am )

**To register for this FREE event T. 028 9693 1555**

**or**

**visit [www.dementianireallivesapril2020.eventbrite.co.uk](http://www.dementianireallivesapril2020.eventbrite.co.uk)**

Join us for a unique and inspiring session where members of Dementia NI will share real-life experiences of living with dementia. Gain insight into the signs and symptoms, and the challenges that a diagnosis of dementia brings.

Discover how you can best support people living with dementia in the community and participate in thought-provoking discussions around the stigma surrounding dementia.

**This is a FREE event and is open to anyone who is interested in learning more about dementia**



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)

**Stop  
Smoking**

helping you to quit

**HSC** Public Health  
Agency



### 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





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)



Believe in  
children



Barnardo's  
Northern Ireland

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

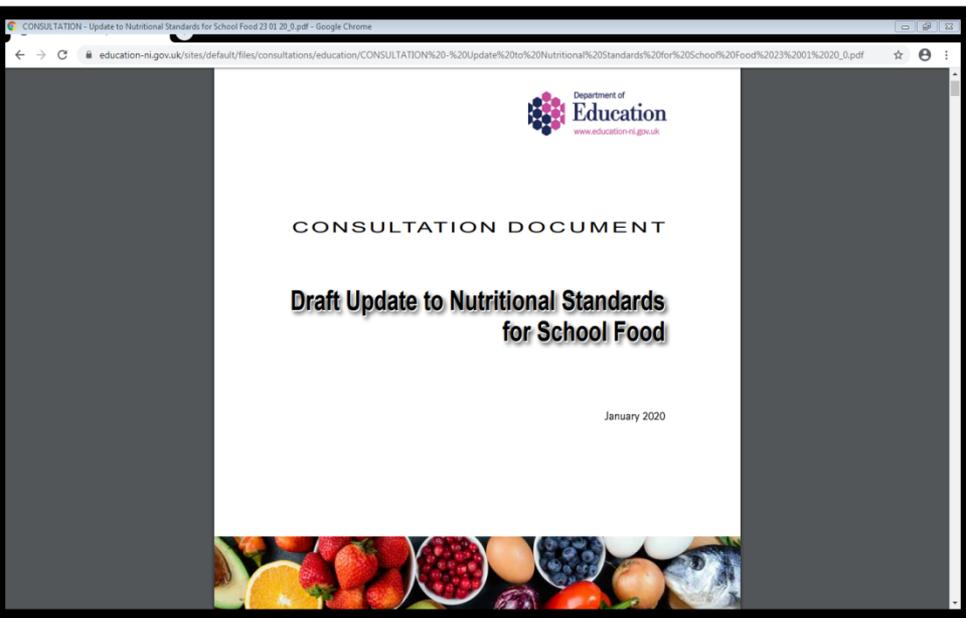
The clubs are for disabled and non-disabled children who are between the age of 5-12 years. This is a 10hr a month post. The club runs twice a month for 2 hrs and 6hrs prep time is given. The aim of the club is for the children to have fun through play .

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)

# 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.



# 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.

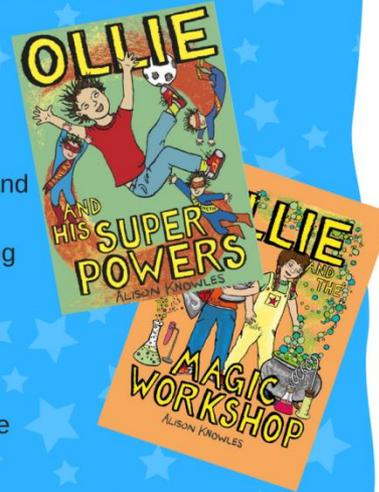
Teachers/Professionals Session - 2pm - 4pm  
Parents Session - 7.00pm - 9.00pm  
Monday 23rd March 2020

