

# Fortnightly News

## Issue 15

Welcome to this 15th edition of Fortnightly News, the E-newsletter which shares information to improve the outcomes for Children and Young People in your Locality. As we adjust to the impact of the corona virus, this special edition has information on lots of home based activities, changes to service delivery and managing covid 19 for you to share.

Nuala McArdle  
& Noelle Hollywood

## March 2020

### Public Notice: COVID-19

Please be aware that calls from our hospitals may come from an 0800 number.

If you receive a call from  
0800 077 8730  
please answer it.



HSC South Eastern Health and Social Care Trust



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 March 2020

[https://assets.nhs.uk/prod/documents/NHS111\\_EasyRead\\_Leaflet\\_WebAcc\\_2019\\_FINAL2.pdf](https://assets.nhs.uk/prod/documents/NHS111_EasyRead_Leaflet_WebAcc_2019_FINAL2.pdf)



# **CORONAVIRUS** (COVID-19)

**WE ALL  
MUST DO IT  
TO GET  
THROUGH IT**



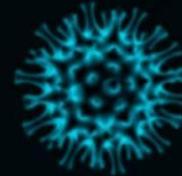
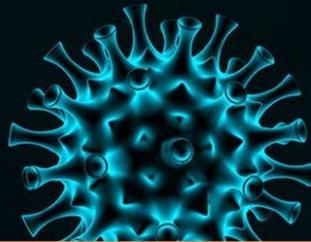
STAY HOME



KEEP DISTANCE



WASH HANDS



## **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:

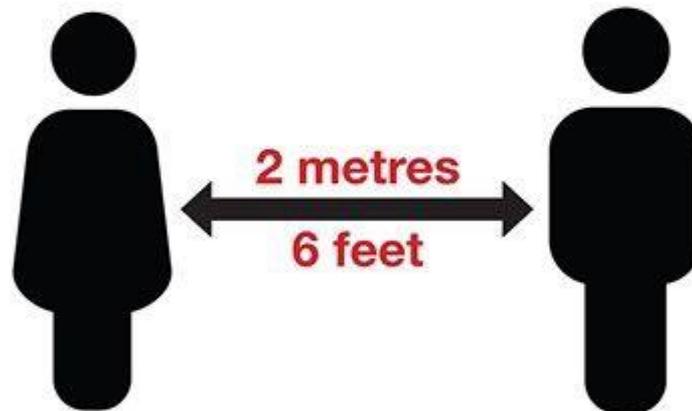
- are over 70
- have an underlying health condition
- are pregnant

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>

## COVID-19 (coronavirus)

Everyone in Northern Ireland should now be using social distancing



Stay at least 2 metres (6 feet) away from other people

The latest information and advice on coronavirus is available at [www.pha.site/coronavirus](http://www.pha.site/coronavirus)

## **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



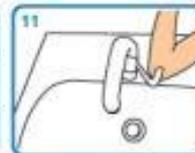
8 Rub tips of fingers in opposite palm in a circular motion



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.

## ***Public Notice: COVID-19***

**Please be aware that calls from our hospitals may come from an 0800 number.**

**If you receive a call from  
0800 077 8730  
please answer it.**



## 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.

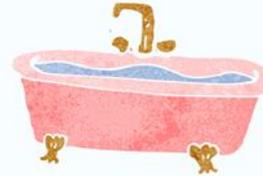
At times like these, it can be easy to fall into unhealthy patterns of behaviour which in turn can make you feel worse. There are simple things you can do that may help, to stay mentally and physically active during this time such as:

