

Fortnightly News

March 2020

Issue 14

Welcome to this 14th edition of Fortnightly News, the E-newsletter which shares information to improve the outcomes for Children and Young People in your Locality. As we prepare for impact of the corona virus, this special edition has information on changes to service delivery and managing covid 19 for you to share.

Nuala McArdle
& Noelle Hollywood



In this special corona virus edition we have included the latest guidance from the NHS website on social distancing and washing your hands;

Guidance on social distancing for everyone in the UK and protecting older people and vulnerable adults

Published 16 March 2020

What is social distancing?

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are:

- Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough
- Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible
- Work from home, where possible. Your employer should support you to do this. Please refer to [employer guidance](#) for more information
- Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
- Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media
- Use telephone or online services to contact your GP or other essential services

Everyone should be trying to follow these measures as much as is pragmatic.

We strongly advise you to follow the above measures as much as you can and to significantly limit your face-to-face interaction with friends and family if possible, particularly if you:

- are over 70
- have an underlying health condition
- are pregnant

This advice is likely to be in place for some weeks.

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people>

Handwashing and respiratory hygiene

There are general principles you can follow to help prevent the spread of respiratory viruses, including:

- washing your hands more often - with soap and water for at least 20 seconds or use a hand sanitiser when you get home or into work, when you blow your nose, sneeze or cough, eat or handle food
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who have symptoms
- cover your cough or sneeze with a tissue, then throw the tissue in a bin and wash your hands
- clean and disinfect frequently touched objects and surfaces in the home

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



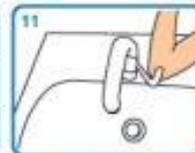
8 Rub tips of fingers in opposite palm in a circular motion



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

What should you do if you have hospital and GP appointments during this period?

- We advise everyone to access medical assistance remotely, wherever possible.
- However, if you have a scheduled hospital or other medical appointment during this period, talk to your GP or clinician to ensure you continue to receive the care you need and consider whether appointments can be postponed.

Stay at home if you have coronavirus symptoms

Stay at home if you have either:

a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)

a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

Do not go to a GP surgery, pharmacy or hospital.

Use the 111 online coronavirus service to find out what to do.

[Use the 111 online coronavirus service:](https://111.nhs.uk/covid-19/)

<https://111.nhs.uk/covid-19/>

Information: Only call 111 if you cannot get help online.

How do you look after your mental wellbeing?

Understandably, you may find that social distancing can be boring or frustrating. You may find your mood and feelings are affected and you may feel low, worried or have problems sleeping and you might miss being outside with other people.

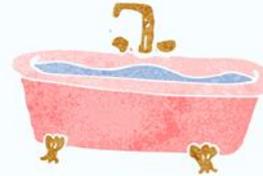
At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. There are simple things you can do that may help, to stay mentally and physically active during this time such as:

look for ideas of exercises you can do at home on the NHS website

- spend time doing things you enjoy – this might include reading, cooking, other indoor hobbies or listening to the radio or watching TV programmes
- try to eat healthy, well-balanced meals, drink enough water, exercise regularly, and try to avoid smoking, alcohol and drugs
- keep your windows open to let in fresh air, get some natural sunlight if you can, or get outside into the garden
- You can also go for a walk outdoors if you stay more than 2 metres from others.

**Looking after your
mental health during
the coming days and weeks**

**Try to relax - take a break from
reading about what's going on
and do something fun or
relaxing**



**Unplug - turn off the news for a while.
Netflix binge, watch a film
or read a book instead**

**If you're feeling overwhelmed or your
thoughts are racing, take deep
breaths - in for 7 seconds, out for 11**



**Go for a walk or do a workout -
exercise is one of the best things for
your mental health, and your immune
system.**

**Connect with others -
especially if you are housebound.
Make use of phone calls and
FaceTime.**



'Dear friends of the NDCN Community Hub,

it's hard to make sense of the situation at present regarding Covid-19 so we are doing our best to try to stay open to meet the essential needs of people, whilst being safe and doing our part to slow the spread of a virus that could be dangerous for many people. We all have an important role in keeping ourselves and others as well as possible. PLEASE do not leave home if you have a fever or new cough, instead call the NHS on 111 for advice.