**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



# 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)

# **Health Development Training Courses South Eastern Trust Area**

**April 2020 to March 2021**

**For all details please search;**

<http://www.setrust.hscni.net/pdf/Health%20Development%20Training%20Directory%20Apr%202020%20to%20March%202021.pdf>



# 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.



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



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



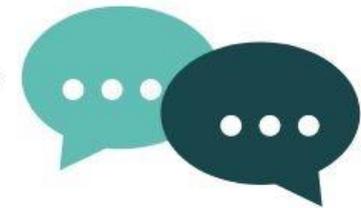
**#LetsTalkSEX**



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

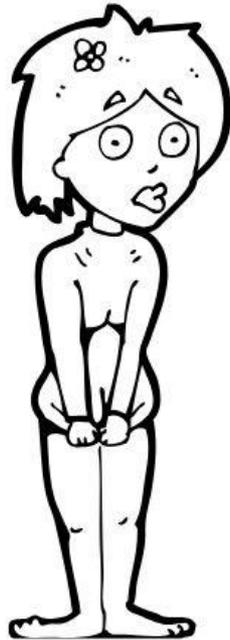
**Struggling to talk to your child about all things relationships and sex? Check out these tips:**

- **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**

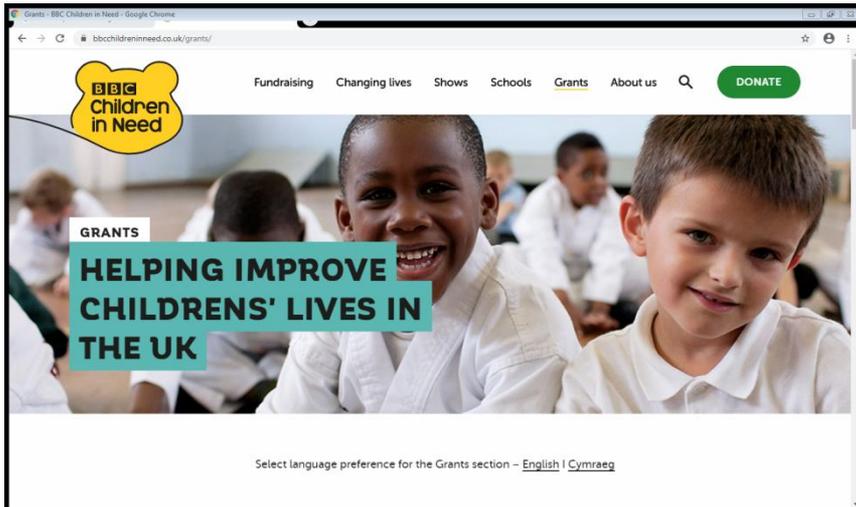