### **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**

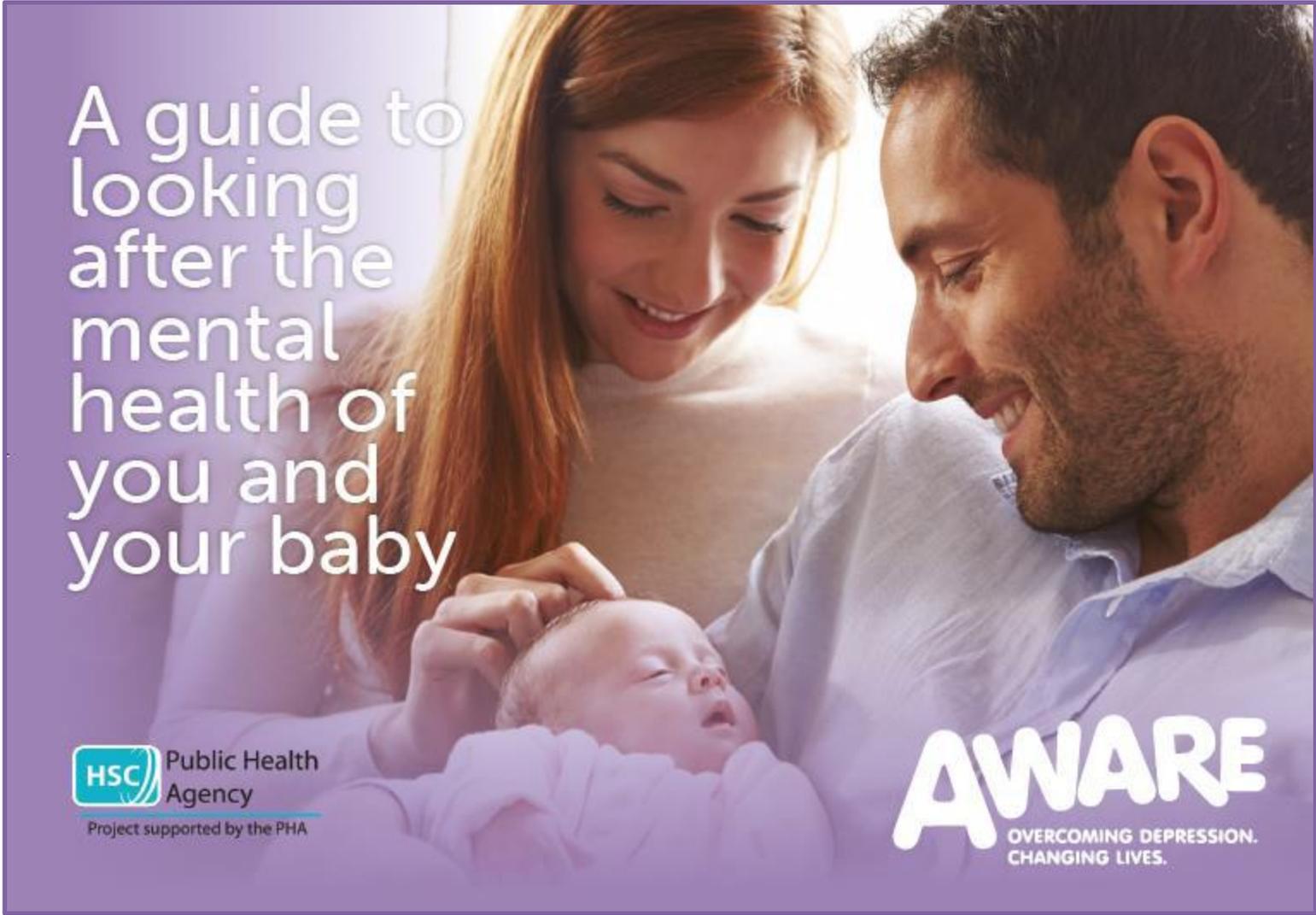
**If you're feeling overwhelmed or your  
thoughts are racing, take deep  
breaths - in for 7 seconds, out for 11**



**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.**





A guide to  
looking  
after the  
mental  
health of  
you and  
your baby

 Public Health  
Agency

Project supported by the PHA

**AWARE**  
OVERCOMING DEPRESSION.  
CHANGING LIVES.

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).**

# HERE TO HELP

We are sad to announce that our HUB needs to close due to the need to reinforce the importance of social distancing to help keep people safe.

There are a few important things we can offer:



We will continue to share useful information via social media and our Ezine so please send all information to Lindsey on: [admin@ndcn.co.uk](mailto:admin@ndcn.co.uk) and follow us on

facebook-[northdowncommunitynetwork](https://www.facebook.com/northdowncommunitynetwork) and [Twitter@NDCN\\_Bangor](https://twitter.com/NDCN_Bangor)



A befriending call a few times a week – please call us on: **02891 461386** or email: [manager@ndcn.co.uk](mailto:manager@ndcn.co.uk) to put your name down or someone you think would benefit. The service will include a phone call, support and if needed, prescription collection and delivery as well as other referrals.