So for 2 weeks, Monday 23rd March – Friday 10th April (then reviewed) the following support and services will be in place by NDCN:

Community Hub:

- Open Monday – Friday 9am – 5pm for people to come in to collect food from Foodshare, referrals for foodbank deliveries, information and support services.
- Built up places are best avoided, so unfortunately people cannot sit in the Hub as normal and there will not be tea/coffee available.
- As connection and friendship are so important to help people maintain good mental health and well-being, we will be offering a befriending phone call service to people who would like us to check in, have a friendly chat and offer some assurance. If you or someone you know would benefit from a call, please leave contact information with us on: admin@ndcn.co.uk or call: 02891461386

-In addition, our main street window of the Community Hub will be used as an **INFORMATION & SUPPORT POINT** for people who do not have access to the internet to use, so they get vital info – so we can print the information you send us for the ezine and put it up – SO PLEASE SEND EVERYTHING!! All info welcome and VITAL!!

- We will also provide delivery of food and other essentials as needed, so please contact us directly with your needs.
- Indoor classes cannot be delivered, but we are providing more walks (at a social distance) on Monday, Wednesday and Fridays at 10am – 11am, meeting outside the hub, so that people have some social connection whilst being safe.

NDCN Members support:

- Our Emily-Rose will be working on a virtual singing group to use music and singing to encourage and support people in the Hub choir and beyond.
- We will continue to create an ezine each fortnight containing useful information, advice and guidance, and we would really like to be able to include information about the support and services being provided by all organisations, churches, groups, businesses and agencies across Bangor and beyond. Please send information to Lindsey on: admin@ndcn.co.uk
- Access NI checks - if urgent we can support, please contact us as normal and go to: www.ndcn.co.uk Access NI tab.
- Please also keep an eye on social media for updates and useful information.
- You will know best as a group and/or community about what your needs are, so please tell us what you need and how we can help – please contact Ashleigh on: pcdw@ndcn.co.uk

DICE Connections Youth Project:

We are sad to have to close our 4 DICE youth clubs across Bangor from Friday 20th March – Friday 17th April (we will then review this), particularly because young people can become really anxious and will miss the support and social connection of youth club, so we are trying to find other ways of connecting and support the wonderful young people in DICE, activities include:

- A new Instagram page called 'dice_bangor' which we will use to create challenges, tasks and some fun activities for young people to engage in and connect to.
- Regular updates, please keep in touch via facebook 'DICE Project' for updates, resources and information.
- Our hope to do some detached youth work outdoors, and organise some walks and activities that young people can enjoy and benefit from (at a social distance).
- For more information contact Caitlin on: dicecoordinator@ndcn.co.uk

The situation as we all know is changing rapidly, so we will do our best to keep you informed and respond to your needs to the best of our ability. Be kind, stay safe and please keep in touch.

Best wishes
Louise

Please note below **Autism NI's** current availability and services update. Should you have any further queries don't hesitate to contact me directly or our Director of Family Support, Kelly Maxwell.

We will keep you updated should any further changes occur.

Autism NI have adopted a work from home policy for the majority of staff. We have taken the decision to postpone all direct face to face services including Support Group meetings, Youth Clubs, Training and home visits.

However, Autism NI remains open and all other services (including Helpline/Support queries) remain available.

Our Helpline number is 028 9040 1729 (option 1).

Hi All

As of Wednesday 18th March 2020 Ards Community Network Centre will be closed until further notice.

All room bookings and internal and external meetings have been cancelled effective immediately with access to the building not permitted.

Could you please reply by return to confirm that you have received this email.

Staff will be working from home and can be contacted by email: info@ardscommunitynetwork.com or Facebook Messenger.

Look after yourselves,

Kind Regards

All at Ards Community Network.

Ards Community Network

43-45 Frances Street

Newtownards

BT23 7DX

Tel: 02891 814625

Email: info@ardscommunitynetwork.com

Special Educational Needs Helpline



028 9598 5960

Open Monday - Friday
from 9am - 5pm



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

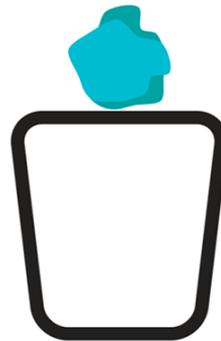
England and Wales

Turning Concern into Action





CATCH IT.



BIN IT.



KILL IT.