**#LetsTalkSEX**

# 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)

**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**

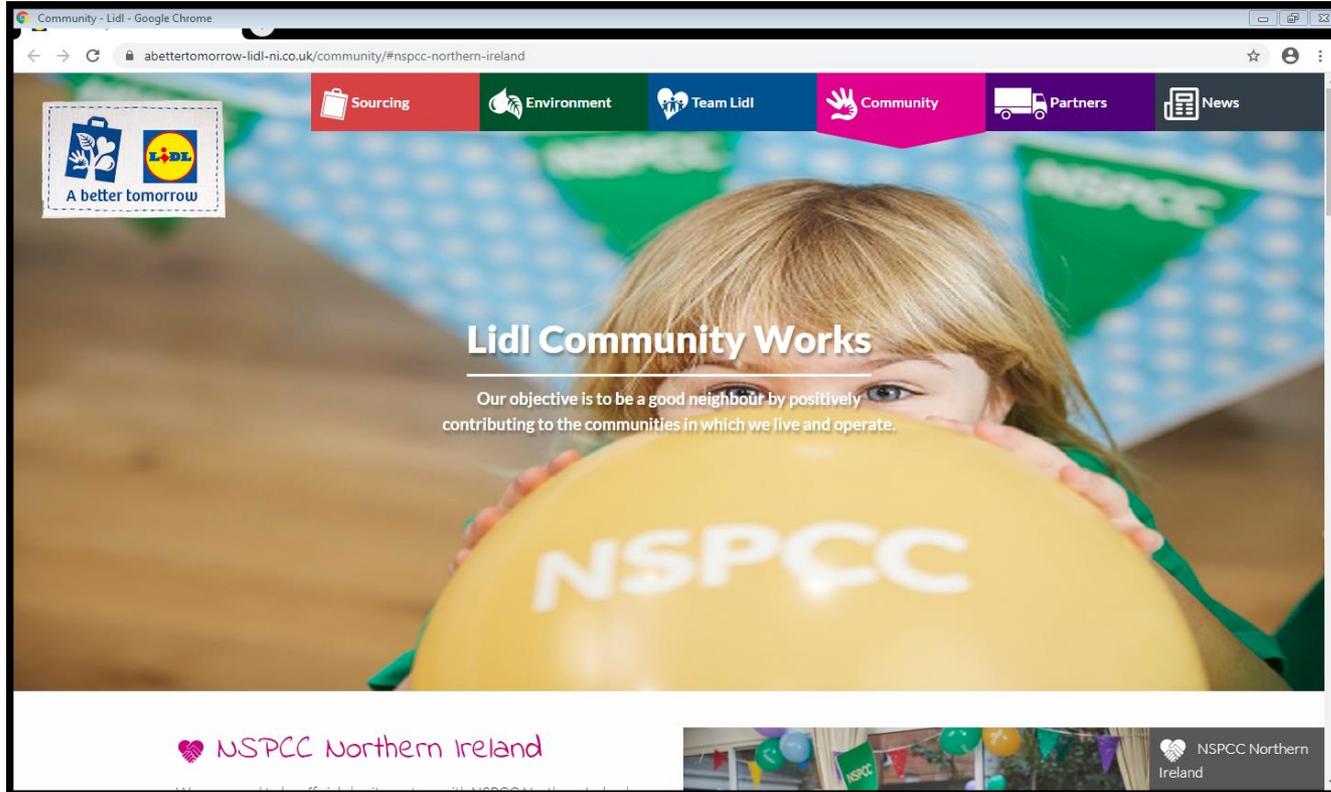
More info

**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/)

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



# 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.



# 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)



Department of  
**Education**

# 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 organisation 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)



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

# Community Information Events



FREE HEALTH CHECKS

TEA & COFFEE

HEALTH AND WELLBEING

NEWCASTLE CENTRE  
20th February 2020  
11am-2pm

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

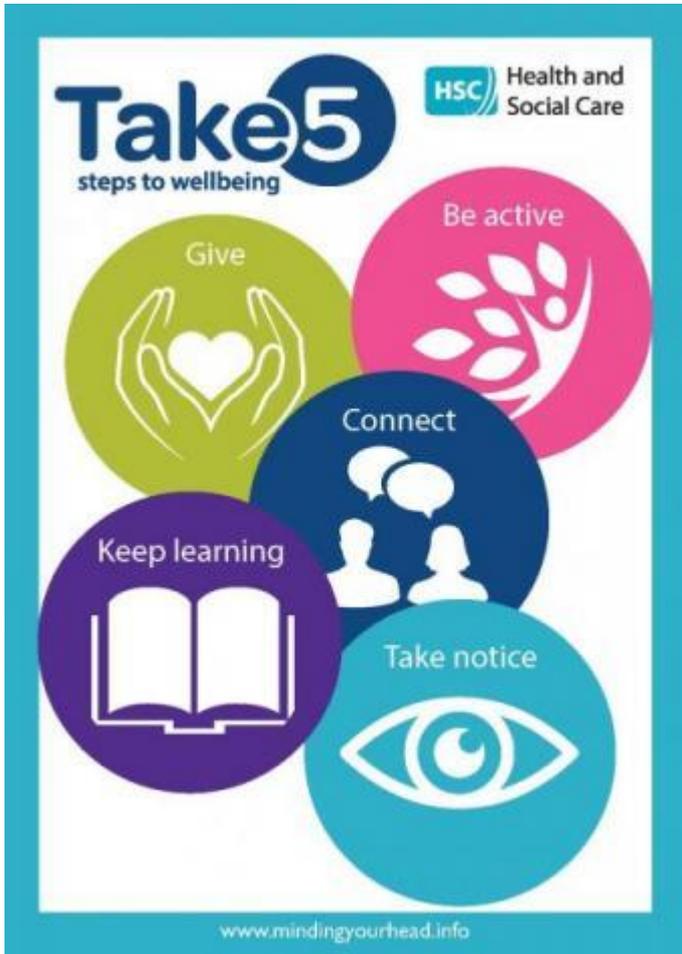
SERC DOWNPATRICK  
13th March 2020  
11am-2pm