For young people & parents – please stay in touch via [Instagram @dice\\_bangor](https://www.instagram.com/dice_bangor) or facebook DICE Project, and contact Caitlin on: **07311 211634** or email: [dicecoordinator@ndcn.co.uk](mailto:dicecoordinator@ndcn.co.uk)



If you need help with a free food hamper contact Bangor Foodbank phone: **02891 271800** or **07821 791 674** or Email [info@bangomi.foodbank.org.uk](mailto:info@bangomi.foodbank.org.uk)



If you have money to pay for groceries but can't get out or need to self-isolate, the team at Bangor Elim can come and take your shopping list and money for groceries and deliver to your home – the number is: **028 9127 1800** or email: [info@bangorelim.com](mailto:info@bangorelim.com)



To receive furniture, please contact Kiltonga Christian Centre on: **07748235009**

Please remember if you have a new cough or fever to go home and contact **NHS 111** for advice.

**JustGiving™** NDCN have also started a Justgiving 'HERE TO HELP' hardship fund page – to be able to receive donations that can be passed on for gas/electric for people in need, to donate please go to: [www.justgiving.com](http://www.justgiving.com) and search for 'ndcn here to help hardship' or the link: [https://www.justgiving.com/campaign/ndcnHERETOHELP?utm\\_term=aG4JPYkZE](https://www.justgiving.com/campaign/ndcnHERETOHELP?utm_term=aG4JPYkZE)

**NORTH DOWN COMMUNITY NETWORK**

Community Hub · Flagship Centre · Main St · Bangor · BT20 5AU

[www.ndcn.co.uk](http://www.ndcn.co.uk) Charity Number: NIC102333

Please stay home, stay safe, be wise and kind as always



#### **EU Settlement Scheme Advice**

**Freephone 0800 138 6545**

Text EUSS to 6664 or email [euss@adviceni.net](mailto:euss@adviceni.net)

Monday to Friday 10am-4pm

#### **Debt Advice Service**

**Freephone 0800 028 1881**

Monday to Friday 8am-6pm

Text ACTION to 81025 or email: [debt@adviceni.net](mailto:debt@adviceni.net)

#### **Independent Welfare Changes Helpline**

**Freephone 0808 802 0020**

Monday to Friday 9am-5pm or email:

[welfarechanges@adviceni.net](mailto:welfarechanges@adviceni.net)

#### **Tax and Benefits Advice**

**Freephone 0800 988 2377**

Monday to Friday 9am-5pm or email: [tax@adviceni.net](mailto:tax@adviceni.net)

#### **Business Debt Service**

**Freephone 0800 083 8018**

Monday to Friday 9am-5pm or email: [bds@adviceni.net](mailto:bds@adviceni.net)

#### **Historical Institutional Abuse advice and support**

Call **028 9064 5919** and ask for a HIA advisor

Monday to Friday 9am-5pm or email: [hia@adviceni.net](mailto:hia@adviceni.net)

#### **Advice NI Training**

Advice NI is the leading provider of nationally accredited Advice and Guidance, Legal Advice and Independent Advocacy Qualifications in Northern Ireland. For a list of courses, please visit our website.

#### **Contact Us**

Tel: 028 9064 5919 [www.adviceni.net](http://www.adviceni.net), [info@adviceni.net](mailto:info@adviceni.net)   @AdviceNI

NI Charity No. NIC100008

**Employers  
For Childcare**

# Family Benefits Advice Service



**Freephone helpline:  
0800 028 3008**

Lines open Monday-Friday 10am-4pm  
Email [hello@employersforchildcare.org](mailto:hello@employersforchildcare.org)  
[www.employersforchildcare.org](http://www.employersforchildcare.org)

Providing free, impartial and confidential advice to  
parents, employers and childcare providers on a wide  
range of childcare and work-related issues.



## AREN'T GOING ANYWHERE!

In line with government guidance and for the safety of our service users and staff, we have made the decision to close our Start360 offices in Belfast, Ballymena, Derry and Lurgan.

However, we're still working. You can reach us for ADVICE, SUPPORT or to REFER to our services on:

**07923129559** or [info@start360.org](mailto:info@start360.org)

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](mailto: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](mailto:info@ardscommunitynetwork.com)

# Domestic Abuse

Women's

Federation Northern Ireland

**domestic and  
sexual abuse  
helpline**  
**0808 802 1414**  
Freephone confidential 24/7 helpline  
**Call now.**

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

We know that the government's advice on self or household-isolation will have a direct impact on women and children experiencing domestic violence and abuse in Northern Ireland. Home is often not a safe place for survivors of domestic violence and abuse. We are concerned that social distancing and self-isolation will be used as a tool of coercive and controlling behaviour by perpetrators and will shut down routes to safety and support. Safety advice and planning for those experiencing domestic abuse should be included in the national government advice on COVID 19.