**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.**

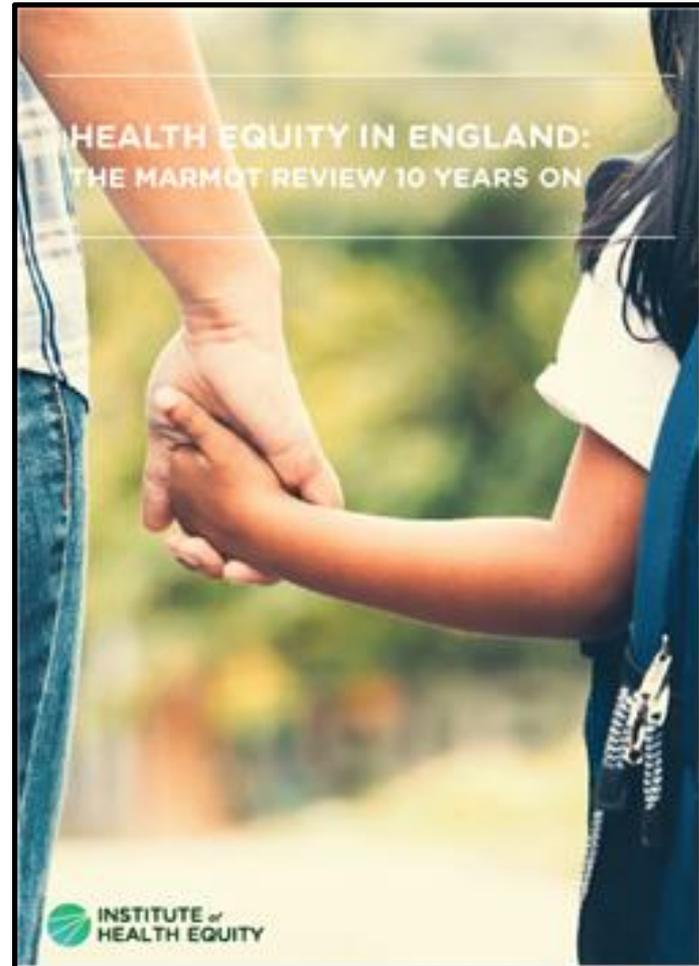


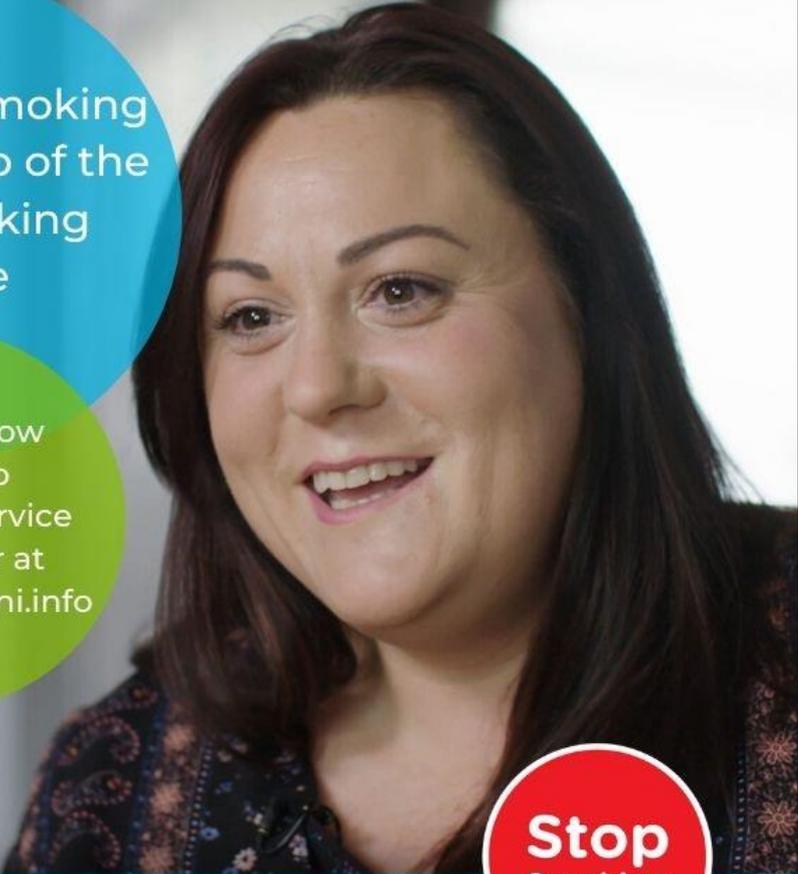
Health inequality

www.health.org.uk/publications/reports/the-marmot-review-10-years-on

“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.