*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





<https://www.mindingyourhead.info>



**Directory of services to help improve mental health and emotional wellbeing, for the latest edition please search;**

[www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern\\_area\\_card\\_2020.pdf](http://www.publichealth.hscni.net/sites/default/files/2020-01/SouthEastern_area_card_2020.pdf)

# 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**

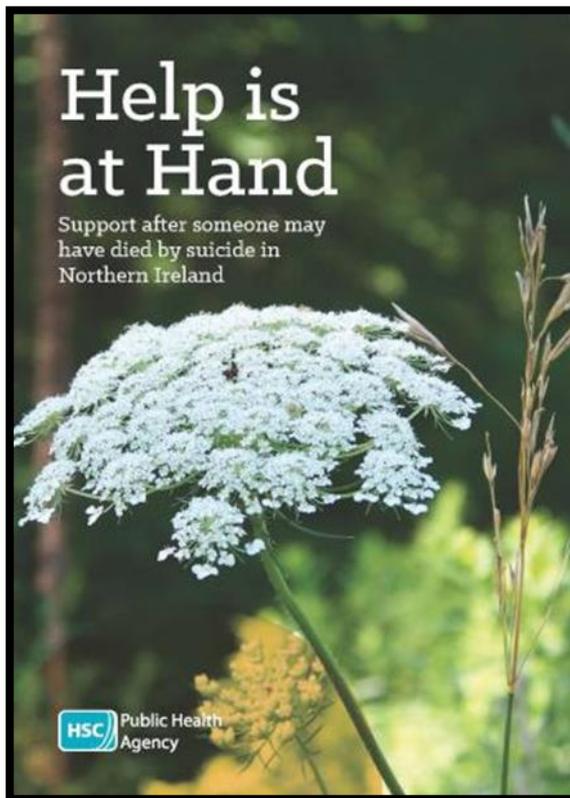
**COUNTING UNITS**



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%20is%20at%20hand%20B5%20Booklet%2001%2020.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.....*



Living Vintage is a not for profit organisation and all monies raised on the evening will go to the Down Syndrome Association and Centre for Cancer Research and Cell Biology at Queen's University Belfast.

Proceeds to;



**Down's Syndrome Association**

A Registered Charity No. 1061474

# Locality Planning Meetings for 2020

## Ards & North Down LPG

25<sup>th</sup> March Ards Community Network

20<sup>th</sup> May

23<sup>rd</sup> September

25<sup>th</sup> November

10am -12

Please let us know if you would like to host an LPG in the Ards and North Down Area

## 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



# SELF-CARE CHALLENGE

Be inspired by whatever the words  
mean to you.

- Goals
- Water
- Forgiveness
- Breathe
- Rest
- Laughter
- Food
- Meditation
- Sweat
- Socialize
- Adventure
- Favorite
- Inspired
- Hobby
- Cook
- Release
- Yoga
- Sleep
- Movie
- Movement
- Stretch
- Cozy
- Love
- Music
- Journal
- Sweetness
- Solitude
- Expression
- Pamper
- Nature

BlessingManifesting