The impact of self-isolation will also have a direct impact on specialist services, who are already operating in an extremely challenging funding climate and will be rightly concerned about how to continue delivering life-saving support during the pandemic. They could see challenges in funding, staff shortages and further demand for their help. We welcome today an announcement from the Department of Communities who fund our refuges and outreach services that there would be no impact to the voluntary and community sector.

As an organisation, we have made provisions in order to continue our key frontline work. Women's Aid have major contingency plans which have been put in place by all our local groups in a bid to continue to support women and children using multi communication formats, where face to face contact may be a current health and safety risk. Please contact your closest local Women's Aid groups to get more info on these diversified services.

Women's Aid across Northern Ireland is made up of nine local groups and Women's Aid Federation NI. We are continually working together to understand the impact COVID 19 is having on women and children experiencing domestic violence and abuse and their service provision.

We are calling on our local Assembly to consider the safety and specific needs of survivors of domestic violence and abuse in Northern Ireland and services as a fundamental priority within their advice, guidance and contingency planning for COVID 19. We also call on Government to recognise our workers within frontline services as 'key workers'. Our work is critical to the Covid-19 response regarding prioritisation for education provision.

Women's Aid – including Live Chat, email, the Survivors Forum and local services: [womensaid.org.uk/information-support/](http://womensaid.org.uk/information-support/)

Northern Ireland Local services: [www.womensaidni.org/get-help/local-groups/](http://www.womensaidni.org/get-help/local-groups/)

We have worked hard to put together an educational resource kit which is now available on our website. Just want to inform you as this is a good resource for parents/carers and professionals supporting families. It is on our Facebook and linked In. The following is the link to the kit on the website:

<http://www.autismni.org/educational-resources.html>

Our Helpline is available on 02890 401729 (Option 1).

Kind regards,

Kelly Maxwell

Autism NI

Director of Family Support

Telephone: 07979505571

EISS in ArdsND area – the service continues to provide services in this area, as far as possible we are trying to continue with face to face services with families. When families or staff are not in a position to have home visiting we will continue to provide support via other technological means eg: regular phone calls, face Time and Skype.

EIFSS covering all of the SET locality – we currently have a large waiting list and have closed for referrals for the next four weeks and will review at that point. As above we will continue to offer home visiting for as long as possible and work creatively in all other situations as above if this is not possible.

As we all know the situation is evolving and changing at a fast pace and we will make decisions as to how we provide services based on government and internal advice. I will keep you up to date.

Can I ask you share this with any organisations you think it may be of benefit to.

Kind regards

Kathie



Heard *and not* seen



## **Public Urged to Stay Local if Getting Active Outside**

**Outdoor Recreation Northern Ireland is urging the public to stay local if getting active outside during the COVID-19 outbreak.**

Outdoor Recreation Northern Ireland has joined a group of 35 leading national outdoor activity, tourism, nature, health and rescue organisations, to come together to back the Prime Minister's call for the public to behave responsibly while exercising outside. In a joint statement, the group offers support to the Government and advises the nation on how to stay active safely during the COVID-19 outbreak.

# 100+ INDOOR ACTIVITIES

## CRAFTS

MAKE PAPER AIRPLANES  
SALT PAINTING  
MAKE SUNCATCHERS  
MAKE SALT DOUGH  
MAKE SPONGE STAMPS  
MAKE A CEREAL BOX AQUARIUM  
MAKE SCRATCH ART  
MAKE YOUR OWN BOOKMARKS  
PAINT PET ROCKS  
MAKE RECYCLED CRAYONS  
MAKE PAPER BOATS  
FINGER PAINT  
MAKE FRIENDSHIP BRACELETS  
MAKE A BIRD FEEDER  
MAKE PAPER BAG PUPPETS  
MAKE HANDPRINT ART  
MAKE A SCRAPBOOK  
DECORATE T-SHIRTS  
MAKE A THANKFUL JAR  
PAINT LEAVES  
MAKE A TIME CAPSULE  
MAKE BUTTON ART  
PAINT WITH WATERCOLORS  
COLOR IN A COLORING BOOK  
MAKE PAPER CRAFTS  
BUILD A CARDBOARD CASTLE  
MAKE TISSUE BOX MONSTERS  
MAKE A TOILET PAPER ROLL  
BUTTERFLY  
STAMP WITH CELERY  
MAKE CHALK ICE  
MAKE PUFFY SIDEWALK PAINT  
DRAW A SELF PORTRAIT  
USE RUBBER STAMPS  
DO SCRAPE PAINTING  
PAINT A RECYCLED JAR  
MAKE SUPERHERO COSTUMES