Lorna quit smoking
with the help of the
Stop Smoking
Service

Find out how
the Stop
Smoking Service
helped her at
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.

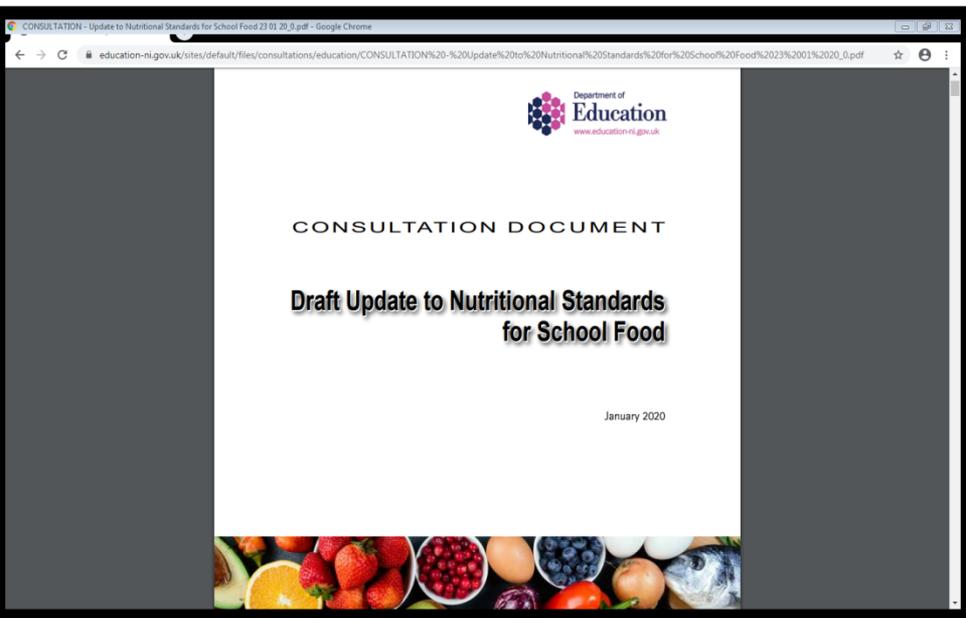
Call us for FREE on: 0808 8020 400

Chat online at www.ci-ni.org.uk/parentline-ni

Flyers and posters are available on request, email parentline@ci-ni.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.

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

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>



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;