## ACTIVITIES

MAKE PLAYDOUGH  
MAKE SLIME  
MAKE PLAY MUD  
MAKE RAINBOW RICE  
MAKE FAKE SNOW  
MAKE A SENSORY BIN  
MAKE A SENSORY BAG  
BUILD A FORT  
HAVE A PILLOW FIGHT  
WRITE A STORY  
MAKE ICE CREAM IN A BAG  
MAKE GUMMY BEARS  
MAKE FRUIT ROLL-UPS  
HAVE A MOVIE DAY  
PUT ON A FASHION SHOW  
BAKE CUPCAKES OR MUFFINS  
DO YOGA  
BUILD AN OBSTACLE COURSE  
MAKE DINNER TOGETHER  
PLAY WITH MAGNETIC TILES  
BUILD SOMETHING WITH LEGO  
USE DOT MARKERS  
BUILD A STACK OF CARDS  
PUT ON A PUPPET SHOW  
MAKE A TREASURE HUNT  
INDOOR BOWLING  
LEARN TO DRAW  
PUT ON A PLAY  
MAKE INDOOR HOPSCOTCH  
DO A FAMILY CHORE TOGETHER  
HAVE A DANCE PARTY  
HAVE A TEA PARTY  
PLAY WITH WATER IN A BIN  
SET UP A PLAY STORE  
MAKE A SOCK TOSS GAME  
MAKE PERLER BEAD ART  
WRITE IN A JOURNAL

## GAMES

PLAY WOULD YOU RATHER  
PLAY I SPY  
PLAY SIMON SAYS  
PLAY BOARD GAMES  
PLAY HIDE AND SEEK  
INDOOR SCAVENGER HUNT  
PLAY BINGO  
PLAY CARD GAMES  
DO A PUZZLE  
PLAY CHARADES  
BUILD YOUR OWN GAME  
PLAY FREEZE DANCE  
PLAY HOT POTATO  
PLAY MARBLES  
KEEP THE BALLOON UP  
PLAY DOMINOES  
PLAY HANGMAN  
PLAY TIC-TAC-TOE

## EDUCATIONAL

READ BOOKS  
DO A SCIENCE PROJECT  
LEARN ORIGAMI  
LEARN ABOUT A NEW ANIMAL  
LEARN A NEW CARD GAME  
LEARN TO SEW  
LEARN TO KNIT  
DO BRAIN TEASERS  
LEARN A NEW LANGUAGE  
LEARN ABOUT A COUNTRY

## FINE MOTOR ACTIVITIES FOR HOME

- Transfer Water to Ice Cube Trays
- Insert Pipe Cleaners into Holes of a Box
- Use Dot Markers on a White Board
- Cut Straws and Make a Necklace
- Press Items to Sticky Paper
- Place Buttons on Drawn Lines
- Transfer Blocks to a Muffin Tin
- Use a Hole Punch with Paper
- Push Sticks Through Holes
- Color on Sandpaper
- Press Pasta in Playdough
- Clip Clothespins to Cardboard
- Wrap Rubber Bands Around Cans
- Transfer Pom Poms into Cups of an Egg Carton
- String Buttons on Pipe Cleaners
- Peel Masking Tape from a Table
- Wrap Toys in Paper
- Create a Pouring Station



# 16 easy craft activities for kids you can do at home!

## 1 Make recycled robots!

The best bit? You can use anything you have lying around the house!

## 2 Mix Harry Potter potions

Recreate the magic of Hogwarts at home - Goblin Snot Juice anyone?

## 3 Make a dinosaur garden

Dinosaurs + digging = the perfect combo. What will you put in yours?

## 4 Make a smash book

Like a scrapbook, but with waaaay less planning!

Idea by  
Mum in the  
Mothhouse

## 5 Create paper animals

Card, scissors & a pen is all you need to make a lion, elephant or orangutan!

## 6 Crafts for toilet roll tubes

Got loads of empty toilet roll tubes? Turn them into a bat, butterfly or ladybird!

## 7 Make a bird feeder

Treat the birds in your garden to some lunch - see our blog for 3 easy ideas to make.

## 8 Make and bury a time capsule

Fill a box with things like photos & toys, then bury in the garden to dig up in the future!

## 9 Create life-sized drawings

Stick paper together, lie down and draw an outline of your whole body - then decorate!

## 10 Make and fly paper planes

Fold some paper and away you go - who's plane will fly the furthest?

## 11 Get messy with macaroni

If you can spare some pasta, grab paint and make a macaroni masterpiece!

## 12 Make slime

Admit it, you've been expecting this! See our blog for 5 exciting slime

Idea by  
Little Bits  
for Little  
Hands

## 13 Make tissue box monsters

Paint your box, add googly eyes and some teeth and you're good to go!

Idea by  
The Best  
Ideas for  
Kids

## 14 Create sock puppets

An oldie, but a goodie - get some old socks and decorate with anything you can find!

## 15 Make rainbow rice

Dye some long grain rice with acrylic paint for a fab sensory activity!

Idea by  
The Best  
Ideas for  
Kids

## 16 Make a dinosaur habitat box

Transform a box using play doh, tissue paper, stickers or anything else!

Idea by  
Little Fish  
Blog

# DID YOU KNOW?

**When breastfeeding, your body identifies bacteria and viruses found in your baby's body and environment. You then produce antibodies specifically tailored to those infections and deliver them to your child through your milk.**





**CORONAVIRUS (COVID-19)**

**UPDATE ON  
FREE SCHOOL  
MEALS**

**INFORMATION ON FREE SCHOOL  
MEALS:**

Just heard that £2.70 per day per child will be paid fortnightly (£27) into bank accounts of parents of those eligible.

Education Authority will be launching online portal shortly.

# Coronavirus Update

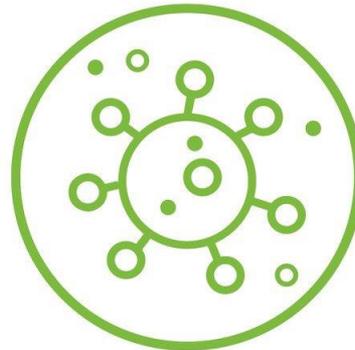
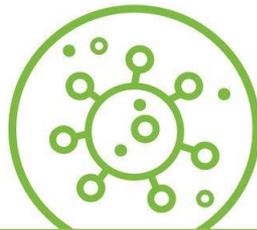
W ardsandnorthdown.gov.uk

🐦 @ANDborough

Catch it | Bin it | Kill it



# Coronavirus Update



Comhairle Ceantair  
an Iúir, Mhúrn  
agus an Dúin  
Newry, Mourne  
and Down  
District Council

# 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

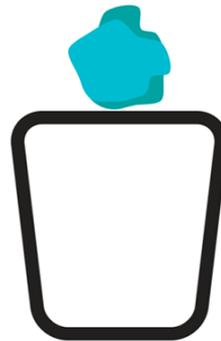




Public Health  
Agency



**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.**





# CORONAVIRUS PSNI UPDATE

#COVID19 #StayHomeSaveLives



## WASH OUR HANDS REGULARLY

Use hot water  
and soap or  
sanitizer



## COVER OUR MOUTH AND NOSE

When sneezing  
or coughing,  
then bin tissue



## STAY HOME

Only leave your  
home when it is  
necessary, in line  
with government  
advice



## STAY CONNECTED

Keep in touch  
with friends,  
family and  
neighbours

**we care • we listen • we act**



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



Public Health  
Agency



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)

# 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



# **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>



# 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.



# 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)



"Addressing drugs and alcohol together"

In Crisis? Call **Lifeline**

FREE 24/7 HELPLINE  
0808 808 8000

# Take5

steps to wellbeing

**Looking after your  
mental health while  
you stay at home.**





**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.



**Call Lifeline on:  
0808 808 8000**

**Deaf and hard of hearing  
Textphone users:  
18001 0808 808 8000**

[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)

# Locality Planning Meetings for 2020

## Ards & North Down LPG

25<sup>th</sup> March **CANCELLED**

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 **CANCELLED**

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

# 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



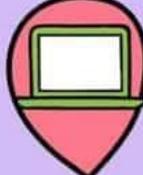
## SPACE

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