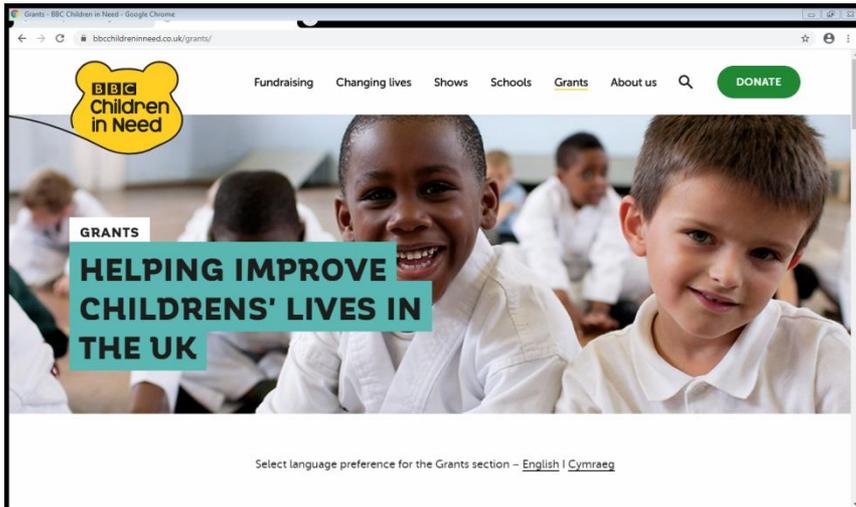
Noelle.hollywood@setrust.hscni.net

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

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

**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

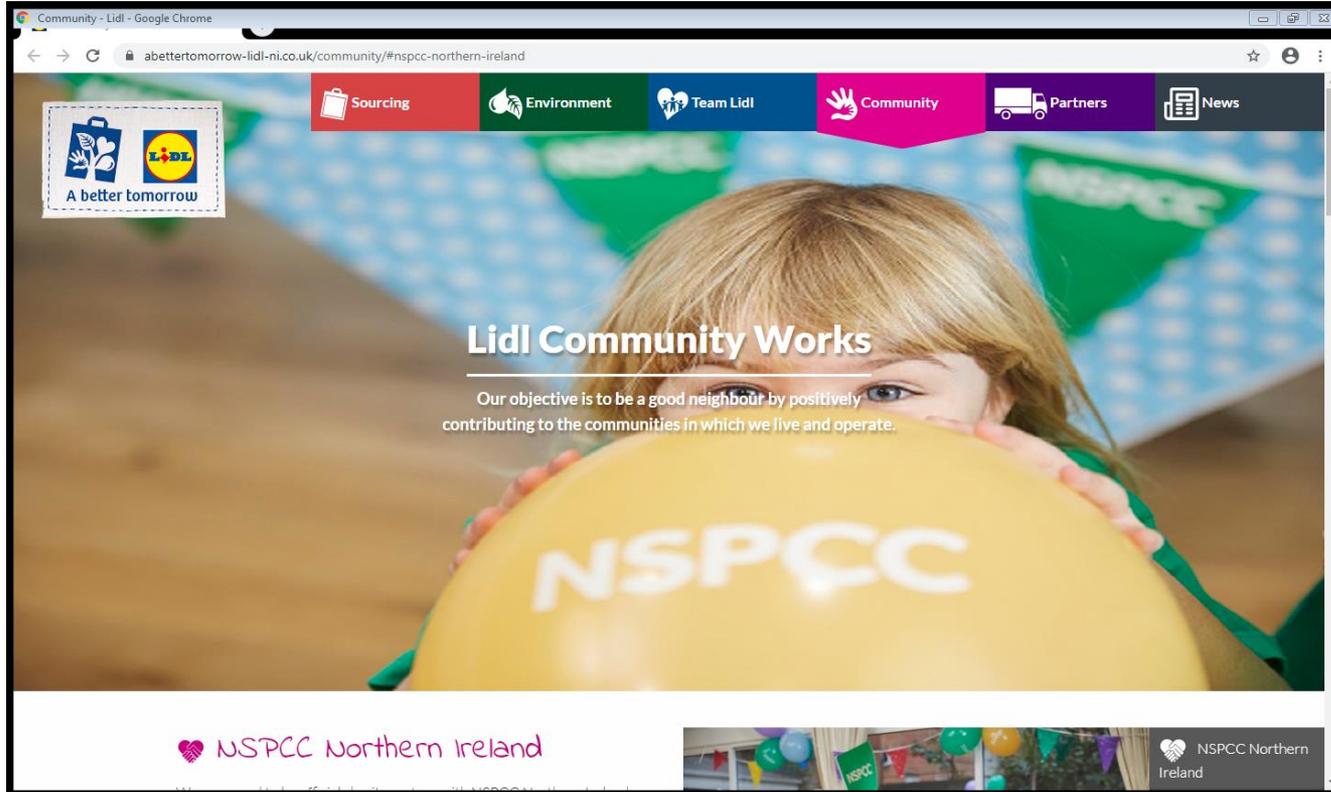
More info

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



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/

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

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



Department of
Education

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



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



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



<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

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.....

Locality Planning Meetings for 2020

Ards & North Down LPG

25th March **CANCELLED**

20th May

23rd September

25th November

10am -12

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

Down LPG

1st April **CANCELLED**

3rd June

7th October

2nd December

10am -12

Meetings held in Ballymote Centre (above Supervalu) Downpatrick

TYPES OF SELF-CARE



PHYSICAL

Sleep
Stretching
Walking
Physical release
Healthy food
Yoga
Rest



EMOTIONAL

Stress management
Emotional maturity
Forgiveness
Compassion
Kindness



SOCIAL

Boundaries
Support systems
Positive social media
Communication
Time together
Ask for help



SPIRITUAL

Time alone
Meditation
Yoga
Connection
Nature
Journaling
Sacred space



PERSONAL

Hobbies
Knowing yourself
Personal identity
Honoring your true self



SPACE

Safety
Healthy living environment
Security and stability
Organized space



FINANCIAL

Saving
Budgeting
Money management
Splurging
Paying bills



WORK

Time management
Work boundaries
Positive workplace
More learning
Break time